

Webinar Information Sheet

Program Title: Reversing Powerpenia: Power Training for Seniors

Course Description: “Powerpenia” is the age related loss of power that most older adults will experience. This new program will expose you to strength and conditioning concepts designed to maximize your client's muscular gains. You’ll learning strength and conditioning exercises designed to guarantee maximum results with some of the most innovative exercises ever used! This course will serve you well as a personal trainer or group fitness instructor!

Learning Objectives:

- After viewing this webinar you will be able to:
 - Explain the factors that affect strength development
 - Describe different methods to assess core endurance
 - Explain the function of the “posterior sling”
 - Explain which muscles work synergistically to produce upper and lower body power
 - Compare and contrast different training methodologies based on clients’ age and functional level

Target Audience: Fitness Professionals, Strength and Conditioning Specialists, ATs, PTs, PTAs, LMTs.

Schedule and Format: Self-paced recorded webinar.

Registration Fees: See our website for details: www.exerciseetc.com

Cancellation/Refund Policy: Our refund policy can be viewed at: <https://exerciseetc.com/policies.php>

Course Developer Credentials:

Guy Andrews, MA, CSCS

Guy is the Executive Director of Exercise ETC. He is a Certified Strength and Conditioning Specialist through NSCA as well as a Senior Fitness Specialist and a Performance Enhancement Specialist, both through NASM. He has worked in the fitness field since 1983 as a boot camp instructor, group fitness instructor, group fitness Instructor, group fitness director, personal trainer, fitness director, and general manager. He earned his bachelor's and master's degrees from Florida Atlantic University in Boca Raton, FL and holds multiple fitness certifications. Over the years, Guy has worked with many population groups; he currently teaches senior fitness for the City of Wilton Manors and for the Edgewater Assisted Living Community in Boca Raton, FL.

Course Presenter Credentials:

Mike Deibler, MS, CSCS

Mike is the owner of Premier Training, a private personal training studio located in San Diego, CA. He is also the founder of "My Workout Creator" an online exercise programming system. Mike is a Certified Strength and Conditioning Specialist (NSCA-CSCS) with a BS in Kinesiology from the University of Connecticut and an MS in Exercise and Sport Sciences from the University of Florida at Gainesville. A former All American in Track and Field for the University of Connecticut, Mike combines his success in the athletic world with his extensive education to become an elite fitness consultant and mentor for newly certified personal trainers. As a personal trainer and Boot Camp leader, Mike has helped hundreds of individuals reach their full fitness potential. Specializing in program design for athletes, functional training, and fat loss training for busy executives, Mike is also a certified personal trainer through ACE and NASM and he teaches Exercise Science at San Diego State University. Mike is our Education Director; he joined our faculty in 2008.

Contact Hours/CEUs/CECs: See our website for details:

www.exerciseetc.com

Sponsors: N/A