

Course Information Sheet

Course Title: Complete Guide to TRX® Suspension Training

Course Description:

An exciting course that provide thorough details and instructions of 117 suspension training exercises. This book will help you develop strength, power, core stability, flexibility, and balance using suspension training devices. A great way to take your client to the next level. This course will give you the guidance you need for the results your clients desire. 212 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

1. Explain the foundational aspects of suspension training.
2. Apply safety features and instructions
3. Design appropriate programs for function, fitness, and performance
4. Identify the different parts of the TRX® suspension system and safely set up the device for various exercises
5. Apply and select appropriate testing exercises to determine where to start the client using suspension systems
6. Safely and correctly design a suspension training program for a variety of clients at a variety of levels
7. Safely modify exercises
8. Explain the purpose and prerequisites for each exercise
9. Know how to adjust the suspension system for each exercise
10. Explain the proper starting position for each exercise
11. Identify proper cues for each exercise
12. Explain and define various principles of training such as progressive overload, specificity, etc.
13. List components of periodization
14. Explain frequency, intensity, time, speed, and rest and properly design programs appropriate for clients using these principles

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.exercisetc.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:

Jay Dawes PhD, CSCS,*D, NSCA-CPT,*D, FNSCA, ACSM-HFS ASCA-L2, is an assistant professor of strength and conditioning, coordinator for athletic performance, and the head strength coach for women's soccer at the University of Colorado-Colorado Springs. He has worked as a strength and performance coach, educator, and post-rehabilitation specialist since 1997, and continues to act as a performance consultant for a wide variety of athletes, law enforcement officers, and those in physically demanding occupations.

Dawes is certified by the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (CSCS) and as a certified personal trainer (NSCA-CPT); by the American College of Sports Medicine as a Health Fitness Specialist (ACSM-HFS); and by the Australian Strength and Conditioning Association as a Level 2 strength and conditioning coach. He was also recognized as a Fellow of the NSCA (FNSCA) in 2009.

Dawes is the co-editor for the NSCA's Developing Agility and Quickness (Human Kinetics, 2012), co-author of Maximum Interval Training (Human Kinetics, 2015), and has written numerous book chapters and articles on improving sports and tactical performance. His primary research interests are improving performance for both sports and tactical performance among law enforcement officers.

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

Sponsors: N/A