

2007 IDEA Personal Trainer Institute™
Orlando, Florida
Thursday, October 11 – Sunday, October 14

If you are certified with the American College of Sports Medicine (ACSM), continuing education credits from ACE, NASM and NSCA may be applied toward the ACSM continuing certification process. World Instructor Training School (W.I.T.S.) will accept credits for sessions approved by (ACE) and (AFAA).

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

| Session # | Title | Presenter | ACE | NASM CGT | NASM CPT | AFAA | NSCA -CSCS | NSCA -CPT |
|--|--|------------------------|----------------------|-------------|-------------|------|---------------|--------------|
| THURSDAY, October 11 | | | | | | | | |
| Preconference Sessions | | | | | | | | |
| 010 | 9:00AM – 2:00PM STOTT PILATES® Postural Analysis and Application to Pilates Exercises | John Garey, MA | 0.3 #CA14 5417 | 0.5 | 0.5 | 3.0 | 0.5 | 0.5 |
| 011 | 9:30AM – 1:30PM Nautilus Institute™ Bowflex® In-Home Personal Training Exercise Seminar | Brad Carlson | 0 | 0.4 | 0.4 | 2.5 | 0.4 | 0.4 |
| FRIDAY, October 12 8:25AM – 11:15AM | | | | | | | | |
| Time Block B | | | | | | | | |
| Sessions in this time block are 2 hours and 50 minutes (unless otherwise indicated) | | | | | | | | |
| 110 | No More Back Pain! Getting a Grip on the Lumbo-Pelvic Hip Girdle | Justin Price, MA | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 111 | Advanced Sports Speed Training | John Blievernicht, MA | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 112 | The Functional Movement Screen | Lee Burton, PhD | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 113 | Nautilus Institute™ Core Solutions Using Bowflex® SelectTech® Dumbbells | Don Bahneman, MS | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 114 | Compliance Coaching: 3 Steps to 900% Compliance | Susan Block Vézina | 0.3 | 0.3 | 0.3 | 3.0 | 0 | 0 |
| 115 | Spines in Motion | Kevin Dunn, MPT | 0.3 | 0.3 | 0.3 | 3.0 | 0.3 | 0.3 |
| 116 | 8:25AM – 12:15PM The Female Chain Reaction—Core Conversion Integration | Christina Christie, PT | 0.4 | 0.3 | 0.3 | 3.0 | 0.3 | 0.3 |
| 117 | Introduction to RTS®—Exercise Mechanics... Viewing the Body From the Inside Out! | Tom Purvis, PT | 0 | 0.3 | 0.3 | 5.0 | 0.3 | 0.3 |
| FRIDAY, OCTOBER 12 11:25AM – 1:15PM | | | | | | | | |
| Time Block C | | | | | | | | |
| 120 | 11:25AM – 12:25PM Managing With Intention | Darren Jacobson | 0.1 | 0.1 | 0.1 | 1.0 | 0 | 0 |
| 121 | 11:25AM – 12:25PM STOTT PILATES® Intense Sculpting Challenge Flex-Band® Level 4 | John Garey, MA | 0.1 | 0.1 | 0.1 | 0 | 0 | 0 |
| 122 | 11:25AM – 12:25PM Building Total Athleticism | Jay Dawes, MS | 0.1 | 0.1 | 0.1 | .5 | 0.1 | 0.1 |

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| 124 | 12:15PM – 1:15PM Training 24-7? How to Increase Your Profit Potential! | Darrell | Morris | 0.1. | 0.2 | 0.2 | 2.0 | 0 | 0 |
| 125 | 12:15PM – 1:15PM Program Design: Understanding Stabilization Training, Part 1 | Rodney | Corn, MA | 0.1 | 0.1 | 0.1 | 1.0 | 0 | 0 |
| 126 | 12:15PM – 1:15PM Lean on Me...Partner Circuit Training | Don | Bahneman, MS | 0 | 0.1 | 0.1 | 0 | 0.1 | 0.1 |
| FRIDAY, October 12 1:25PM – 4:15PM | | | | | | | | | |
| Time Block D | | | | | | | | | |
| Sessions in this time block are 2 hours and 50 minutes (unless otherwise indicated) | | | | | | | | | |
| 130 | Boot Camp Complete: From Start to Finish | Todd | Durkin, MA | 0.3 | 0.3 | 0.3 | 2.25 | 0 | 0 |
| 131 | Advanced Balance Training | John | Blievernicht MA | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 132 | Functional Assessment, Strategies and Program Design for the Foot, Lower Extremity and Hip | Chuck | Wolf, MS | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 133 | Research Roundup: Women's Issues | Christina Kristen Rochelle | Christie, PT Horler Rice, MA | 0.3 | 0.3 | 0.3 | 3.0 | 0.3 | 0.3 |
| 134 | From Diet Debacles to Healthy Habits | Beth | Wolfgram, MS, RD | 0.3 | 0.3 | 0.3 | 3.0 | 0.3 | 0.3 |
| 135 | The Training + Coaching Partnership | Ellen | Goldman, MEd | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 136 | STOTT PILATES® Lumbo-Pelvic Region: Stability and Function | John | Garey, MA | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| FRIDAY, October 12 4:30PM – 6:20PM | | | | | | | | | |
| Time Block E | | | | | | | | | |
| Sessions in this time block are 1 hour and 50 minutes (unless otherwise indicated) | | | | | | | | | |
| 140 | Myofascial Release: The Key to Eliminating Pain and Dysfunction | Justin | Price, MA | 0.2 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 141 | Swiss Ball Techniques for Corrective Posture and Stability Deficits | Jon | Bowskill | Pend. | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 142 | Stretching "Sole-utions" for the Whole Body | Cheryl | Soleway, PT | 0 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 143 | Nautilus Institute™ Bowflex®: Youth Strength Training—Survival of the Next Generation | Brad | Carlson | 0.2 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 144 | TOMA—Marketing Magic for Your Small Business! | Nicki | Anderson | 0.2 | 0.3 | 0.3 | 3.0 | 0 | 0 |
| 145 | Strength Exercise in Wellness and Chronic Disease Prevention | Wayne | Westcott, PhD | 0.2 | 0.3 | 0.3 | 3.0 | 0.3 | 0.3 |
| 146 | Power Training for Older Adults | Joseph | Signorile, PhD | 0.2 | 0.3 | 0.3 | 3.0 | 0.3 | 0.3 |

| SATURDAY, October 13 8:10AM – 11:00AM | | | | | | | | | |
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| Time Block G | | | | | | | | | |
| Sessions in this time block are 2 hours and 50 minutes (unless otherwise indicated) | | | | | | | | | |
| 210 | BOSU® Progressions for Personal Trainers | Douglas | Brooks, MS | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 211 | Are Your Warm-Ups Hitting the Mark? | Loren | Landow | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 212 | The Functional Movement Screen | Lee | Burton, PhD | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 213 | TRX® Suspension Training Techniques for Functional Strength, Core Conditioning & Flexibility | Fraser | Quelch | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 216 | You've Got a Lot of Nerve! Messages From the Brain | Jacques Henri | Taylor | 0.3 | 0.3 | 0.3 | 3.0 | 0.3 | 0.3 |
| 217 | 8:10AM – 5:00PM Understanding Muscular Assessment and Function: An Introduction to Muscle Activation Techniques™ | Greg | Roskopf, MA | 0.8 | 0.9 | 0.9 | 5.75 | 0.9 | 0.9 |
| SATURDAY, October 13 11:10AM – 1:00PM | | | | | | | | | |
| Time Block H | | | | | | | | | |
| 220 | 11:10AM – 12:10PM Program Design: Understanding Stabilization Training, Part 2 | Rodney | Corn, MA | 0.1 | 0.1 | 0.1 | .5 | 0.1 | 0.1 |
| 221 | 11:10AM – 12:10PM Train the Joes Like the Pros | Todd | Durkin, MA | 0.1 | 0 | 0 | 0 | 0 | 0 |
| 222 | 11:10AM – 12:30PM TRX® Suspension Training | Fraser | Quelch | 0.1 | 0 | 0 | 0 | 0 | 0 |
| 224 | 12Noon – 1:00PM Pricing Your Services | Nicki Darren Tony | Anderson Jacobson Tamules | 0.1 | 0.1 | 0.1 | 1.0 | 0 | 0 |
| 225 | 12Noon – 1:00PM Fitness and Medicine— Keys to Successful Relationships | Greg | Mack | 0.1 | 0.1 | 0.1 | 1.0 | 0 | 0 |
| 226 | 12Noon – 1:00PM Scope of Practice...Where Fitness Ends and Nutrition Begins | Beth | Wolfgram, MS, RD | 0.1 | 0.1 | 0.1 | 1.0 | 0.1 | 0.1 |
| SATURDAY, October 13 1:10PM – 4:00PM | | | | | | | | | |
| Time Block I | | | | | | | | | |
| Sessions in this time block are 2 hours and 50 minutes (unless otherwise indicated) | | | | | | | | | |
| 230 | STOTT PILATES® Prenatal Matwork With Stability Ball and Flex-Band® | John | Garey, MA | 0.3 | 0.3 | 0.3 | 2.25 | 0 | 0.3 |
| 231 | Core Focus...Separating Fact From Fiction | Douglas | Brooks, MS | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 232 | Maximizing Your Athlete's Speed Potential | Loren | Landow | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 233 | Functional Assessment, Strategies and Program Design for the Lumbar and Thoracic Spine | Chuck | Wolf, MS | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |

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| 234 | Nautilus Institute™ Bowflex® SelectTech® Dumbbells—Breakout Training | Don | Bahneman, MS | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 235 | Great Trainer—Great Business? | Todd | Durkin, MA | 0.3 | 0.3 | 0.3 | 3.0 | 0 | 0 |
| 236 | A Treatment Model for Obesity: Achieving Different Results Using Somatic Experience | Rochelle | Rice, MA | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 237 | 1:10PM – 5:00PM Getting Serious About Functional Training and Driving the Body to Peak Results | Fraser | Quelch | 0.4 | 0.3 | 0.3 | 3.5 | 0.4 | 0.4 |
| SATURDAY, October 13 4:10PM – 6:00PM | | | | | | | | | |
| Time Block J | | | | | | | | | |
| Sessions in this time block are 1 hour and 50 minutes (unless otherwise indicated) | | | | | | | | | |
| 240 | Partner and Small Group Training | Annette | Lang, MS | 0.2 | 0.3 | 0.3 | 2.25 | 0 | 0.3 |
| 241 | Core Toolbox: Multiplanar Movement | Kristen | Horler | 0.2 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 242 | Overcoming Chronic Back Pain: An Integrative, Holistic Approach | Jon | Bowskill | Pend. | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 243 | Periodization for Everyone | Joseph | Signorile, PhD | 0.2 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 244 | The Skill to Define and Design Exercise | Cheryl | Soleway, PT | 0.2 | 0.3 | 0.3 | 3.0 | 0.3 | 0.3 |
| 245 | Corrective Exercise Success—Design and Implementation | Justin | Price, MA | 0.2 | 0.3 | 0.3 | 3.0 | 0.3 | 0.3 |
| 246 | 5:00PM – 6:00PM Amplify: Power Yoga, Rewired! | TBD | | 0.1 | 0.1 | 0 | 0 | 0 | 0 |
| SUNDAY, October 14 8:00AM – 10:50AM | | | | | | | | | |
| Time Block K | | | | | | | | | |
| Sessions in this time block are 2 hours and 50 minutes (unless otherwise indicated) | | | | | | | | | |
| 300 | New School Stability Ball Training | Douglas | Brooks, MS | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 301 | Multidimensional Ladder Training | Jay | Dawes, MS | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 302 | The Never-Ending Looking Glass of Movement | Annette | Lang, MS | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 303 | TRX® Suspension Training Techniques for Functional Strength, Core Conditioning and Flexibility | Fraser | Quelch | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 304 | Nautilus Institute™ Blowflex® Sports Performance Training— Gravity vs. Elastomer Resistance | Brad | Carlson | 0.3 | 0.3 | 0.3 | 2.25 | 0.3 | 0.3 |
| 305 | Breaking Away...From Club Trainer to Entrepreneur | Nicki | Anderson | 0.3 | 0.3 | 0.3 | 2.25 | 0 | 0 |
| 306 | Journey to Success: How to Sell Without Selling | Bob | Esquerre, MA | 0.3 | 0.3 | 0.3 | 3.0 | 0 | 0 |
| 307 | Going for Greatness! | Todd | Durkin, MA | 0.3 | 0.3 | 0.3 | 2.25 | 0 | 0 |