

## Webinar-on-Demand Information Sheet

**Program Title:** Fit to Move: Training to Prevent Re-injury

**Course Description:** The final module of our Remedial program takes the remedial process to its logical conclusion: improving function while preventing re-injury. It's based on the premise that the average person in the average gym often injures themselves by lifting too much weight too many times, or with poor form. After the injury they take some time off and when they return to the gym, they go right back to the bad habits that caused the injury in the first place. This module will teach you to break this vicious cycle by designing exercise programs that are safe and effective with high benefit and low risk.

### Learning Objectives:

- After participating in this class, you will be able to:
  - List causes of low back disorders.
  - List exercises to avoid for someone with diagnosed low back disorder.
  - Compare and contrast sciatica vs piriformis syndrome.
  - Identify common shoulder issues.
  - Discuss strategies to manage knee pain.

**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](mailto: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