

FACT

PERSONAL TRAINERS

CONVENTION



Oct. 19 - 20, 1996
Adam's Mark Hotel
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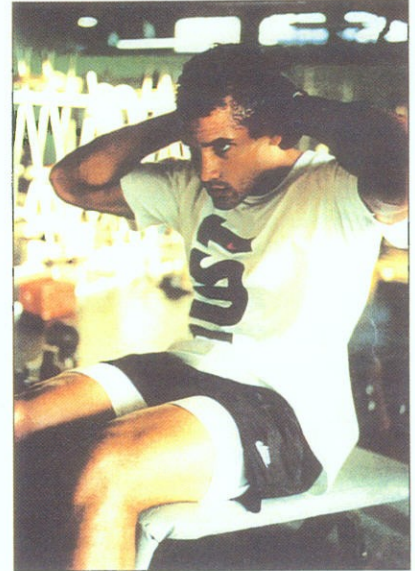


NEW! Introduction to Understanding Biomechanics and its Application in Different Exercises

(L) Levels 2, 3

Gerald Greenspan, MS

This lecture explains the physical concept of various biomechanical variables, including force, moment of force (torque), stress, strain, mass moment of inertia, and viscoelasticity. Also addressed is how you can increase your effectiveness as a personal trainer by understanding these biomechanical concepts.



NEW! Sports Nutrition: Separating Fact From Fiction

(L) Levels 1, 2, 3

Gerald Greenspan, MS

What does the scientific literature really tell us about nutritional supplements such as chromium picolinate, vanadium sulfate, L-carnitine, and creatine? Learn whether they really work as the manufacturers of these products say they do, as well as the potential risks associated with ingesting these supplements.

NEW! Exploring Medical Profession Career Options for Personal Trainers

(L) Levels 2, 3

Gerald Greenspan, MS

Individuals involved in personal training often find that the complexity of the human body can lead to a desire for additional study. Learn what it takes to become a physical therapist, biomechanist, nutritionist, dietitian, or exercise physiologist, as well as how formal training in these areas can enhance your career.

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