

PERSONAL TRAINERS'

Conference

CEUs: NSCA 1.5/NATA 15



March 20 – 21, 2005
Las Vegas, Nevada



Shirley Archer, JD, MA, NSCA-CPT, is a health educator and fitness specialist at Stanford University School of Medicine, an award-winning author of nine books, an international fitness and wellness expert and a licensed attorney in California, New York and Washington DC.

Session Title - Safety, Equipment and Liability: Risk Management Considerations for Trainers, Managers and Owners.

About this Session – One lawsuit can destroy your business. Learn primary areas of risk exposure for personal trainers and proactive steps you can take to protect your business interests and the safety of your clients. This session includes discussion of specific cases.

James Bellew, EdD, PT, is Associate Director of the LSU Sports Science Institute, Research Director of the Osteoporosis Center and Associate Professor at the LSU Health Sciences Center in Shreveport, Louisiana.

Session Title – Geriatric Fitness: What the Personal Trainer Needs to Know About Aging

About this Session – This session will present a review of age-related changes in the components of fitness and address current guidelines, recommendations and special considerations for exercise training in older adults.

John Gillespie, CSCS, NSCA-CPT, is the owner of Johnny Fitness, LLC, a Wilmington, Delaware-based health and fitness company. Mr. Gillespie operates two yoga centers and offers a progressive approach to fitness within country clubs, schools and corporations.

Session Title – Incorporating Yoga Postures Into Your Program Design

About this Session – Become familiar with the six yoga postures that are a must for all training programs and evaluation tests, regardless of age or fitness level. Learn how to better evaluate your clients' movement patterns and problem areas. Also learn contraindications and adjustments for these movements.

Lorne Goldenberg, CSCS, is the owner of Strength Tek Fitness Consulting, which provides fitness services to major corporations in Ottawa. He is also the owner and director of conditioning for the Athletic Conditioning Center in Ottawa and Station Seven Reebok in Toronto, which provide high performance programs to competitive athletes. Mr. Goldenberg is Strength & Conditioning Coach for the Florida Panthers.

Session Title – Core Strength and Stability Through Ground-Based Strength Training

About this Session – This session will cover some of the biomechanical and anatomical reasoning for ground-based strength training and how core strength and stability is developed. Over 50 exercises and progressions using dumbbells, cables and bars will be demonstrated via digital video.

Charlie Hoolihan, CSCS, is the Health and Wellness Director of Franco's Athletic Club, an IHRSA Top 100 Club. He is the author of the club's weight management and wellness program. He is also the Louisiana NSCA state director and chairman of Southern Masters Swimming.

Session Title – Establishing a Wellness and Weight Management Program in a Club

About this Session – Wellness and weight management programming is becoming increasingly important and essential to the fitness industry. This session will teach how to develop personalized programming for clients in search of improving their overall wellness, utilizing NSCA principles and training.

Thomas Incledon, MS, CSCS, is a leading sports scientist with extensive experience studying the effects of diet, supplementation and exercise on physical performance. He consults with individuals and companies from around the world.

Session Title – Mass Muscle and Nutrition

About this Session – This exciting presentation will cover unique strategies that a leading sports scientist is using with both athletes and no-athletes to increase lean body mass and strength. These same strategies were used by the presenter to set drug-free national and world records.

Tracy Morgan Handzel, CSCS, is the owner of Train for the Game, a company designed to provide training programs for elite juniors and professional athletes. Ms. Morgan Handzel writes a column for NSCA's Performance Training Journal. Previously, she has held the titles of Executive Director of the Cybex Institute and Assistant Director at the International Performance Institute in Bradenton, Florida. She also served as assistant strength and conditioning coach at the University of Washington, San Diego State University and the University of California-San Diego.

Session Title – Youth Training: Addressing Speed and Agility With Development Appropriate Progressions

About this Session – Attendees will be introduced to training methods and drills in a progression-based format that focus on improving speed, agility and overall athletic abilities for youth athletes. Considerations special to this population will be discussed and guidelines for program design will be presented.

Mark Nutting, CSCS, NSCA-CPT, is the NSCA State Director for Maine, co-owner of Metamorph Fitness Inc., former Curriculums Coordinator for Town Sports International, ACSM H/FD, USAW Club Coach and Sports Performance Coach.

Session Title – Booked Solid: Selling is Not Selling Out

About this Session – Building your personal training business can be easy if you learn to really listen to prospective clients and show them how working with a personal trainer will help them reach their goals faster, more effectively, and with less risk.

Steve Percy, MS, ATC, PTA, received his Bachelor's Degree in kinesiology from SUNY at Cortland in 1976 and a Master's Degree in sports medicine/athletic training from Indiana University in 1980. As a Certified Athletic Trainer, Mr. Percy has worked with NFL, NBA, Olympic and collegiate athletes.

Session Title - Personal Athletic Training: The Key to Managing Spinal Conditions and Dysfunction

About this Session - Personal Athletic Training introduces a comprehensive methodology for the selection and progressive application of flexibility, stabilization, and functional exercises for the spine. Participate, have fun, and experience Progressive Sequencing—a physiologically-based exercise application and progression technique.

Janice Radcliffe, PhD, holds a doctorate in Exercise Physiology from University of Texas at Austin. She is the Fitness Director and Instructor in the Department of Physical Activity and Recreation at the University of Oregon. Her current research is directed toward weight management in type II diabetes.

Session Title - Training Clients With Diabetes: Challenge and Opportunity

About this Session - Learn programming tips to help your diabetic client obtain the significant benefits of exercise while managing risk. Review the newest guidelines for exercise training, carb counting, blood glucose management, foot care and more!

Jimmy Radcliffe, MS, is the Head Strength and Conditioning Coach at the University of Oregon in Eugene, OR. Now well into his second decade at the University of Oregon, he directs the year-round participation and preparation of Oregon's football, men's basketball and men's and women's track teams. He received his Master's Degree from the University of Oregon and his Bachelor's Degree from Pacific University.

Session Title - Plyometrics for the Personal Trainer

About this Session - Plyometric training methods involve the stretch-shortening cycle and elastic-reactive elements of the body to develop power and movement efficiency. Its application requires proper understanding of progressive teaching, learning, and training principles. Learn the keys to incorporating plyometrics into

your clients' programs from one of the acknowledged masters of plyometric training.

Todd Samargia, CSCS, is the Director of Sports Performance for the Athletic & Therapeutic Institute in Naperville, Illinois. Todd is also an instructor in the Sport & Exercise Science department at Lewis University.

Session Title - Injury Prevention in Adolescent Training

About this Session - Explore in-depth the how and why to progress adolescent clients in strength and conditioning. The focus will be on the functionality related to sports, but the principles hold true for non-athletes as well.

Brad Schoenfeld, CSCS, is president of Global Fitness Services in Scarsdale, New York. He is the bestselling author of six fitness books and has been featured nationally in over 200 magazine articles as well as hundreds of television and radio shows.

Session Title - Accentuating Muscular Development Through Active Insufficiency and Passive Tension

About this Session - Learn how to improve muscular symmetry, correct strength imbalances, and rehabilitate existing injuries by integrating the concepts of passive tension and active insufficiency during training.

Diane Vives, CSCS, *D, is president of Vives Training Systems in Austin Texas. She uses a multi-disciplinary approach providing purpose-driven strength training for all levels of performance.

Session Title - Effective Exercises With Body Weight

About this Session - Explore exercises using the world's most complex and effective piece of equipment—the human body. We will use body weight exercises to target movement preparation, strength and power.