

IDEA Health and Fitness Association - Personal Trainer Institute WEST,  
April 14th - 17th, 2016

Session Number	Session Title	Session Type	Presenters	Session Length	ACE	ACSM	AFAA	APFA	BCRPA	canfitpro	CHEK	CI	IFPA	ISSA	NAFC	NASM	NCCPT	NSCF	NESTA	NETA	NFFT	NPI	NCSA	NSPA	PTAG	
TIME BLOCK A - Thursday, April 14th (PRE-CONFERENCE)																										
500	Effective and Complete Program Design for the Fitness Professional: The 43 Model of Programming	WS	Michel Delcourt	9 hours	0.8	8.0	8.0	8.0	8.0	4 PFS, FS, HWL, PFS	8.0	8.0	8.0	8.0	0.8	0.8	0.8	4.0	8.0	8.0	0.75	8.0	0.8	8.0	8.0	
501	NASM® Complete Client Nutrition Coaching	L/W/S	Shannon Fable	2 hours	0.6	6.0	6.0	6.0	6.0	1 PFS, FS, HWL	6.0	6.0	6.0	6.0	0.6	0.6	0.6	3.0	6.0	0.6	6.0	0.6	6.0	6.0		
502	Book Yourself Solid®	L	Shannon Fable	1 hours 30 min	0.5	5.0	5.0	5.0	5.0	2 PFS, FS, HWL, PFS	5.0	5.0	5.0	5.0	0.5	0.5	0.5	2.5	5.0	5.0	0.5	5.0	0.5	5.0		
TIME BLOCK B - Friday, April 15th (10:00AM - 2:30PM)																										
510	Get Your Career on Fire! Panel Discussion	WS	Trina Gray / Shannon Fable / Brent Gallagher, MSS I	1 hours 30 min	0.15	1.5	1.0	1.5	1.5	1 PFS, FS, HWL, PFS	1.5	1.5	1.5	1.5	0.15	0.15	0.15	0.15	1.0	1.5	0.25	1.5	0.2	1.5	1.5	
TIME BLOCK C - Friday, April 15th (11:30AM - 11:55AM)																										
600	TRX® Functional Training Circuits	WS	Neil Mallinson	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
601	How to Create High-Performance Outcomes	WS	Michel Delcourt	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
602	BDU® Dimensional Core Training	WS	Helen Vanderburg	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
604	Posture and Core for the Aging Spine	WS	Shar Kalkstein	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
605	Functional Flexibility and Core Fitness	WS	Janice Bender	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
606	Building Your Dream Facility	WS	Ashley Selman	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
607	Circuit Training: New Science and HIT Protocols Explor(1)	L	Jan Kravitz, PhD	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
608	The Female Advantage: The Link Between Nutrition, Hormones and Strength Training(1)	L	Scott Josephson, MS, RD	2 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
609	Complete Program Design for the Obese/Overweight Client	L	Brian Ritchey	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
610	Progress Clients With Isolated Exercise AND Integrated Movement	L	Greg Roskopf, MA	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
TIME BLOCK D - Friday, April 15th (11:55AM - 12:15PM)																										
621	HIT- New Research, New Workouts	WS	Mike Bracko, ELD	1 hours 45 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
622	Fun, Fat-Burning Workouts to Get Families Moving Together!	WS	Brent Killa	1 hours 45 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
623	BAM! Strong Mind, Strong Business	L	Trina Gray	1 hours 45 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
624	NASM® Stress and Inflammation 101	F	Fabio Comana, MA, MS	1 hours 45 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
625	Functional Training Revisited: What's New?	L	Crags Valency, MA	1 hours 45 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
627	TragerPoint® Foam Rolling Applied Programming: ReDefin® WOL	WS	Brinty Fowler	1 hours 45 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
629	How to Incorporate Client's Training into Your Client's Routines	L	Jonathan Allen, PhD	1 hours 45 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
630	Understanding Hydration Science for Athletic Performance Application 101	L	Laura Dargy, MS	1 hours 45 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
TIME BLOCK E - Friday, April 15th (2:00PM - 3:30PM)																										
640	TRX® Obstacle Race Training 101	WS	Renae McCourt	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
641	10 Simple Youth Fitness Assessment Solutions	WS	Brent Killa	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
642	Surge! Advanced Core Training	WS	Casey Stufman	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
643	Anatomical Connective Tissue Exercise Strategies for Impaired Shoulder Function	WS	Chuck Wolf, MS	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
644	Functional Core Matrix-Improving Efficacy of the Back and Core	WS	Mike Bracko, ELD	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
645	Lower Cross Syndrome Assess and Correct, by Balanced Body®	WS	Brian Ritchey	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
646	Acute Client Safety	L	Trina Gray	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
647	Optimizing Multiple Streams of Revenue	L	Trina Gray	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
648	Sugar Saboteur! Stop the Confusion!	L	Scott Josephson, MS, RD	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
649	Expand and Retain Clients With Health Coaching	L	Christopher McGrath, MS   James Beaufort	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
650	NASM® Core Essentials in Exercise 101 (4:00PM - 5:30PM)	L	Fabio Comana, MA, MS	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
TIME BLOCK F - Friday, April 15th (6:00PM - 8:30PM)																										
660	TRX® Advanced Suspension Training	WS	Renae McCourt	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
661	Rezone a World-Class Coach: How 7 Must-Do's to Create Success and Significance, by Perform Better®	WS	Todd Durkin, MA	2 hours	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
662	BDU® Plyo Power	WS	Douglas Brooks, MS	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
663	Transform Your Posture, Transform Your Body!	WS	Janice Bender	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
664	Evidence-Based Older Adult Strength Training	WS	John Gullett	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
665	Balancing Connective Exercise With Fitness Training	L/W/S	Christopher McGrath, MS	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
666	Nutrition and Training Strategies for Endurance Athletes	L	Kim Schwabebauer, MS, RD	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
667	Strength Tech Talk for Fit Pros	L	Kim Dwyer, Laramie Vogel, MA	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
669	Faster, Higher, Stronger-Sleep and Athletic Performance	L	Mike Bracko, ELD	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
670	How to Maximize Revenue From Small-Group Training	L	Nick Clayton, MS, MBA	1 hours 50 min	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	1.0	2.0	0.2	2.0	0.2	2.0	2.0		
TIME BLOCK G - Friday, April 15th (10:00AM - 11:55AM)																										
700	TRX® Secrets for Successful Rep® Training	WS	Neil Mallinson	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
701	Anti-Aging Science and Movement	WS	Deanna Price, MS	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
702	BDU® Sport Drill	WS	Douglas Brooks, MS	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
703	Core Connections: Progression Strategies to Enhance Core Function	WS	Chuck Wolf, MS	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		
704	3-D Movement Analysis and Performance System (3D MAPS), by Gray Institute®	WS	Jenny Paraceto	2 hours 50 min	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	1.5	3.0	0.3	3.0	0.3	3.0	3.0		