**2019 Albuquerque Strength and Conditioning Clinic**

Jewish Community Center

5520 Wyoming Blvd. NE Albuquerque, NM 87109

**Sponsors:**

 

**Heights Chiropractic**  **and Sports Medicine**

Saturday, October19, 2019

9am to 5pm

**Schedule**

8:00 am – 8:45 am: Late Registration

8:45 am – 9:00 am: Introduction

**9 am – 10 am: Problem-Orientate Exercise Management: A "SOAP Note" Perspective**

**Scott Burley, PhD, CSCS**

This presentation will introduce fitness specialists to a method of managing and documenting clients past, current, and future exercise and health information. Details about specific factors to consider when one is prescribing exercise will be investigated using a SOAP note format. The goal is to provide fitness specialists, and clinicians a systematic way to organize client consultation notes and training information**.**

**10 am – 11 am: THROWIN STUFF**

***Casey Head, B.S., CSCS, USAW Level 1, XPS***

There are some universal elements that we can take from any sport. We will take a look at Highland Game’s specifically the dynamics of the sport, specific training, and what many athletes do to be better at tossin a caber, hucking a sheaf, and going the distance in 9 events. This out of the mainstream sport will give the coach, trainer, or anyone a chance to reflect on their approach to training and life.

**11 am - 12 pm: "Four Weeks/ Six Seniors"**

***Dr Rich Field, CSCS***

Four Weeks/Six Seniors: a four week mini-study with six high school seniors. This study will show changes in fitness levels and awareness of fitness concepts with pre and post testing. Students will learn basic lifts and go through a daily routine for four weeks. They will also have daily fitness talks as they work through a fitness textbook in the classkdjfh

**12 noon - 1 pm: Lunch on Your Own**

**2019 Albuquerque Strength and Conditioning Clinic**

**1pm – 2pm: Designing effective High Intensity Interval Training (HIIT) programs**

***Fabiano Amorim, Ph.D.***

HIIT is a popular training method in academic research, sports training, and fitness industry. In this presentation, I will discuss the major physiological adaptations induced by HIIT and how to manipulate the major variables during the development of an effective HIIT program.

**2 pm – 3 pm**: **The Pelvic Floor**

***Tara M. Sanford, PT, DPT, WCS, ACE***

***Peak Motion Physical Therapy***

This will address the specific musculoskeletal anatomy of the pelvis, neurovascular and ligament connections that can be involved in exercise as well as diastasis recti management. These topics can be especially important for the pregnant, soon to be pregnant, or post-partum mom coming to a health professional for an exercise program. Studies have shown that 25% of women are impacted by pelvic organ prolapse and this can be greatly affected by the type of exercises that are given. Understanding this condition, as well as post-operative, stress or urgency incontinence can greatly improve a health professional’s management of their population.

**3 pm – 4 pm: Cardiometabolic health benefits of resistance training**

***Zackary Mang, MS, Exercise Science, UNM***

The American Heart Association (AHA) has well-established risk factors for heart attack and stroke, including hypertension, dyslipidemia, insulin resistance, and obesity. Although the health benefits of resistance training (RT) are widely known, this style of exercise is under-prescribed in several populations. This talk will delve into the far-reaching health benefits of skeletal muscle hypertrophy with a clear message that RT mitigates the AHA risk factors mentioned above.

**4 pm – 5 pm: Cardiometabolic adaptations to Resistance Training: Practical Application**

***Rogelio Realzola, MS, CSCS, USAW, ACE-CPT***

This segment will consolidate the health information from the first presentation into several programming techniques that personal trainers and strength coaches can implement to maximize their client's cardiometabolic health. Attendees will learn the most up-to-date hypertrophy guidelines, the metabolic cost of super-setting and circuit training, and how RT can elicit anaerobic and aerobic adaptations concurrently. All of this information will be organized into 6 programming techniques.

Registration Fee: $60   Student Fee (High School/College): $35

Due By: Wednesday, October 9, 2019

Late Fee: $75 Student Late Fee: $50 After Date Above

NSCA Continuing Education Credits: 0 .7 Earned Provider Number: L1244-C19B1

NASM Continuing Education Credits: 0.7 Earned Provider Number: 984

***ACE, ACSM, AFAA, ISSA, NESTA, NETA, NAFC* Continuing Education Credit is awarded by these organizations**.  **Contact Kenny Croxdale before registering.**

**Registration Form: 2019 Albuquerque Strength and Conditioning Clinic**

Your Personal Training Certification Organization: Please Circle.

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

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

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
 Street, City, State, Zip Code

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Credit Card Payment: Visa MasterCard American Express Discover

Account #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CVC Code:\_\_\_\_\_\_ Expiration Date: \_\_\_\_\_\_\_\_

Name on Card:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Card Billing Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email To: KennyCrox@aol.com

Check: Mail and Make Payment to:

Kenny Croxdale

2523 48th Street NE

Rio Rancho, NM 87144

505-363-3032

**Waiver**

I hereby request to participate in the 2019 Albuquerque Strength and Conditioning Clinic hosted by the Jewish Community Center on Saturday, October 19, 2019.

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 claims for injury or damages which I may incur by virtue of my attendance or participation in the 2019 Albuquerque Strength Clinic on Saturday, October 19, 2019 against the Jewish Community Center, Fitness Superstore, 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.

Participant’s Printed Name:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     Date:  \_\_\_\_\_\_\_\_\_\_\_\_