

2010 IDEA Personal Trainer Institute™
Alexandria, VA
Thursday, February 25 – Sunday, February 28, 2010

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		ACE	ACSM	NASM CGT	NASM CPT	AFAA	BOC
Preconference – Thursday, February 25, 2010									
010	<i>Special Time: 9:00am-6:00pm</i> Twist Sport Performance Summit	Peter	Twist, MSc	0.8	8.0	0.8	0.8	8.0	0.8
011	<i>Special Time: 12:30pm-5:30pm</i> Integrated Back Rehabilitation—Regression to Progression	Chuck	Wolf, MS	0.5	5.0	0.5	0.5	5.0	0.5
012	<i>Special Time: 1:00pm-5:00pm</i> STOTT PILATES® Postural Analysis and Applications to Pilates Exercises	John	Garey, MS	0.0	4.0	0.4	0.4	4.0	0.4
Time Block A – Friday, February 26, 2010, 9:15am–12:05pm Sessions in this time block are 2 hours, 50 minutes (unless otherwise indicated)									
100	<i>Special Time: 8:00am-11:50am</i> Flexibility Highways "In Motion"	Chuck	Wolf, MS	0.40	4.0	0.4	0.4	3.75	0.40
101	The Progression Pyramid	Peter	Twist, MSc	0.30	3.0	0.3	0.3	2.0	0.30
102	Top 10 Medicine Ball Exercises	Juan Carlos	Santana, MEd	0.30	3.0	0.3	0.3	2.0	0.30
103	Train the Joes Like the Pros 2010	Todd	Durkin, MA	0.30	3.0	0.3	0.3	2.0	0.30
104	Functional Training in 3D—Matrix Logic	Gary Doug	Gray, PT Gray	0.30	3.0	0.3	0.3	2.0	0.30
105	Kids Fitness—Expanding Their Movement Vocabulary for Life	Pat	McCloskey, MS	0.30	3.0	0.3	0.3	2.0	0.30
106	STOTT PILATES® Programming for Scoliosis Management	John	Garey, MS	0.30	3.0	0.3	0.3	2.0	0.30
107	TRX® Functional Fusion	Fraser	Quelch	0.30	3.0	0.3	0.3	2.0	0.30
Time Block B – Friday, February 26, 2010, 12:15pm–2:05pm Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)									
110	<i>Special Time: 12:15pm-1:15pm</i> Functional 30-Minute Workouts	Annette	Lang, MS	0.10	1.0	0.1	0.1	1.0	0.10
112	<i>Special Time: 12:15pm-1:15pm</i> Corrective Exercise—An Introduction	Justin	Price, MA	0.10	1.0	0.1	0.1	1.0	0.10
113	<i>Special Time: 12:15pm-1:15pm</i> Hot Off the Press! Nutrition News	Pamela	Nisevich, MS, RD, LD	0.10	1.0	0.1	0.1	1.0	0.10
114	<i>Special Time: 1:05pm-2:05pm</i> Small Group—Big Results	Peter	Twist, MSc	0.10	1.0	0.1	0.1	1.0	0.10
115	<i>Special Time: 1:05pm-2:05pm</i> Winning the Culture War With Exercise and Fitness	Juan Carlos	Santana, MEd	0.10	1.0	0.1	0.1	1.0	0.10
117	<i>Special Time: 1:05pm-2:05pm</i> Secrets of Joint Mobility	Nick	Tumminello	0.10	1.0	0.1	0.1	1.0	0.10

Time Block C – Friday, February 26, 2010, 2:15pm–5:05pm									
Sessions in this time block are 2 hours, 50 minutes (unless otherwise indicated)									
120	Functional Training in 3D—Matrix Applications	Gary Doug	Gray, PT Gray	0.10	1.0	0.3	0.3	2.0	0.10
121	Vital Anatomy—Functional Applications	Michol	Dalcourt	0.30	3.0	0.3	0.3	2.0	0.30
122	Corrective Exercise—The Missing Link	Mary Justin	Bratcher, MA Price, MA	0.30	3.0	0.3	0.3	2.0	0.20
123	Top 10 Band Exercises	Juan Carlos	Santana, MEd	0.30	3.0	0.3	0.3	2.0	0.30
124	Top 10 Ways to Grow Your Business in 2010!	Todd	Durkin, MA	0.30	3.0	0.3	0.3	2.0	0.00
125	Critical Program Design Strategies	Dan	Hellman, MPT	0.30	3.0	0.3	0.3	2.0	0.30
126	Reactive Balance for Senior Clients	Annette	Lang, MS	0.30	3.0	0.3	0.3	2.0	0.30
127	TRX® Sport Performance	Fraser	Quelch	0.30	3.0	0.3	0.3	2.0	0.30
Time Block D – Saturday, February 27, 2010, 9:15am–12:05pm									
Sessions in this time block are 2 hours, 50 minutes (unless otherwise indicated)									
200	BOSU® Athletic Balance Progressions	Douglas	Brooks, MS	0.30	3.0	0.3	0.3	2.0	0.30
201	Core Training: Going Global	Rodney Michol	Corn, MA Dalcourt	0.30	3.0	0.3	0.3	2.0	0.30
202	Bridging the Gap Between Rehabilitation and Performance: Linear Movement	Sue	Falsone, MS, PT	0.30	3.0	0.3	0.3	2.0	0.30
203	H2O Impact Training	Jay Diane	Dawes, MS Vives, MS	0.30	3.0	0.3	0.3	2.0	0.30
204	Meal Planning for Nutrition Neophytes!	Pamela	Nisevich, MS, RD, LD	0.30	3.0	0.3	0.3	2.75	0.30
205	JC's Midlife Makeover Workshop	Juan Carlos	Santana, MEd	0.30	3.0	0.3	0.3	2.0	0.30
206	STOTT PILATES® Pilates on the Green: Matwork for Golf, Levels 1 & 2	John	Garey, MS	0.30	3.0	0.3	0.3	2.0	0.30
207	Corrective Exercise—An Integrated Approach Using Suspension Training	Bill	Sonnemaker, MS	0.30	3.0	0.3	0.3	2.0	0.30
Time Block E – Saturday, February 27, 2010, 12:15pm–2:05pm									
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)									
210	<i>Special Time: 12:15pm–1:15pm</i> Dynamic Warm-Ups—New Concepts and Techniques	Nick	Tumminello	0.10	1.0	0.1	0.1	0.5	0.10
211	<i>Special Time: 12:15pm–1:15pm</i> Metabolic Conditioning Games—Playing Your Way Into Shape!	Jay	Dawes, MS	0.10	1.0	0.1	0.1	0.5	0.10
212	<i>Special Time: 12:15pm–1:15pm</i> Are We Speaking the Same Language? Functional Nomenclature Defined	Gary Doug	Gray, PT Gray	0.10	1.0	0.1	0.1	1.0	0.10
215	<i>Special Time: 1:05pm–2:05pm</i> The Best Balance Exercises Are Moving	Annette	Lang, MS	0.10	1.0	0.1	0.1	0.5	0.10
216	<i>Special Time: 1:05pm–2:05pm</i> Heavy Breathing—The Science and Practice of Respiration During Resistance Training	Dan	Hellman, MPT	0.10	1.0	0.1	0.1	1.0	0.10
217	<i>Special Time: 1:05pm–2:05pm</i> Self-Myofascial Release—Just What You Knead	Sue	Falsone, MS, PT	0.10	1.0	0.1	0.1	1.0	0.10
Time Block F – Saturday, February 27, 2010, 2:15pm–4:05pm									
Sessions in this time block are 1 hour, 50 minutes (unless otherwise indicated)									

220	Trainer's Toolbox: Exercise Complexity	Peter	Twist, MSc	0.20	2.0	0.2	0.2	1.5	0.20
221	Creative Total-Body Exercises Your Clients Will Love	Rodney	Corn, MA	0.20	2.0	0.2	0.2	1.5	0.20
222	Fix the Part—Mend the Whole	Justin	Price, MA	0.20	2.0	0.2	0.2	1.5	0.20
223	Boot Camp 2010	Todd	Durkin, MA	0.20	2.0	0.2	0.2	1.5	0.20
224	Kids Camps--Make Your Passion Your Fortune	Brett	Klika	0.20	2.0	0.2	0.2	1.5	0.20
225	Nutrition for the Long Run	Pamela	Nisevich, MS, RD, LD	0.20	2.0	0.2	0.2	1.75	0.20
226	Myofascial Matrix	Chuck	Wolf, MS	0.20	2.0	0.2	0.2	1.5	0.20
227	Functional Proprioceptive Training	Fraser	Quelch	0.20	2.0	0.2	0.2	1.5	0.20
Time Block G – Saturday, February 27, 2010, 4:15pm–5:45pm									
Sessions in this time block are 1 hour, 30 minutes (unless otherwise indicated)									
230	One-on-One Partner Training	Douglas	Brooks, MS	0.10	1.0	0.1	0.1	1.25	0.10
231	Advanced Cuing for Maximal Training Results	Lauren	Eirk	0.10	1.0	0.1	0.1	1.25	0.10
232	Effective Workouts for the In-Home Client	Annette	Lang, MS	0.10	1.0	0.1	0.1	1.25	0.10
233	Ladder Training Revolution	Jay	Dawes, MS	0.10	1.0	0.1	0.1	1.25	0.10
234	The Neuroscience of Change: Getting the Best Results Ever!	Robert	Cappuccio	0.10	1.0	0.1	0.1	1.25	0.10
235	Universal Secrets to Client Retention	Mary	Bratcher, MA	0.10	1.0	0.1	0.1	1.25	0.10
236	The "Big Bang" Exercise	Dan	Hellman, MPT	0.10	1.0	0.1	0.1	1.25	0.10
237	Advanced Concepts in Body-Weight Training	Bill	Sonnemaker, MS	0.10	1.0	0.1	0.1	1.25	0.10
Time Block H – Sunday, February 28, 2010, 8:00am–10:50am									
Sessions in this time block are 2 hours, 50 minutes (unless otherwise indicated)									
300	Drills, Skills and Progressions for Throwing and Striking Sports	Douglas	Brooks, MS	0.30	3.0	0.3	0.3	2.5	0.30
301	The Metabolic Playground	Rodney	Corn, MA	0.30	3.0	0.3	0.3	2.5	0.30
302	Smokin' Small-Group Training	Jay	Dawes, MS	0.30	3.0	0.3	0.3	2.5	0.30
303	Buddy Up! Strategies for Small Group Training Success	Brett	Klika	0.30	3.0	0.3	0.3	2.5	0.30
304	Shift Happens: Four Principles to Mastering the Art of Influence	Robert	Cappuccio	0.30	3.0	0.3	0.3	2.5	0.30
305	Continuum Training: A Model for Peak Results	Fraser	Quelch	0.30	3.0	0.3	0.3	2.5	0.30
306	Bridging the Gap Between Rehabilitation and Performance: Multidirectional Movement	Sue	Falsone, MS, PT	0.30	3.0	0.3	0.3	2.5	0.30
307	Training Issues and Solutions for Older Adults	Lauren	Eirk	0.30	3.0	0.3	0.3	2.5	0.30