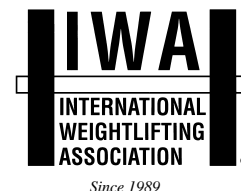


The IWA Continuing Education Courses

Presented By:



Weight Training for Rehab, Function and Fitness

Become a Certified Weight Trainer (C.W.T.) while gaining exceptional knowledge and expertise in the area of proper lifting techniques for both free weights and machines. The clinic involves literature research review on weight training, principles and philosophies, exercise demonstration with student participation, therapy applications of weightlifting exercises, patient case studies and advanced exercise analysis. **Cost: \$269**

Strength Training Program Design

Become a Certified Strength Specialist (S.T.S.) and learn how to design and implement comprehensive, effective and individualized strength and conditioning programs for a variety of patients. The course content includes rehabilitative applications along with tailoring training protocols to meet the goals of healthy patients. This exceptional course will teach you the science behind the programming. **Cost: \$269**

Strength Training for Seniors

Become a Certified Senior Strength Trainer (C.S.S.T.) while you gain the expertise required to work with older adults. This course teaches you how to work with both the healthy and injured senior population while discussing physiological changes that occur with aging as well as training protocols for specific conditions such as arthritis, diabetes, osteoporosis and cardiovascular disease. **Cost: \$269**



Functional Exercise Training

This highly informative continuing education program explores the countless ways that you can enrich your fitness and rehabilitation programs through functional training. Learn how to elevate your exercise applications to a uniquely progressive level which will leave you refreshed and energized. Among other course objectives, you will have the ability to develop a descriptive model of human movement, discuss the operational environment in which it works and present various exercise modalities designed to maximize your effectiveness and efficiency. **Cost: \$289**



Pilates Fundamentals for Rehab, Function and Fitness

With special attention to functional strength and flexibility, Pilates is a series of non-impact, controlled movements which promote muscular strength and balance by focusing on the body's core of the abdominals and back. Integrating overall trunk, pelvic and scapular stabilization, Pilates is an excellent way to teach patients proper body alignment and posture while enhancing muscular stabilization and restoring flexibility and natural movement. **Cost: \$269**

Pilates on the Ball

This course will enhance the benefits derived from Pilates by combining this alternative body conditioning method with a common therapy tool, the stability ball. Learn how the Pilates exercises that recruit many of the body's deep stabilizing muscles to improve core strength can augment the stability ball's ability to heighten postural awareness and position sense which will improve functional strength, flexibility, alignment and coordination. **Cost: \$269**

An Introduction to Yoga

This course provides an excellent body conditioning alternative which can be applied to various fitness levels. Yoga cultivates flexibility, strength and endurance of muscles resulting in a stronger and leaner body. This course will provide you with all the resources and skills needed to perform, teach and modify over 30 postures for healthy individuals as well as patients in a clinical rehab setting. **Cost: \$269**

