

2015 Albuquerque Strength and Conditioning Clinic  
Jewish Community Center  
5520 Wyoming Blvd. NE Albuquerque, NM 87109

Sponsors:



Saturday, September 12, 2015  
9am to 5pm  
Schedule

8:15-8:45

Late Registration. Check or Cash. No Credit Card.

8:50 am - 9 am

Introduction

**9 am - 10 am: No Time For Cardio? HIT It!**

Dr. Ann Gibson

**Session Description:** Cardiorespiratory training sessions lasting 30 minutes or more have long been touted as the best approach for conditioning the heart, losing fat weight, and improving VO<sub>2</sub>max. In today's rapid pace world, finding that type of time block is often difficult - especially if the client wants to include resistance training in the same workout. High-intensity interval training (HIT) programs are based on multiple repetitions of near-maximal aerobic exertion and rest period combinations. But, can these HIT programs confer the same benefits? How do you design one? Come hear what the research indicates in terms of HIT for the apparently healthy, as well as clinical, client

**Ann Gibson, PhD** is an Associate Professor in the Exercise Science program at the University of New Mexico where her research interests are physiological responses to exercise and body composition assessment. She holds certifications from both the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA). In addition to making presentations here in the US and abroad, she is a published author of referred journal articles and a top-selling textbook in the field of Exercise Science. She has also collaborated locally, regionally, and internationally on a variety of projects in her research areas of interest.

**10 am – 11:30 am: Carb Up, Carb Down? Strength Training, Body Composition, and a Most Misunderstood Macro**

Kurt A. Escobar, MA, CSCS; Trisha McClain, MS, CISSN, CSCS

**Session Description:** Unlike endurance training, there are no specific established guidelines for daily carbohydrate intake for individuals whose primary mode of training is based on resistance/anaerobic training, such as resistance trainees, strength athletes, CrossFitters, or even the middle-aged woman trying to drop a bit body fat. Strength training and high-intensity interval training are fueled heavily by this macronutrient, however, how much does one need in order to maintain body stores of carbohydrate and optimize training adaptations? Moreover, what does the scientific literature have to say about low-carbohydrate/ketogenic diets, which have been increasing in popularity of late? The role of carbohydrate and its implications on exercise metabolism, performance, and body composition will be discussed using an evidenced-based approach.

Kurt A. Escobar is a Ph.D. student and teaching assistant in the Department of Health, Exercise & Sports Sciences at the University of New Mexico. His research interests include the influence of exercise and nutritional intervention on the biochemical, cellular, and molecular responses and adaptations pertaining to disease as well as performance, particularly those relating to strength/power activities. Kurt has also worked in the field of personal training for many years.

Trisha McLain is currently a PhD student in the Health, Exercise, and Sports Science Department at the University of New Mexico. Trisha currently serves as a student representative for the NSCA's Nutrition, Metabolism and Body Composition Special Interest Group and the International Society of Sports Nutrition. Trisha is passionate about studying the cellular and molecular responses to supplementation and nutritional interventions, while also examining changes in muscular strength/power and muscular endurance.

**11:30am – 1 pm: Kinesiology Taping: The Science of When, How and Why?**

Dan Lent-Koop, MPT, CHT

**Session Description:** This course will discuss the uses of kinesiology taping to address mechanical dysfunction. We will discuss its use and application for the injured athlete, as well as the athlete seeking maximizing performance. We will introduce the concepts of longitudinal anatomy, myofascial connectivity, and movement dysfunction. We will introduce movement assessment and discuss some of the well-established movement assessment tools commonly used in the rehabilitation and performance industry. Each attendee will leave with a new skillset that can be used to help their client base reach their goals and navigate training by addressing some of the minor injuries associated with training.

**Dan Lent-Koop** is a 1996 graduate of the University of Southern California School of Biokinesiology and Physical Therapy. In addition to being a licensed physical therapist, he is certified by the Hand Therapy Certification Commission as a Certified Hand Therapist. He has worked in clinical orthopedics for 18 years. He has worked in both the hospital and private practice settings. He formally owned his own practice in Southern California and now works as the Director of Rehabilitation Services at the University of New Mexico, Sandoval Regional Medical Center. He has worked with Rocktape Inc., as an instructor of the Power Taping Method, a kinesiology tape application method, for the last 5 years. As an instructor, he has had the opportunity to work the World Championship of Triathlon in Kona, Hawaii and launched Rocktape Internationally in Mexico City. As an athlete himself, he has taken his background in physical therapy, treatment of the upper quarter, kinesiology taping, and running mechanics to develop this unique course.

**1 pm – 2 pm Lunch On You Own**

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**2 pm – 3 pm Strongmen and Women of the past: a brief history of physical culture**  
**Dr. Rich Field**

**Session Description:** This presentation will start with the ancient Greeks (Milo and Heracles) and move to the 18<sup>th</sup> and 19<sup>th</sup> centuries. There it will focus on a few prominent physical culturists such as Thomas Topham and others, before moving on to some 20<sup>th</sup> century connections such as Sandow, Hoffman, and John Grimek. The purpose of this talk is to make present day trainers aware of our storied and colorful past. The discussion will address misconceptions from the old-timers and connection to modern training techniques and equipment.

**Dr Rich Field**, Ph.D., has published 33 articles in national and international publications (including Quest, American Health, IDEA Magazine, Fitness Management, Track Technique, Track and Field Quarterly Review, Modern Athlete and Coach (Australia), Coaching Volleyball Magazine (Human Kinetics), and the National Strength and Conditioning Association Journal) related to fitness and wellness, coaching and training, and the history and philosophy of sport. Primary author of the book, *Weight Training* (McGraw-Hill) and major contributor to the book *Strength and Weight Training for Young Athletes* (Contemporary Books).

**3 pm – 4 pm: Key Factors That Predict Weight Gain: Lifestyle Choices Associated With Long-Term Weight Gain**  
**Troy Purdom M.S.**

**Session Description:** This talk will cover behaviors that are linked to weight gain. Such behaviors include emotional stress, alcohol, television viewing time, nutritional choices, activity, etc. The acute and chronic physiological changes that occur in part explain how weight gain happens based on dose response. There will be an accompanying article published in IDEA Fitness Journal in the coming months.

**Troy Purdom** has made an effort to make activity a lifelong commitment, whether it be physical, academic, education, or otherwise. Troy's experience with activity ranges from racing as a part of the UNM cycling team, to playing soccer while attending university in England. While participating in athletics, Troy began working with college athletes as an athletic trainer at UCSD Sports Medicine Clinic, utilizing physical therapy techniques for rehabilitation and injury prevention. He then broadened his experience to working with a vast array of various populations to further pursue his affinity for health and wellness. Troy has been a personal trainer for over a decade while pursuing his Ph.D in exercise science. Currently he teaches anatomy and physiology labs at UNM while serving as a GA/TA for the Department of Health, Exercise, and Sports Sciences at UNM. Troy's research interests include: exercise performance enhancement, sport specific training and application, and nutritional content and timing.

**4 pm – 5 pm**

**Foundational Movements and The Importance of Coaching These Movements at the Beginning of Each New Client's Program**  
**Amy Knabenshue, NCCPT**

The discussion will cover how performing movements improperly will hinder a client's progress. The correct biomechanical movement for the squat, hinge, plank, lunge and gait will be examined. It is essential that proper movement be implemented into the beginning of a program, especially for new clients. Also, correctives for clients who are physically unable to perform these properly will be addressed.

Amy is a personal trainer certified through the NCCPT and is returning to school to finish her undergrad in Physical Education. Once that is complete, Amy will be working towards Physical Therapy school. Amy has always been involved with fitness and athletics in one way or another since childhood. Throughout her years of training she has evolved into someone who is extremely passionate about proper movement as well as injury rehabilitation and pain management.

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Registration Fee: \$65.00 Due Date: Wednesday, August 26, 2015 Late Fee: \$80.00

NSCA Continuing Education Credits: .7 Earned

NASM Continuing Education Credits: .7 Earned

**ACE, AFAA, NETA, and ISSA**

Continuing Education Credit for this event by filling out a "Petition Form" along with a "Processing Fee" for these organizations. However, there is a Rebate for this even that covers the "Processing Fee". Please contact me (Kenny Croxdale) for information on this.

**Seminar Limit: This event is Limited to 34 people.** Due to the fact that everyone will get a box of RockTape Kinesiology Tape for this hands on presentation by Dan Lent-Koop on "Kinesiology Taping: The Science of When, How and Why?" Only 34 Boxes of tape will be on hand.

**ACSM**

The ACSM gives you Continuing Education for this event providing you show proof of attendance. I provide you with a "Certificate of Attendance".

**Mail and make Check to:**

**Kenny Croxdale**  
2523 48th Street  
Rio Rancho, NM 87144  
505-363-3032  
Email: [KennyCrox@aol.com](mailto:KennyCrox@aol.com)

Registration Form:

2014 Albuquerque Strength Clinic

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_

Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Your Personal Training Certification Organization: Please Circle.

NASM NSCA ACSM ACE ISSA AFAA NETA NCCPT Other: \_\_\_\_\_

**Waiver:**

I hereby request to participate in the 2015 Albuquerque Strength and Conditioning Clinic hosted by the Jewish Community Center on Saturday, September 12, 2015.

I understand that there are risks in any type of physical activity and/or exercises that I may participate in during this Clinic, including, by not limited to musculoskeletal injuries, heart attack, or even death.

I hereby waive, for myself, my heirs and assigns, any and all claims for injury or damages which I may incur by virtue of my attendance or participation in the New Mexico Strength Clinic on Saturday, September 12, 2015 against the Jewish Community Center, Fitness Superstore, Vision Fitness and any of their agents and employees.

I have read this waiver and fully understand and accept its terms. I do hereby verify my acceptance by my signature below.

Participants Printed Name: \_\_\_\_\_

Participants Signature: \_\_\_\_\_ Date: \_\_\_\_\_