

IDEA® Personal Trainer Institute East

March 9 - March 12, 2023 • Alexandria, Virginia

Session Number	Session Title	Session Type	Presenters	Session Length	Approval Agencies																							
TIME BLOCK A • Thursday, March 9th • PRECONFERENCE SESSIONS* (CECs not part of regular event)					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	CHEK	FAI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NIEW	NSCA	NSPA	PTAG
100	Balanced Body Anatomy + Movement: The Core Like Never Before!	Workshop	Helen Vanderburg Nico Gonzalez	9 hours	0.4	0.8	8.0	0.8	8.0	8.0	8.0	8.0	8.0	8.0	8.0	0.8	4.5	0.8	8.0	8.0	4.0	0.8	8.0	1.6	0.8	0.0	8.0	8.0
101	Functional Aging Specialist Certification Course	Workshop	Cody Sipe, PhD	9 hours	0.4	0.8	8.0	0.8	8.0	8.0	8.0	8.0	8.0	8.0	8.0	0.8	4.5	0.8	8.0	8.0	4.0	0.8	8.0	1.6	0.8	0.0	8.0	8.0
TIME BLOCK B • Thursday, March 9th (6:30PM - 7:30PM) • OPENING CEREMONIES					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	CHEK	FAI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NIEW	NSCA	NSPA	PTAG
120	The Other 166 Hours: How to Get Clients Moving More for Improved Health and Wellness	Lecture	Rick Richey, DHSc	1 hour	0.1	0.1	1.0	0.1	1.0	1.0	1.0	1.0	1.0	1.0	1.0	0.1	0.75	0.1	1.0	1.0	0.5	0.1	1.0	0.2	0.1	0.1	1.0	1.0
TIME BLOCK D (8:15AM - 10:05PM) • Friday, March 10th					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	CHEK	FAI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NIEW	NSCA	NSPA	PTAG
210	Foundations of Kettlebell Training (Part 1): The Grind	Workshop	Adam Jongsma, MSc	1 hour, 50 minutes	0.0	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
211	Corrective Exercise Strategies for the Forward Shoulder	Workshop	Evan Osar, DC	1 hour, 50 minutes	0.2	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
212	Balanced Body® The Movement Triad, Mobility, Stability and Strength	Workshop	Helen Vanderburg	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
213	Flex n' Run: Running Programs for Enhanced Business and Client Success	Workshop	Sherri McMillan, MSc	1 hour, 50 minutes	0.0	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
214	20 Weight Loss Tips That Actually Work	Lecture	Michelle Alencar, PhD	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	1.25	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
216	Explode Your Business With the Longevity Economy	Lecture	Cody Sipe, PhD	1 hour, 50 minutes	0.0	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	1.25	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.0	2.0	2.0
217	How Unconscious Bias Impacts Client (and Business) Success and What to Do About It	Lecture	Kellie Walters, PhD	1 hour, 50 minutes	0.0	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	1.25	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.0	2.0	2.0
TIME BLOCK E (10:25AM - 12:15PM) • Friday, March 10th					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	CHEK	FAI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NIEW	NSCA	NSPA	PTAG
230	How to Master the Deadlift	Workshop	Jonathan Mike, PhD	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
231	Pelvic Bias: The Key to Low-Back Pain?	Workshop	Brian Richey	1 hour, 50 minutes	0.2	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
232	HIT Programming Using Bodyweight, Towels and Bands	Workshop	Rick Richey, DHSc	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
233	Practical Programming Strategies for the Everyday Athlete	Workshop	Michael Piercy, MA	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
234	Metabolism: Static Versus Dynamic Energy Balance	Lecture	Jan Schroeder, PhD	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	1.25	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
235	Aligning Diet and Exercise to Maximal Results	Lecture	Fabio Comana, MA, MS	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	1.25	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
236	Overcome Your Mind Traps for Enhanced Business Success	Lecture	Doug Harrison	1 hour, 50 minutes	0.0	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	1.25	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.0	2.0	2.0
237	Individualized Semi-Private Training: From Programming to Pricing	Lecture	Greg Johnson, MS	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	1.25	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
TIME BLOCK G (1:45PM - 3:35PM) • Friday, March 10th					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	CHEK	FAI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NIEW	NSCA	NSPA	PTAG
260	Unconventional Core Training That Everybody Should Be Doing	Workshop	Jonathan Mike, PhD	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
261	Functional Fitness and Strength for Long Term Health	Workshop	Carrie Armacost Sarah Apgar, MBA	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
262	Maximizing Multi-Segmental Whole-Body Rotational Power	Workshop	Adam Jongsma, MSc	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
263	All About the Ankle: Assessment and Mobilization Techniques	Workshop	Emily Splichal, DPM	1 hour, 50 minutes	0.2	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
264	Connecting Energy Pathways to Resistance Training	Lecture	Fabio Comana, MA, MS	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	1.25	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
266	PPP: Pricing, Programming and Profits	Lecture	Sherri McMillan, MSc	1 hour, 50 minutes	0.0	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	1.25	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.0	2.0	2.0
267	From Intake to Application: Turning Information Into a Training Program	Lecture	Gini Grimsley, MS	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	1.25	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
TIME BLOCK H (3:55PM - 5:45PM) • Friday, March 10th					AASFP	ACE	ACSM	ACTION	AFAA	AFPA	BCRPA	CHEK	FAI	IFPA	ISSA	NAFC	NAFTA	NASM	NCCPT	NCEP	NCSF	NESTA	NETA	NFPT	NIEW	NSCA	NSPA	PTAG
280	Adaptive Fitness: Coaching Clients With Disabilities	Workshop	Robby Febo Devon Palermo	1 hour, 50 minutes	0.2	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
281	Deep Core Moments	Workshop	Kia Williams, MBA, MS	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0	2.0
282	Partner-Assisted Stretching: Systematic Stretching for Enhanced Neuromuscular Efficiency	Workshop	Rick Richey, DHSc	1 hour, 50 minutes	0.1	0.2	2.0	0.2	2.0	2.0	2.0	2.0	2.0	2.0	2.0	0.2	0.75	0.2	2.0	2.0	1.0	0.2	2.0	0.4	0.2	0.2	2.0</	