

IDEA Health and Fitness Association - Personal Trainer Institute WEST  
 March 30th - April 2nd, 2017

| Session Number                                           | Session Title                                                                                     | Session Type | Presenters                                            | Session Length | AASFP | ACE | ACSM | AFAA | AFPA | BCRPA | canfitpro           | CHEK | CI  | IPFA | ISSA | NARC | NASM | NCCPT | NCEP | NCSF | NESTA | NETA | NFPT | NPI  | NSCA | NSPA | PTAG |
|----------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------|-------------------------------------------------------|----------------|-------|-----|------|------|------|-------|---------------------|------|-----|------|------|------|------|-------|------|------|-------|------|------|------|------|------|------|
| TIME BLOCK # - Thursday, March 30th (36 CONFERENCE/CEUS) |                                                                                                   |              |                                                       |                |       |     |      |      |      |       |                     |      |     |      |      |      |      |       |      |      |       |      |      |      |      |      |      |
| 500                                                      | NASM® Corrective Exercise Model Essentials and Beyond                                             | WS           | Rick Richley, MS                                      | 3 hours 30 min | 0.0   | 0.5 | 5.0  | 5.0  | 5.0  | 5.0   | 2 PFS               | 5.0  | 5.0 | 5.0  | 5.0  | 0.5  | 0.5  | 0.5   | 0.5  | 2.5  | 0.5   | 5.0  | 1.0  | 5.0  | 0.5  | 5.0  | 5.0  |
| 501                                                      | Personal Nutrition Coaching: Diet Plan, MS                                                        | WS           | Adam Felt, MS                                         | 2 hours        | 0.0   | 0.0 | 3.0  | 3.0  | 3.0  | 3.0   | 1 PFS               | 3.0  | 3.0 | 3.0  | 3.0  | 0.0  | 0.0  | 0.0   | 0.0  | 0.0  | 0.0   | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  | 0.0  |
| 502                                                      | Functional Aging Specialist Certification Course                                                  | L/WS         | Cody Spee, MS                                         | 9 hours        | 0.0   | 0.8 | 8.0  | 8.0  | 8.0  | 8.0   | 1 PFS               | 8.0  | 8.0 | 8.0  | 8.0  | 0.0  | 0.8  | 0.8   | 0.8  | 8.0  | 4.0   | 8.0  | 8.0  | 1.5  | 8.0  | 8.0  | 8.0  |
| TIME BLOCK # - Thursday, March 30th                      |                                                                                                   |              |                                                       |                |       |     |      |      |      |       |                     |      |     |      |      |      |      |       |      |      |       |      |      |      |      |      |      |
| 550                                                      | How to Transform Your Passion Into Financial Freedom                                              | L            | Rick Mayo                                             | 1 hours        | 0.0   | 0.1 | 1.0  | 1.0  | 1.0  | 1.0   | 1 PFS, FS, HWL, PFS | 1.0  | 1.0 | 1.0  | 1.0  | 0.1  | 0.1  | 0.1   | 0.1  | 1.0  | 0.5   | 0.1  | 1.0  | 0.25 | 1.0  | 0.1  | 1.0  |
| TIME BLOCK # - Friday, March 31st                        |                                                                                                   |              |                                                       |                |       |     |      |      |      |       |                     |      |     |      |      |      |      |       |      |      |       |      |      |      |      |      |      |
| 600                                                      | BOSU® Triplanar Core Training                                                                     | WS           | Helene Vanderburg                                     | 2 hours 50 min | 0.2   | 0.3 | 3.0  | 3.0  | 3.0  | 3.0   | 1 PFS, FS           | 3.0  | 3.0 | 3.0  | 3.0  | 0.3  | 0.3  | 0.3   | 0.3  | 1.5  | 0.3   | 3.0  | 0.50 | 3.0  | 0.3  | 3.0  |      |
| 601                                                      | TRX® Coaching Revisited                                                                           | WS           | Mark Coroner                                          | 2 hours 50 min | 0.2   | 0.3 | 3.0  | 3.0  | 3.0  | 3.0   | 1 PFS, FS           | 3.0  | 3.0 | 3.0  | 3.0  | 0.3  | 0.3  | 0.3   | 0.3  | 1.5  | 0.3   | 3.0  | 0.50 | 3.0  | 0.3  | 3.0  |      |
| 602                                                      | Yoga for Programmers: Mind, Skill and Confidence, Powered by Straps                               | L/WS         | Ylona Yearby, MEd                                     | 2 hours 50 min | 0.0   | 0.3 | 3.0  | 3.0  | 3.0  | 3.0   | 1 PFS               | 3.0  | 3.0 | 3.0  | 3.0  | 0.3  | 0.3  | 0.3   | 0.3  | 1.5  | 0.3   | 3.0  | 0.50 | 3.0  | 0.3  | 3.0  |      |
| 603                                                      | Functional Power Training for Older Clients                                                       | L/WS         | Cody Spee, PhD                                        | 2 hours 50 min | 0.0   | 0.3 | 3.0  | 3.0  | 3.0  | 3.0   | 1 PFS               | 3.0  | 3.0 | 3.0  | 3.0  | 0.3  | 0.3  | 0.3   | 0.3  | 1.5  | 0.3   | 3.0  | 0.50 | 3.0  | 0.3  | 3.0  |      |
| 604                                                      | NASM® Strength Training for Optimal Results                                                       | WS           | Rick Richley, MS                                      | 2 hours 50 min | 0.2   | 0.3 | 3.0  | 3.0  | 3.0  | 3.0   | 1 PFS               | 3.0  | 3.0 | 3.0  | 3.0  | 0.3  | 0.3  | 0.3   | 0.3  | 1.5  | 0.3   | 3.0  | 0.50 | 3.0  | 0.3  | 3.0  |      |
| 605                                                      | TriggerPoint™: The Movement, Hips and Shoulder Mobility                                           | WS           | Kyle Stull, MS                                        | 2 hours 50 min | 0.2   | 0.3 | 3.0  | 3.0  | 3.0  | 3.0   | 1 PFS, FS           | 3.0  | 3.0 | 3.0  | 3.0  | 0.3  | 0.3  | 0.3   | 0.3  | 1.5  | 0.3   | 3.0  | 0.50 | 3.0  | 0.3  | 3.0  |      |
| 606                                                      | Giving Clients Understanding the Science and Applications of the Ketogenic Diet, by EAS®          | L            | Steven Hertzler, PhD, RD   Pamela Nievech, MS, RD, LD | 1 hours 20 min | 0.0   | 0.3 | 3.0  | 3.0  | 3.0  | 3.0   | 1 PFS, FS, HWL      | 3.0  | 3.0 | 3.0  | 3.0  | 0.3  | 0.3  | 0.3   | 0.3  | 1.5  | 0.3   | 3.0  | 0.50 | 3.0  | 0.3  | 3.0  |      |
| 607                                                      | Hit the Beet: Health and Performance Benefits of Beets and Other Nitrate-Rich Vegetables, by EAS® | L            | Steven Hertzler, PhD, RD   Pamela Nievech, MS, RD, LD | 1 hours 20 min | 0.0   | 0.3 | 3.0  | 3.0  | 3.0  | 3.0   | 1 PFS, FS, HWL      | 3.0  | 3.0 | 3.0  | 3.0  | 0.3  | 0.3  | 0.3   | 0.3  | 1.5  | 0.3   | 3.0  | 0.50 | 3.0  | 0.3  | 3.0  |      |
| 607                                                      | Metabolic Threshold Testing: The Ultimate Assessment and Design for Endurance Performance         | L            | Len Kravitz, PhD   James J. McCormick, MS             | 2 hours 50 min | 0.2   | 0.3 | 3.0  | 3.0  | 3.0  | 3.0   | 1 PFS               | 3.0  | 3.0 | 3.0  | 3.0  | 0.3  | 0.3  | 0.3   | 0.3  | 1.5  | 0.3   | 3.0  | 0.50 | 3.0  | 0.3  | 3.0  |      |
| 608                                                      | How to Double Your Sales in 6 Months (or Less)                                                    | L            | Sean Grayson                                          | 2 hours 50 min | 0.0   | 0.3 | 3.0  | 3.0  | 3.0  | 3.0   | 1 PFS, FS, HWL, PFS | 3.0  | 3.0 | 3.0  | 3.0  | 0.3  | 0.3  | 0.3   | 0.3  | 1.5  | 0.3   | 3.0  | 0.50 | 3.0  | 0.3  | 3.0  |      |
| 609                                                      | Reversing Brain Caused by Urogenital Syndrome                                                     | L            | Brian Richy                                           | 2 hours 50 min | 0.2   | 0.3 | 3.0  | 3.0  | 3.0  | 3.0   | 1 PFS               | 3.0  | 3.0 | 3.0  | 3.0  | 0.3  | 0.3  | 0.3   | 0.3  | 1.5  | 0.3   | 3.0  | 0.50 | 3.0  | 0.3  | 3.0  |      |
| TIME BLOCK # - Friday, March 31st                        |                                                                                                   |              |                                                       |                |       |     |      |      |      |       |                     |      |     |      |      |      |      |       |      |      |       |      |      |      |      |      |      |
| 620                                                      | Recreate Athletic Circuits Revisited, Powered by Horizontal Fitness                               | WS           | Casey Stutzman   Helene Vanderburg                    | 1 hours 30 min | 0.0   | 0.1 | 1.0  | 2.0  | 1.5  | 1.5   | 1 PFS, FS           | 1.5  | 1.5 | 1.5  | 1.5  | 0.15 | 0.2  | 0.15  | 0.15 | 0.75 | 0.15  | 1.5  | 0.25 | 1.5  | 0.2  | 1.5  |      |
| 621                                                      | TRX® Strength                                                                                     | WS           | Susan Moore                                           | 1 hours 30 min | 0.0   | 0.1 | 1.0  | 2.0  | 1.5  | 1.5   | 1 PFS, FS           | 1.5  | 1.5 | 1.5  | 1.5  | 0.15 | 0.2  | 0.15  | 0.15 | 0.75 | 0.15  | 1.5  | 0.25 | 1.5  | 0.2  | 1.5  |      |
| 622                                                      | Your Guide to Straps: Legs and Great Glutes!                                                      | WS           | Nick Clayton, MS, MBA                                 | 1 hours 30 min | 0.2   | 0.1 | 1.0  | 2.0  | 1.5  | 1.5   | 1 PFS               | 1.5  | 1.5 | 1.5  | 1.5  | 0.15 | 0.2  | 0.15  | 0.15 | 0.75 | 0.15  | 1.5  | 0.25 | 1.5  | 0.2  | 1.5  |      |
| 623                                                      | Speed Camp, Powered by SKI2®                                                                      | WS           | Michael Cummings                                      | 1 hours 30 min | 0.2   | 0.1 | 1.0  | 2.0  | 1.5  | 1.5   | 1 PFS               | 1.5  | 1.5 | 1.5  | 1.5  | 0.15 | 0.2  | 0.15  | 0.15 | 0.75 | 0.15  | 1.5  | 0.25 | 1.5  | 0.2  | 1.5  |      |
| 624                                                      | Quantile: Small-Group Training at IT'S BEST!                                                      | WS           | Trent Barbee   Whitney Mack   Tricia Murray-Madden    | 1 hours 30 min | 0.0   | 0.1 | 1.0  | 2.0  | 1.5  | 1.5   | 1 PFS, FS           | 1.5  | 1.5 | 1.5  | 1.5  | 0.15 | 0.2  | 0.15  | 0.15 | 0.75 | 0.15  | 1.5  | 0.25 | 1.5  | 0.2  | 1.5  |      |
| 625                                                      | Skill or Conditioning Programming for Success, by ActivationBar™                                  | WS           | Pete McCall, MA                                       | 1 hours 30 min | 0.2   | 0.1 | 1.0  | 2.0  | 1.5  | 1.5   | 1 PFS               | 1.5  | 1.5 | 1.5  | 1.5  | 0.15 | 0.2  | 0.15  | 0.15 | 0.75 | 0.15  | 1.5  | 0.25 | 1.5  | 0.2  | 1.5  |      |
| 626                                                      | How to Attract More Clients and Make More Money, by Perform Better®                               | L            | Rachel Cosgrove                                       | 1 hours 30 min | 0.0   | 0.1 | 1.0  | 2.0  | 1.5  | 1.5   | 1 PFS               | 1.5  | 1.5 | 1.5  | 1.5  | 0.15 | 0.2  | 0.15  | 0.15 | 0.75 | 0.15  | 1.5  | 0.25 | 1.5  | 0.2  | 1.5  |      |
| 627                                                      | The Core: Get Clients in the Health World You Want Out!                                           | L            | Adam Felt, MS                                         | 1 hours 20 min | 0.0   | 0.1 | 1.0  | 2.0  | 1.5  | 1.5   | 1 PFS, FS, HWL      | 1.5  | 1.5 | 1.5  | 1.5  | 0.15 | 0.2  | 0.15  | 0.15 | 0.75 | 0.15  | 1.5  | 0.25 | 1.5  | 0.2  | 1.5  |      |
| 628                                                      | How to Use Technology to Change Your Client's Behavior                                            | L            | Clifton Hanks                                         | 1 hours 30 min | 0.0   | 0.1 | 1.0  | 2.0  | 1.5  | 1.5   | 1 PFS, FS, HWL      | 1.5  | 1.5 | 1.5  | 1.5  | 0.15 | 0.2  | 0.15  | 0.15 | 0.75 | 0.15  | 1.5  | 0.25 | 1.5  | 0.2  | 1.5  |      |
| 629                                                      | If We Are Going to Call It "Functional"                                                           | L            | Christopher McGrath, MS                               | 1 hours 30 min | 0.2   | 0.1 | 1.0  | 2.0  | 1.5  | 1.5   | 1 PFS               | 1.5  | 1.5 | 1.5  | 1.5  | 0.15 | 0.2  | 0.15  | 0.15 | 0.75 | 0.15  | 1.5  | 0.25 | 1.5  | 0.2  | 1.5  |      |
| TIME BLOCK # - Saturday, April 1st                       |                                                                                                   |              |                                                       |                |       |     |      |      |      |       |                     |      |     |      |      |      |      |       |      |      |       |      |      |      |      |      |      |
| 640                                                      | No Athlete Left Behind! Training Tools for Top-Level Performance                                  | WS           | Jesse Dietrick                                        | 1 hours 50 min | 0.0   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS               | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 641                                                      | TRX® High-Intensity Interval Training Evolved                                                     | WS           | Renaue McCoud                                         | 1 hours 50 min | 0.0   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS, FS           | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 642                                                      | Bridge the Gap Between "Temple" and "Athlete," by EMS                                             | WS           | Diane Viles, MS                                       | 1 hours 50 min | 0.0   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS               | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 643                                                      | Coaching Series: Training How to Create a Client's Athletic-Based Goals, by Power Systems®        | WS           | Mary Miller, DHS                                      | 1 hours 50 min | 0.2   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS, FS           | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 644                                                      | NASM® Power Training: What Goes Up Must Come Down! Are You Prepared?                              | WS           | Mary Miller, DHS                                      | 1 hours 50 min | 0.2   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS               | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 645                                                      | Global Assessment Versus Local Assessments, by Gray Institute®                                    | WS           | Scott Hoptson                                         | 1 hours 50 min | 0.2   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS               | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 646                                                      | How to Upend My Fitness Studio                                                                    | P            | Brent Gallagher, MMS   Sean Green   John Heninger     | 1 hours 50 min | 0.0   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS, FS           | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 647                                                      | Get the Best Out of Your 60 Minutes: Nutrition Strategies for Before, During and After Exercise   | L            | Christopher Mohr, PhD, RD                             | 2 hours 50 min | 0.0   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS, FS, HWL      | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 648                                                      | Use Advanced Interviewing Strategies for Targeted Results                                         | L            | Chris McGrath, MS                                     | 1 hours 50 min | 0.0   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS               | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 649                                                      | Altitude Training: Facts, Myths and Misconceptions                                                | L            | Len Kravitz, PhD   Jeremy McCormick                   | 1 hours 50 min | 0.2   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS               | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| TIME BLOCK # - Saturday, April 1st                       |                                                                                                   |              |                                                       |                |       |     |      |      |      |       |                     |      |     |      |      |      |      |       |      |      |       |      |      |      |      |      |      |
| 660                                                      | Super® Plyometric                                                                                 | WS           | Casey Stutzman                                        | 1 hours 50 min | 0.2   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS               | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 661                                                      | TRX® Rotation Matters                                                                             | WS           | Mark Coroner                                          | 1 hours 50 min | 0.2   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS, FS           | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 662                                                      | Think Like a Programmer: Design for Awesome Results!                                              | WS           | Brent Kikka                                           | 1 hours 50 min | 0.0   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS               | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 663                                                      | A New Spin on Small-Group Training, Powered by Straps                                             | WS           | Ylona Yearby, MEd                                     | 1 hours 50 min | 0.0   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS, FS           | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 664                                                      | Mobility and Injury Prevention for Lifelong Health, Powered by SKI2®                              | WS           | Michael Cummings                                      | 1 hours 50 min | 0.2   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS               | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 665                                                      | TriggerPoint™: Piecing the Puzzle Together: Life After Earm Rolling                               | WS           | Kyle Stull, MS                                        | 1 hours 50 min | 0.2   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS               | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 666                                                      | Get Financially Fit in Three Steps: Small Business                                                | L            | Brent Gallagher, MMS                                  | 1 hours 50 min | 0.0   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS, FS, HWL, PFS | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 667                                                      | Communicating With Your Female Clients for Breakthrough Results, by Perform Better®               | L            | Rachel Cosgrove                                       | 1 hours 50 min | 0.0   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS, FS           | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 668                                                      | Smart and Sustainable Meal Planning for All Clients                                               | L            | Adam Felt, MS                                         | 1 hours 50 min | 0.0   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS, FS, HWL      | 2.0  | 2.0 | 2.0  | 2.0  | 0.2  | 0.2  | 0.2   | 0.2  | 2.0  | 1.0   | 2.0  | 0.25 | 2.0  | 0.2  | 2.0  |      |
| 669                                                      | Beyond the Bump: Postnatal Exercise Ideas for New Moms                                            | L            | Krista Popowich                                       | 1 hours 50 min | 0.0   | 0.2 | 2.0  | 2.0  | 2.0  | 2.0   | 1 PFS, FS, PFS      | 2.0  | 2.0 | 2.0  | 2.0  |      |      |       |      |      |       |      |      |      |      |      |      |