

20 PERSONAL TRAINERS CONFERENCE

12 April 13 – 14, 2012 / Las Vegas / www.nscs-lift.org/PTC2012



SESSION DESCRIPTIONS

Thursday

1-5pm

Pre-conference Symposium: What is the Future of Functional Training? Diane Vives, MS, CSCS,*D and Jay Dawes, PhD, CSCS,*D, NSCA-CPT,*D

No concept in the strength and conditioning industry has gained as much attention in the last decade as "functional training." In that time, this method of training has received accolades from many and intense scrutiny by others. In this session Dawes and Vives will discuss where this concept originated, what has been misinterpreted, and what innovations in functional training professionals can expect in the next decade. In addition, during the hands-on portion of this pre-con session attendees will explore new training tools and innovations, and focus on developing functional training programs that work in the real world.

Friday

8-9am/1-2pm

Nutrition Timing and Meal Frequency Alan Aragon

In this session, the full range of nutrient timing research will be reviewed in order for attendees to understand the origin of the conventional recommendations. Discrepant outcomes between the short and long-term studies will be discussed, as well as the common misconceptions perpetuated by both commercial and academic media. The current science of the impact of meal frequency on body composition and training performance will be reviewed. Attendees will be presented with specific applications of timing and type of nutrients for both casual and competitive athletes across the continuum of training demands.

Cardiovascular Benefits of Weight Training Steve Fleck, PhD, CSCS, FNCSA

Cardiovascular health benefits typically associated with endurance or aerobic training. However, it is now clear that many cardiovascular health benefits also take place due to the performance of weight training. Such benefits include a reduction in both resting systolic and diastolic blood pressure, positive effects on the blood lipid profile, and an increase in maximal oxygen consumption. Weight training can also positively affect systolic and diastolic cardiovascular function. Collectively the above factors result in an overall reduction in cardiovascular risk. Additionally, weight training is now recommended to be a part of the total conditioning program for hypertensive individuals and cardiovascular patients. The purpose of this presentation is to review the current state of knowledge concerning the cardiovascular effects of weight training.

Active Resistance Training Jay Dawes, PhD, CSCS,*D, NSCA-CPT,*D, FNSCA

This session will examine how to utilize the current research literature to design safe and effective resistance training programs. Special attention will be focused on utilizing the American College of Sports Medicine Position Stand: Progression Models in Resistance Training for Healthy Adults. Program design employing progression and periodization will be at the forefront of the session. Topics will include muscular strength, hypertrophy, power, and endurance.

Teaching Progressions for Weightlifting Movements John Cissik, MS, MBA, CSCS,*D, NSCA-CPT,*D

This hands-on session will teach participants how to teach the power clean. This session will cover teaching progressions, cues, common errors and how to spot them, and how to correct mistakes. Based on time constraints, this session may also cover variations of the power clean.

9-10am/2-3pm

Coaching Adult Group Fitness: Apply Pedagogy and Motor Learning in a Practical Setting Carmen Bott, MSc, CSCS

This session will include a how-to session for instructing groups of adults. Adults are not as “neutrally plastic” as children and can sometimes have difficulty mastering new movements. In this session, attendees will learn how and when to cue, how and when to break down a skill into parts, and strategies of reactive neuromuscular training to ensure proper technique.

Applied Biomechanics for the Personal Trainer Frank Spaniol, EdD, CSCS,*D, FNSCA

The purpose of this session is to demonstrate various biomechanical principles and their application for the personal trainer. Topics that will be discussed include Newton’s Laws of Motion, inertia, force, speed, power, acceleration, linear motion, angular motion, and lever systems.

Beyond Bootcamp Marissa Lavin, MPH, CSCS, NSCA-CPT

Learn how redefining the concepts of group exercise and boot camps into a systemized class format, by incorporating a fusion of current and classic exercises, can exponentially increase client results, differentiate your training, and keep participants and their friends coming back for more!

Using Spiral/Diagonal Patterns in the Gym Robert McAtee, CSCS

Normal movement occurs in three-dimensional, spiral-diagonal patterns; not in straight lines. This highly interactive session, based on the spiral-diagonal patterns on PNF (proprioceptive neuromuscular facilitation), will discuss and demonstrate how and why to transform standard strengthening exercises into more functional patterns of motion that mimic natural movements. Attendees should be prepared to exercise during this session.

10-11am/3-4pm

Using Applications to Improve Client Results Paul Moore, MS, CSCS,*D, NSCA-CPT,*D

This session will focus on using smart phone “apps” for nutrition, health/wellness and fitness. Are you looking for a way to help your clients track their blood sugar, weight, BMI, caffeine intake or cholesterol numbers? Trying to find healthy nutrition choices while traveling? Need a restaurant with gluten-free choices? Does your client need an exercise regimen while they are out of town? This session will introduce apps that can answer these questions and provide information to improve performance results.

Bending the Aging Curve: A Targeted Periodized Program to Maximize Independence and Reduce Falls in Older Adults Joe Signorile, PhD

The aging process affects all of the systems of the body reducing the capacities to live independently and safely. Scientists and clinicians have often discussed the multi-pill that contains all the ingredients that address the declines in health and function seen with aging. Unfortunately, we do not all age the same way and each of us has our own unique set of needs that dictate the best exercise intervention. This session, based on Dr. Signorile's book, *Bending the Aging Curve*, provides a unique look at how to address the multi-faceted programs. The session will show you how to structure a periodized training program that provides the most effective mix of work and recovery, and explains Dr. Signorile's concept of translational training as an effective tool to translate physical improvements into improvements in daily living.

Build Challenging Circuits for Total Body Fitness Diane Vives, MS, CSCS,*D

Multifaceted Approach to Training the Core Eric Childs, MEd, CSCS,*D, NSCA-CPT,*D

The body's core is engaged any time the whole body is in motion, and often when there is partial or even no movement at all. Considering the core from warm-up through cool down can improve functionality and performance. This session will address the core metabolic, endurance, strength, power and flexibility needs of the individual, client/athlete and/or team. The session will provide a variety of specific bodyweight light resistance routines as well as medium and heavy resistance exercises. It will also demonstrate a number of modifications within one's normal resistance training exercises to enhance specificity of training and increase variety in workouts.

11-12pm/4-5pm

Effective Strategies for Weight Loss and Management Marie Spano, MS, CSCS

If your clients want to lose weight and maintain their weight loss, they'll need more than just HIIT sessions combined with dieting. A combination of factors can initially improve weight loss which will enhance motivation and compliance. But, long-term success requires changes in behavior, thoughts, and life circumstances. This session will give personal trainers the knowledge they need to direct their clients toward successful weight loss.

Alternative Activities to Youth Sports, Mark Nutting, CSCS,*D, NSCA-CPT,*D

We all know about the youth obesity crisis and that lack of physical activity is one of the major reasons for this crisis. Kids spend too much time watching TV, on the computer, and playing video games. Schools are cutting out physical education and even recess in some cases. Often times, the only fitness options are team sports and most kids do not want to participate in team sports. Parkour and Free Running can offer opportunities for kids to run, jump, roll, climb, and be creative without competition and rules. This session will cover the basic concepts to enable you to start your own youth program.

Multi-directional Movement for the Recreational Athlete Loren Landow, CSCS

Pediatric Exercise Physiology: Training an Adult is Not the Same as a Child Patrick McHenry, MA, CSCS,*D, RSCC and Pat Cullen-Carroll, CSCS

This session will look at the differences between training adults and children. Trainers must take into consideration the ideas of long-term athletic development (LTAD) and physical literacy when developing

fitness and training programs for children. This session will show trainers how to take children and adolescents through a step-by-step progression that is training age and physiologically appropriate.

5-6pm

Business Presentation: Career Development for the Certified Personal Trainer Robert Linkul, CSCS, NSCA-CPT

Saturday

8-9am/1-2pm

Evolution vs. Revolution: A Trainer's Guide to the First Session and Beyond Gary Lavin, CSCS, NSCA-CPT

What do I do first? How do I bring a client into my business? Who's system should I use? If you have found yourself asking questions like these, this is the lecture for you. In this informative session you will learn how to deal with a client from the first contact to the end of their first session.... and beyond!

Best Practices Revealed: Non-traditional Resistance Training and Unstable Surfaces Michael Bracko, EdD, CSCS

This innovative session will provide attendees with objective evidence about non-traditional resistance training and exercise on unstable surfaces. Bracko will discuss research on kettlebells, rubber resistance, BOSU training, stability ball training, and vibration platform training and make practical applications relating to personal training. Attendees will walk away from this session with information on the limitations of these forms of exercise, how they relate to attracting and retaining clients, and how they can increase exercise adherence.

Running Training Sessions with Little to No Equipment Mick Stierli, CSCS

Using only the human body as the equipment, this session will show that the only restrictions on session planning are your imagination. Practical ideas and demonstrations will be provided and combined to enable trainers to take away tools to immediately implement training sessions with little or no equipment.

Incorporating Trunk Stability Training in Your Plan Mike Barnes, MEd, CSCS,*D, NSCA-CPT,*D

In theory, torso stability training will lead to better maximal power and thus more proficient use of the muscles of the shoulders, arms, and legs; better body balance; and a lesser risk of injury. Although there are still many queries that need to be answered regarding the effects of augmented torso endurance/stability to improve function, the evidence points in the direction of core endurance and stability having positive benefits on spine health and improved performance. This hands-on session will address four primary areas of torso training; bracing and stabilizing, back extension, rotary movements and floor work. The content will leave the attendee with practical and innovation exercises that they can immediately use to program for a wide array of clients.

9-10am/2-3pm

Post Rehabilitation Strength & Conditioning of the Shoulder Complex Morey Kolber, PT, PhD, CSCS

This session will present an overview of common shoulder disorders likely to be encountered by the personal trainer. Attendees will gain insight into evidence-based management strategies, as well as

overarching precautions necessary to safely prescribe exercise routines following discharge from rehabilitation. Interventions designed to address strength and mobility impairments as well as weight-training modifications will be presented to enable attendees to safely advance their clients to full recovery while mitigating injury risks. Research pertaining to upper extremity exercise selection, training patterns and joint imbalances will be presented to guide attendees in their program design.

Dose Response of Exercise Brent Alvar, PhD, CSCS,*D, FNCSA

Geriatric Resistance Training: Practical Application to Enhance Outcomes Jaynie Bjornaraa, PhD, MPH, ATC, PT, CSCS,*D

This session will focus on factors that will affect programming for the elderly client; including exercise progression, parameter guidelines, technique and programming modifications, risk reduction, and safety aspects.

10-11am/3-4pm

Working with Active Women: Strategies for Health and Performance Nana Meyer, PhD, RD, CSSD

This session will focus on the specific nutritional needs of active women. Areas that will be covered include energy, nutrient and fluid recommendations for active women, and how to help female clients achieve physical fitness without compromising health.

Facts and Fallacies of Fitness Brad Schoenfeld, CSCS, NSCA-CPT

Foundations of Jump Training for the Personal Trainer Shawn Myszka, CSCS,*D

More and more, personal trainers are utilizing jumping exercises as part of their training arsenal for clients of all types. However, many trainers become overzealous in their approach to plyometric training and often skip the most important pieces of the puzzle which are building the foundation for increased biomechanical and neuromuscular efficiency through proper plyometric movement mechanics. Thus, this session will breakdown ways to optimize athletes' landing and take-off technique while highlighting specifics regarding plyometric training objectives, needs analysis, exercise execution, progression, and prescription of acute program variables for common plyometric exercises.

Put a Bounce in Your Step (Explosive Dumbbell Training) Joe Hashey, CSCS

Explosive lifts promote a high rate of force development and coordination thus being a great method to get clients faster and more powerful. The use of dumbbells for these types of lifts allows the coach/trainer even more variety and options than traditional barbell explosive lifts as the dumbbell lifts are often easier to learn and dumbbells are readily available to most people. Maintaining proper form on dumbbell explosive lifts is critical to using them successfully and can be misunderstood if not properly implemented. This hands-on session will teach you the basics to safely and effectively teach and use these explosive lifts with your clients

11-12pm/4-5pm

High Intensity Interval Training vs. Continuous Cardio Len Kravitz, PT, PhD, CSCS

Join Len for a first-time ever presentation comparing the cardiovascular, skeletal muscle, and metabolic adaptations of high intensity interval training and continuous endurance exercise. A highlight of this presentation is a review of the most recent research showing the incredible benefits of HIIT training. Every exercise professional will leave with 6 fabulous HIIT training programs and 3 very effective

endurance training programs. A must attend lecture for every exercise professional who designs training programs based on evidence-based research.

Keeping Clients Motivated Josh Bowen, CFT, CSCS,*D, NSCA-CPT,*D

Every day trainers are presented with several clients that are full of emotions; from their work, home life, past failures in exercise, and most importantly, from their own self-image and perception of themselves. With that in mind, how do we better understand the world around us and the world in front of us, as well as better understand what our clients are feeling? How do we better understand their situations, possibly be more empathetic, and be able to pull the best out every client? The answer is emotional intelligence.

How to Set Up a Boot Camp Taylor Simon, CSCS

Boot camps remain one of the most popular trends in the fitness business, showing no sign of slowing down. What is lacking from most boot camp programs, however, is a blend of unique programming and actual science. Most often these programs are simply a haphazard blend of various exercises from the latest YouTube video. This session will show you how to incorporate real science, like periodization and energy systems, into a functional boot camp class that will leave your participants crawling through the mud, and show you exactly how this works through the use of half lecture and half practical application.

It's a Matter of Time: Fat Loss Goes Functional Gary Lavin, CSCS, NSCA-CPT

With all of the fat loss fads and crazes in this country, how do I decipher what's hip and what's hype? In this hands on demonstration you will learn the latest fat loss methods using functional modalities mixed with cutting edge research