

## Live Program Information Sheet

### Program Title: Remedial Exercise

**Course Description:** This specially designed program will bring you up to date on all the hottest topics and trends relating to assessing the function of the knees, ankles, back and shoulders so you can make appropriate suggestions to your clients for immediate and lasting benefit. Discover how to accelerate your client's results while you learn the hottest, most up-to-date training techniques.

### Learning Objectives:

- Module 1: Form and Function: Assessing Movement Patterns
- After participating in this class, you will be able to:
  - Discuss the injury/Degeneration cycle.
  - Compare and contrast subjective vs objective assessments.
  - List the components Functional Movement Screens.
  - Explain the components of an observational gait analysis.
  - Explain the components of the Sit-to-Stand drill to assess senior specific tasks.
  
- Module 2: Rebuilding the Base: Overcoming Movement Compensations
- 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.
  
- Module 3: Step by Step: Gait, Posture, & Deceleration
- After participating in this class, you will be able to:
  - List the phases of the Gait Cycle.
  - Discuss the link the core plays in upper and body movement.
  - Compare and contrast acceleration and deceleration.
  - Identify the phases of deceleration.
  - Explain the important components and benefits of good landing technique.

- Module 4: Fit to Move: Training to Prevent Re-injury
- 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:** Exercise ETC has a **no refund policy** for all “live” training programs. If you are unable to attend a live training program, we will be happy to issue you an in-house credit for the courses you did not attend. The credit is good for one year and may be used for any program or product you desire. Request for a credit must be made in writing within 10 days of the originally scheduled class

**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