

Course Information Sheet

Course Title: Smarter Workouts

Course Description:

Exercise doesn't have to be difficult to figure out. In Smarter Workouts, fitness expert Pete McCall explains the effects of exercise on the body so you can identify what will work best for your client. He gives you access to fat-burning workouts that produce real results. You'll start by identifying your client's goal: improving mobility for better balance and coordination, amping up the metabolism with sweat-inducing conditioning work, or strengthening the core for better functional movement. Then select one of several equipment options to perform the workout, including: kettlebells, med balls, elastic tubes and more. "Smarter Workouts" gives you the solutions you need with efficient and effective workout programs that use only one piece of equipment at a time. Work anywhere with your client without spending a lot of money on expensive equipment -- all while targeting your client's personal goals. Course includes soft-cover textbook, separate testing booklet and free, instant grading. Copyright 2019, 292 pages, softcover.

Learning Objectives:

After completing this course participants will be able to:

1. Learn how exercise physiologically changes your body.
2. Discover the best methodology to maximize measurable improvements in health.
3. List the principles of exercise program design.
4. Identify exercises to increase mobility.
5. Discover how the core muscles are used to stabilize the body.
6. Utilize various modalities to effectively train the core.
7. Identify the metabolic pathways used during cardiorespiratory and metabolic conditioning.
8. Discover strategies to maximize exercise programs when time is limited for exercise.
9. List the components of a comprehensive recovery-post-exercise plan.
10. Discover how to design a fitness program for lifelong health.

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards:
www.exerciseetc.com

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

Instructor/Author Credentials:

Pete McCall is the owner and president of PMc Fitness Solutions. He is certified as a personal trainer through the American Council on Exercise (ACE) and the National Academy of Sports Medicine (NASM) and also holds a CSCS (Certified Strength and Conditioning Specialist) certification from the National Strength and Conditioning Association (NSCA).

For more than 15 years, McCall has been teaching and writing workshops and courses designed to meet continuing education requirements for certified fitness professionals. He has presented at conferences around the world and is one of only a handful of fitness professionals who have assisted in writing personal training textbooks for both NASM and ACE. He also contributed to the development of ACE's Integrated Fitness Training Model of exercise program design.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards:
www.exercisetc.com

Sponsors: N/A