

2009 IDEA Personal Trainer Institute™
Alexandria, VA
Thursday, February 19 – Sunday, February 22, 2009

World Instructor Training School (W.I.T.S.) will accept credits for sessions approved by (ACE) and (AFAA). **Please note, NATABOC is now solely referred to as the BOC or Board of Certification, Inc.

IDEA does not determine which sessions qualify for credit or the number of credits. Please contact your certifying agency with any questions.

Session No.	Title	Presenter		ACSM	ACE	NASM CGT	NASM CPT	AFAA	NSCA -CSCS	NSCA -CPT	BOC	NFPT
Preconference – Thursday, February 19, 2009, 9:00am – 5:00pm												
010	<i>Special time: 9:00am–5:00pm</i> Corrective Exercise Design: Eliminating the Guesswork	Anthony Justin	Carey, MA Price, MA	7.0	0.6	0.8	0.8	7.0	0.7	0.7	6.0	7.0
011	<i>Special time: 9:30am–4:30pm</i> IDEA's Business Boot Camp	Nicki Darren	Anderson Jacobson	6.0	0.6	0.7	0.7	6.0	0.0	0.0	0.0	6.0
012	<i>Special time: 12:30pm–4:30pm</i> STOTT PILATES® Toning Ball Workouts	Matthew	Comer, MS	4.0	0.0	0.4	0.4	4.0	0.0	0.0	4.0	4.0
Time Block A – Friday, February 20, 2009, 9:00am–11:50am Sessions in this time block are 2 hours, 50 minutes (unless otherwise indicated)												
100	<i>Special time: 7:30am–1:30pm</i> Introduction to RTS®—Exercise Mechanics... Viewing the Body From the Inside Out!	Tom RTS	Purvis, PT Faculty	6.0	0.0	0.6	0.6	6.0	0.2	0.2	6.0	6.0
101	Balance and Mobility—Assessment and Training	Cody	Sipe, PhD	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
102	Spartan Training for the Warrior in You	Juan Carlos	Santana, MEd	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
103	Solutions for Improved Lumbo-Pelvic-Hip Function	Anthony	Carey, MA	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
104	TRX® Sports Performance and Flexibility	Fraser	Quelch	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
105	<i>Special time: 9:00am–10:20am</i> Eating for Performance	Scott	Josephson, MS	1.25	0.1	0.1	0.1	1.25	0.1	0.1	1.25	1.25
105	<i>Special time: 10:30am–11:50am</i> Nutrient Timing: The Future of Peak Performance	Len	Kravitz, PhD	1.25	0.1	0.1	0.1	1.25	0.1	0.1	1.25	1.25
106	Surrounding the Dragon of Back Pain	Jon	Bowskill	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
Time Block B – Friday, February 20, 2009, Noon–1:50pm POWER LEARNING BREAKOUTS AND LUNCH* <i>* Note: Lunch is on your own</i> Sessions in this time block are 1 hour in length (see individual session for exact time)												

110	<i>Special time: Noon–1:00pm</i> Creative Exercise Design—Perfect Pairs and Terrific Tri-Sets	Tanya	Colucci, MS	1.0	0.1	0.1	0.1	1.0	0.1	0.1	1.0	1.0
112	<i>Special time: Noon–1:00pm</i> Best Practices: The "Right Here, Right Now!" Strategy for Success	Darren	Jacobson	1.0	0.1	0.1	0.1	1.0	0.0	0.0	0.0	1.0
113	<i>Special time: 12:50pm–1:50pm</i> In-Home Training: Effective Workouts for Small Spaces	Jay	Dawes, MS	1.0	0.1	0.1	0.1	1.0	0.1	0.1	1.0	1.0
114	<i>Special time: 12:50pm–1:50pm</i> Introduction to Structural Assessment	Justin	Price, MA	1.0	0.1	0.1	0.1	1.0	0.1	0.1	1.0	1.0
115	<i>Special time: 12:50pm–1:50pm</i> Best Practices: From Dull to Dynamic—Re-Energize Your Training Sessions	Nicki	Anderson	1.0	0.0	0.1	0.1	1.0	0.1	0.1	0.0	1.0
Time Block C – Friday, February 20, 2009, 2:00pm–4:50pm Sessions in this time block are 2 hours, 50 minutes (unless otherwise indicated)												
120	Training the Four Pillars of Human Movement	Juan Carlos	Santana, MEd	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
121	Neural Complexity—The New Overload Variable!	Peter	Twist, MSc	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
122	Aging Strong	Robert	Sherman	2.75	0.3	0.3	0.3	2.75	0.0	0.0	3.0	3.0
123	Squats and Lunges: Dispelling Myths Through Mechanics	Joe	DeAntonis, MS	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
124	TRX® Fusion for Metabolic Training	Fraser	Quelch	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
125	<i>Special time: 2:00pm–3:20pm</i> Maximize Fat Metabolism and the Caloric Burn	Len	Kravitz, PhD	1.25	0.1	0.1	0.1	1.25	0.2	0.2	1.25	1.25
125	<i>Special time: 3:30pm–4:50pm</i> Anti-Aging Supplements and Products	Cody	Sipe, PhD	1.25	0.1	0.1	0.1	1.25	0.2	0.2	1.25	1.25
126	Exercise Programming for Obese and Weight Loss Clients	Tanya	Colucci, MS	2.75	0.3	0.3	0.3	2.75	0.0	0.0	2.75	3.0
Time Block D – Friday, February 20, 2009, 6:15pm–7:30pm												
130	Industry Spotlight Panel—How to Maximize Your Business in a Tough Economy	Nicki Peter Diane	Anderson Twist, MSc Vives, MS	1.25	0.0	0.1	0.1	1.25	0.0	0.0	0.0	1.25
Time Block E – Saturday, February 21, 2009, 9:00am–11:50am Sessions in this time block are 2 hours, 50 minutes (unless otherwise indicated)												

200	<i>Special time: 7:30am–1:30pm</i> Understanding Muscular Assessment and Function: An Introduction to Muscle Activation Techniques™	Greg MAT	Roskopf, MA Faculty	6.0	0.0	0.6	0.6	6.0	0.2	0.2	6.0	6.0
201	The Movement Triad	Anthony	Carey, MA	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
202	BOSU® Sport Progressions for Personal Trainers and Coaches	Douglas	Brooks, MS	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
203	Innovative Drills for Small-Group Training	Peter	Twist, MSc,	2.75	0.3	0.3	0.0	2.75	0.2	0.2	3.0	3.0
204	Using Structural Assessment and Movement Analysis to Design Better Exercises	Justin	Price, MA	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
205	STOTT PILATES® The Shoulder Girdle: Stability and Function	Matthew	Comer, MS	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
206	Program Design for the New Millennium	Juan Carlos	Santana, MEd	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0

Time Block F – Saturday, February 21, 2009, Noon–1:50pm

POWER LEARNING BREAKOUTS AND LUNCH*

** Note: Lunch is on your own*

Sessions in this time block are 1 hour in length (see individual session for exact time)

210	<i>Special time: Noon–1:00pm</i> Breakthrough Functional Training for the 50+ Market	Cody	Sipe, PhD	1.0	0.1	0.1	0.1	1.0	0.0	0.1	1.0	1.0
211	<i>Special time: Noon–1:00pm</i> SMART Training: The Business of Small-Group Training, Part 1	Diane	Vives, MS	1.0	0.1	0.1	0.0	1.0	0.0	0.0	0.0	1.0
212	<i>Special time: Noon–1:00pm</i> Popular Diets: Promises and Pitfalls	Scott	Josephson, MS	1.0	0.1	0.1	0.1	1.0	0.1	0.1	1.0	1.0
214	<i>Special time: 12:50pm–1:50pm</i> Metabolic Acceleration—Nontraditional Cardiovascular Training	Alwyn	Cosgrove	1.0	0.1	0.1	0.1	1.0	0.1	0.1	1.0	1.0

Time Block G – Saturday, February 21, 2009, 2:00pm–3:50pm

Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)

220	<i>Special time: 2:00pm–3:30pm</i> Sidestepping the Mistakes Most Fitness Managers Make	Darren	Jacobson	1.5	0.1	0.1	0.1	1.5	0.0	0.0	0.0	1.5
221	Boot Camp Complete	Todd	Durkin, MA	1.75	0.2	0.2	0.0	1.75	0.0	0.0	3.0	1.75
222	Crawl Before You Walk! Current Advances in Corrective Exercise	Jon	Bowskill	1.75	0.2	0.2	0.2	1.75	0.2	0.2	3.0	1.75
223	Biomechanics Made Fun!	Tom Scott	DeLong, MA Gaines, MS	1.75	0.0	0.2	0.2	1.75	0.2	0.2	3.0	1.75
224	The Five Vital Elements of Function	Fraser	Quelch	1.75	0.2	0.2	0.2	1.75	0.2	0.2	3.0	1.75

225	SMART Training: Designs in Small-Group Training, Part 2	Diane	Vives, MS	1.75	0.2	0.2	0.0	1.75	0.2	0.2	3.0	1.75
226	Shifting Paradigms— Weight Loss to Health Gains!	Nicki	Anderson	1.75	0.0	0.2	0.2	1.75	0.2	0.2	0.0	1.75

Time Block H – Saturday, February 21, 2009, 4:00pm–5:30pm

Sessions in this time block are 1 hour, 30 minutes (unless otherwise indicated)

230	Breakthrough Core Development Training	Jay	Dawes, MS	1.5	0.1	0.1	0.1	1.5	0.2	0.2	1.5	1.5
231	Real-World Fat Loss	Alwyn	Cosgrove	1.5	0.1	0.1	0.1	1.5	0.2	0.2	1.5	1.5
232	Fitter, Stronger—Faster: Use Your Heart	Mark Scott	Baines, MS Gaines, MS	1.5	0.1	0.1	0.1	1.5	0.2	0.2	1.5	1.5
233	Training the Female Athlete	Diane	Vives, MS	1.5	0.1	0.1	0.1	1.5	0.2	0.2	1.5	1.5
234	STOTT PILATES® Athletic Conditioning on the Edge™	Matthew	Comer, MS	1.5	0.1	0.1	0.1	1.5	0.2	0.2	1.5	1.5
235	Power of Positive Training	Heather	Rider, MA	1.5	0.1	0.1	0.1	1.5	0.2	0.2	0.0	1.5
236	Strategies to Achieve More in Less Time	Todd	Durkin, MA	1.5	0.1	0.1	0.1	1.5	0.0	0.0	0.0	1.5

Time Block I – Sunday, February 22, 2009, 8:00am–10:50am

Sessions in this time block are 2 hours, 50 minutes (unless otherwise indicated)

300	Seven Steps to Better Program Design	Alwyn	Cosgrove	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
301	C-4 Explosive Training for All Clients	Jay	Dawes, MS	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
302	High Speed Power Training—A New Approach	Douglas	Brooks, MS	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
303	Comprehensive Trunk and Spine Conditioning	Kevin	Dunn, MPT	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0
304	Coaching the Mindset of the Postrehabilitation Client	Lisa	Atkinson	2.75	0.3	0.3	0.3	2.75	0.2	0.2	0.0	3.0
305	Going for Greatness!	Todd	Durkin, MA	2.75	0.3	0.3	0.3	2.75	0.0	0.0	0.0	3.0
306	TRX® Sports Performance and Flexibility	Fraser	Quelch	2.75	0.3	0.3	0.3	2.75	0.2	0.2	3.0	3.0