

Course Information Sheet: **Smarter Recovery: A practical Guide to Maximizing Training Results**

Course Description Many fitness and wellness resources stress the importance of getting in a good workout. Often overlooked is recovery. Without proper recovery, you won't be fully prepared for your next session—or reap the full benefits of your training. *Smarter Recovery* changes that, delivering evidence-based information and practical advice to effectively integrate this essential step into your routine.

234 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives: After completing this course, you will be able to:

1. Define recovery and discuss the need for recovery in a training program
2. List the various recovery methods
3. Describe the nutritional needs to repair muscle tissue
4. List the necessary steps of recovery
5. Perform a variety of exercises to assist in post exercise recovery
6. Describe a variety of self-massage techniques to restore muscles.
7. Plan strategies for optimal recovery based on type of workout performed.
8. Detail various habits to promote recovery

Target Audience: Beginner/Intermediate/ Advanced

Schedule and Format: Self-paced home study

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

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us within the three day window and then return the book to use in saleable condition. That's it. No questions asked.

Instructor/Author Credentials

Pete McCall is the director of education for EōS Fitness, the host of the All About Fitness podcast, a strength coach, and a fitness educator. He is certified as a personal trainer through the American Council on Exercise (ACE) and the National Academy of Sports Medicine (NASM), and he holds a CSCS (Certified Strength and Conditioning Specialist) certification from the National Strength and Conditioning Association (NSCA).

Frequently quoted as a fitness expert in publications such as the Washington Post, Wall Street Journal, U-T San Diego Union Tribune, Time, Men's Fitness, SELF, Glamour, U.S. News & World Report, and Shape magazine, McCall is a sought-after resource for accurate, in-depth insight into how to get results from exercise. Besides working with individual clients and teaching group fitness classes, he has more than a decade of experience in educating personal trainers around the world, including teaching for both ACE and NASM.

McCall is a former exercise physiologist for ACE, where he helped create the Integrated Fitness Training (ACE IFT) model, write the ACE Personal Trainer Manual, and develop education workshops on metabolic conditioning, movement-based training, and youth fitness. He is a master trainer for Core Health & Fitness (the parent company of Nautilus, StairMaster, Star Trac, and Schwinn), a content contributor for 24 Hour Fitness, and an adjunct faculty member in exercise science at both Mesa Community College and San Diego State University. He has delivered wellness education talks for the U.S. Navy (at Naval Air Station North Island), the White House, the World Bank, the International Association of Fire Fighters, and Reebok.

McCall earned his master's of science degree in exercise science and health promotion from the California University of Pennsylvania, and he holds the Fellow in Applied Functional Science credential from the Gray Institute.

Contact Hours/CEUs/CECs: See our website for details: www.exerciseetc.com

Sponsors: N/A