

Webinar-on-Demand Information Sheet

Program Title: Rebuilding the Base: Overcoming Movement Compensations

Course Description: Class number 2 of our new Remedial series is not designed to simply help you to identify the most common examples of bad form during exercise (like leaning too far forward in a squat, or rounding the back during a deadlift.) It takes your exercise programming a step further with specific examples of how to remedy the errors and restore the client to pain-free function that will improve performance while decreasing the risk of injury.

Learning Objectives:

- After participating in this class, you will be able to:
 - List joints that need remediation for mobility and stability.
 - Identify normal range of motion for various joints.
 - Discuss the common compensations and corrections for fundamental exercises.
 - Explain the use of Reactive Neuromuscular Training in remedial exercises.
 - Discuss how to improve movement patterns with remedial exercises.

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

Schedule and Format: Live program

Registration Fees: Please visit our website for the most up-to-date continuing education awards and pricing details.

Cancellation/Refund Policy: If you purchase a Webinar-on-Demand you must notify us within three days of your purchase that you would like a refund. Refunds will not be issued if you have already generated your certificate of completion. To request a credit or refund please email us at: info@exerciseetc.com

Course Developer Credentials:

April Boulter, M.Ed., MPH, ACSM-EP

April is an adjunct faculty member at the University of Wilmington-Delaware in the Doctoral Prevention Science program as well as an instructor at Kent State University in the School of Public Health. Her research focuses on pediatric obesity, cell-phone use and activity in college-age students, and the effects of peer-mentoring in physical activity and weight-loss. Previously, April taught at Loyola University Chicago where she oversaw a comprehensive fitness and wellness program designed to help university students develop healthy exercise habits and increase their knowledge surrounding fitness fads and the dangers of 'social media fitness'.

April is Clinical Exercise Physiological through the American College of Sports Medicine, with a BS in Kinesiology from the University of Arkansas and a M.Ed in Sports Psychology from the University of Arkansas, and an MPH from Loyola University Chicago. April joined our faculty in 2008.

Mike Deibler, MS, CSCS

Mike is Exercise ETC's Director of Education. He 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. Mike joined our faculty in 2008.

Course Presenter Credentials: Presenters vary by city. Please see our website for faculty assignments & credentials

Sponsors: N/A