

AFAA COURSE PETITION

This is a petition to receive CECs for a workshop that has not been previously approved by AFAA. I am submitting this course petition application on the following pages per AFAA instructions.

This application includes:

1. Course instructor, title, phone number and address. **Instructor has a current AFAA Certification and documented exceptional experience.**

1. Outline of the workshop.
2. Length of the workshop (breakdown of lecture and practical time).
3. Proof of completion.
4. \$15 fee per course petition (\$10 each for two or more).

Photocopy of completed AFAA application follows:

Social Security # _____ - _____ - _____ Today's Date _____ AFAA CI#

_____ AFAA Member # _____ Name

_____ E-mail _____ Address

City _____ State _____ Zip/Post Code _____ Phone Day (_____)

_____ Evening (_____)

The Course Petition Fee is \$15.00 per course (\$10 per course for two or more). Please enclose a check or money order payable to AFAA in U.S. funds only, or complete credit card account information. Petition fees are nonrefundable.

1 petition x \$15.00 = \$_____ CPF 2 or more x \$10.00 = \$_____ CPF

Check # Visa # MasterCard # American Express # Discover Account #/Check#

_____ Exp. Date _____

Signature _____

Teacher: submit this completed packet of information along with fliers or other proof:

Mail to AFAA: 15250 Ventura Blvd., Suite 200, Sherman Oaks, CA 91403
USA

1. This completed application
2. Payment Course Petition/Continuing Ed. Department
3. Outline and agenda for each course
4. Instructor(s) information: name, address, phone number, related degree(s) and/or license(s)
5. Proof of attendance
6. If accepted, your application will receive a stamp of approval indicating the number of CEUs awarded. This stamped application will be returned to you so that you will be able to submit it with your recertification package.

Incomplete applications cannot be reviewed.

If the petition application is approved, you will receive a continuing education validation form in the mail. Documents submitted cannot be returned.

Please allow 4–6 weeks for processing.

FOR OFFICE USE ONLY

CREDIT CARD CAPTURE _____ BY _____ AMOUNT _____
INPUT _____ BY _____ ORDER # _____

COURSE INSTRUCTOR NAME: Laura Monica, WholyFit Executive Director, HFI ACSM **ADDRESS:** 15 Treevine Court, The Woodlands. TX 77381
PHONE: 281-703-3138

CREDENTIALS:

- **CURRENT CERTIFICATIONS:**
 - a. **AFAA** Certified Group Exercise Instructor September 1986 to present (Certificate #99511, 905154, 19119, 596391) #985935, current
 - b. **ACSM** Health and Fitness instructor August 2003 to present, Certification #19119, ACSM ID # 596391, current
 - c. **CPR** Heartsaver Certified, American Heart Association since 1986 to present, current

- **OTHER CERTIFICATIONS:**
 - a. **AFFA** (American Fitness Professionals Association, www.afpafitness.com), Yoga Fitness Certification 2004
 - b. **ACE** Certified Aerobics Instructor 1993 through 1995 certificate #F42473
 - c. **ACE** Certified Personal Trainer 1991 through 1993 certificate #T11122(Formerly IDEA Foundation)
 - d. **IDEA** Gold Certified Personal Trainer 1990 through 1992, Certificate # T111222
 - e. **IDEA** Certified Dance Exercise Instructor 1988, Registration #125879
 - f. **Turbo Kick** Certified 2004
 - g. Emergency Teachers **Credential** Adult Education Aerobics, Calif. 1990-1995
 - h. **3rd Degree Red Belt, Karate** - Laura's black belt is pending October 2008. United Fighting Arts Federation (www.ufaf.org), Chun Kuk Do (Mixed Martial Arts and Karate): August, 2004 to present. This includes but is not limited to 416 hours completed to date in karate training under 8th degree black belt Rick Prieto, Chun Kuk Do System. 52 hours completed through private Karate instruction for tournament preparation from Tommy Crouch, 6th Degree Black Belt, Chun Kuk Do system. Laura is also a competitive point boxer, Kata and weapons performer.

EXPERIENCE:

- **25 years group exercise** class teaching and personal training experience
 - a. Employment: 24Hr Fitness (all formats), TX 2004-2008; New Life Fitness, TX 2007; YMCA, TX 2004; Woodlands Athletic Club & In Step Dance, CA 2003; Johnson Ferry Baptist Church Recreation, GA 2000-2003; The Claremont Club, CA 1990 to 1994 and 1998; Elk Grove Parks and Recreation, CA 1989-1990; RiversEdge Athletic Club, OR 1987-1989; The Body Shop/Valencia Health Club & Action Unlimited, CA 1986

- **Instructor Training Experience:**
 - a. Laura is trainer/founder of WholyFit Gentle Body Power Fitness System
 - b. Laura has trained over 50 instructors from TX, OR, WA & SD in WholyFit Gentle Body Power

More about Laura Monica's Experience

- **Specialties:** Mind-body and Martial-based formats and also STEP.

- **Class format expertise** includes but is not limited to: mind-body and martial arts, aerobic/cardio (hi, lo & mixed), weight/strength training, flexibility, dance/funk/hip-hop

- **Founder of WholyFit**, developer of original exercise systems branded and trademarked by Laura Monica, licensed to 12 church group exercise programs in TX, WA and OR and 3 health clubs in Houston, TX. WholyFit Systems Licensed to Fitness Venues:
 - a. Gentle Body Power: Yoga/Pilates/Tai-chi fusion strength and flexibility Christian mind-body
 - b. K700: Kickboxing and mixed martial arts based cardio class with self-defense

- **Fitness Author:**
 - a. WholyFit Weekly Mind-body e-fitness tips
 - b. WholyFit Module 1 Instructor's Manual
 - c. WholyFit Module 2 Instructor's Manual : WholyFit curriculum written by Laura Monica includes Group Exercise teaching methodology emphasizing exercise purpose, cueing and multi-level modification systems; anatomy co-developed with Dr. Steven Clouthier; technique, form, & safety emphasizing modifications for special populations; and choreography emphasizing transitions and proper sequencing.

- d. "Biblical Meditation Guide"
- e. "Yoga Versus the Bible"
- f. "Dear Yogi"

- **Fitness Seminar Presenter:**

- a. Exercise DVD Choreographer and Performer: WholyFit Gentle Body Power (sold on www.amazon.com)
- b. WholyFit Module 1 Level 1 2005 to present
- a. WholyFit Module 2 Levels 2 & 3 2006 to present
- b. WholyFit Module 3 Modifications for Diverse Populations 2007 to present
- c. Yoga master Class instructor 24Hour Fitness, Kuyukendahl, (referred by Janet Parsons)
- d. Claremont Christian Women's Club, "Exercise Facts and Fiction" 1993
- e. Roadway Express Company, "Fiscally Fit" 1988, 1989
- f. Funk Fitness exhibition Team NACA Fitness Festival, 1988

- **Awards:**

- a. 2nd place Competitive Point Boxer (Kick Boxing) Female Division 18 years and up, Las Vegas, NV: United Fighting Arts Federation Tournament 2007
- b. b. 2nd place Competitive Kata Forms (Form & Technique) Female Division 18 and up, Las Vegas, NV: United Fighting Arts Federation Tournament 2007
- c. c. 6th Place National Individual Female division Crystal Lite Aerobic Competitor, West Coast Regionals 1988
- d. 6th Place National Individual Female division Crystal Lite Aerobic Competitor, West Coast Regionals 1987
- e. 1st Place Overall Individual division, Body Power Aerobic competition, Oregon, which included TV. performance 1987
- f. 4th place individual overall, Coppertone Aerobic Championships, LA, CA 1986

- **References:**

- a. Janet Parsons, Group exercise Director, 24HR Fitness, cell 281-704-1292
- b. Rick Prieto, 8th Degree Black Belt, Karate Inc, office 281-362-0066
- c. Tommy Crouch, 6th Degree Black Belt, The Do Jo, cell: 832-877-8930
- d. Joe Newcomb, President, Truth Chemical, (personal training client), office: 281-292-6900
- e. Brandon Eads, Owner, New Life Fitness, office: 281-255-0344
- f. Justina DePasquale and Tanya Richards (281) 419-3331 (936) 525-0037, Owner and Manager of Workout Freedom
- g. Deena Greene, General manager, Claremont Club, office: 909-625-6792

- **Other Education:**

- a. Anatomy + lab 3 credits at College of the Desert
- b. Biology 3 credits at College of the Desert

AGENDA



Gold Certification Gentle Body Power
Devotional Exercise

TEXTS: AFAA Fitness Theory and Practice

ACE Fitness Professional's Guide to Musculoskeletal Anatomy

9 CEC s Possible

Cost: \$250.00

Location: The Upper Room, 15 Treevine Court, The Woodlands, TX 77381

| <u>Day 1</u> | | <u>Credits Requested</u> |
|--|--|--------------------------|
| Session 1 | 9:00am-10:30 Ethics | |
| Session 2 | 10:45-Noon Technique, Form for Special Populations | Practical= 0.5 |
| Noon– 1:00pm Lunch | | |
| Session 3 | 1:00-2:15 Theory & Teaching Methodology | Practical=0.5 |
| Session 4 | 2:30-3:45 Safety & Contraindications Special Populations | Lecture=1.0 |
| Session 5 | 4:00-5:00 Anatomy | Lecture=1.0 |
| <u>Day 2</u> | | <u>Credits Requested</u> |
| Session 1 | 9:00am-10:30 Ethics | |
| Session 2 | 10:45-Noon Technique, Form for Special Populations | Practical= 0.5 |
| Noon– 1:00pm Lunch | | |
| Session 3 | 1:00-2:15 Business Aspects | Lecture=1.0 |
| Session 4 | 2:30-3:45 Safety & Contraindications Special Populations | Practical=0.5 |
| Session 5 | 4:00-5:00 Anatomy | Lecture=1.0 |
| <u>Day 3</u> | | <u>Credits Requested</u> |
| Session 1 | 9:30am -11:15 Master Class: You demonstrate! | |
| 11:15– 12:15 Lunch | | |
| Session 2 | 12:30-1:45 Ethics | |
| Session 3 | 2:00-3:15 Teaching Methodology, technique Special Populations | Practical=0.5 |
| Session 4 | 4:00-5:00 Anatomy | Lecture=1.0 |
| <u>Total Credits Requested: 7.5</u> | | |

OUTLINE



Gold Certification

REQUIRED TEXT: AFAA Fitness Theory and Practice

REFERENCE TEXTS: ACE Fitness Professional's Guide to Musculoskeletal Anatomy by Goulding

Day 1: Session 1

- 1) Mission & Goals
- 2) Intro: Lifestyle Questionnaire, AFAA book
- 3) Why I don't Teach Yoga anymore
- 4) Review of Module 1 & 2 Concepts
- 5) Certification Information update

Session 2

- 1) Technique for WholeFit WholeFit Sit
- 2) 15 Minute practical quiz

Session 3

- 1) Theory & Teaching Methodology for Special Populations
- 2) 15 Minute practical quiz

Session 4

- 1) Safety & Contraindications Special Populations/Great American Posture 201
 - a) AFAA, ACSM guidelines for Deconditioned Individuals
- 2) 15 Minute written quiz

Session 5

- 1) Anatomy 103: The Musculoskeletal System
 - a) How bones are being constantly remodeled, repaired
 - i) The major bones of the anterior and posterior view of human skeleton
 - (1) Vertebral Column, rib cage, and appendicular skeletal
 - ii) Synovial joints, diarthrodial, the most common
 - iii) Joint capsule
 - iv) Ligament and tendons (the difference between them, what they do)
 - v) Range of motion
 - vi) Bone and joint disorders
 - (1) Arthritis
 - (2) Osteoporosis
 - (3) Sprains/strains

Day 2: Session 1

- 1) Ethics of Christian Mind/Body Exercise
 - a) Yoga Versus the Bible Part 1

Session 2

- 1) Technique & Form for WholeFit Slo Flo
- 2) 15 Minute practical quiz

Session 3

- 1) Business Aspects
 - a) Group Exercise Rollout, Admin., Promotion, scope of practice, costs vs. benefits, Pro Ethics including

AFAA's Nutrition Policy, networking, email class promotion, forms, printing and class needs, business cards

b) Documenting Yoga Alliance Equivalency preview

Session 4

- 1) Safety & Contraindications Special Populations/Great American Posture
- 2) 15 Minute practical quiz

Session 5

Anatomy 201: Velcro the muscles onto the Life Size Skeleton

- a) Deltoids, Rotator cuff muscles
- b) Pectoralis minor and major
- c) Biceps
- d) Rectus abdominus
- e) Transverse Abdominus
- f) Iliopsoas, Internal and external obliques
- g) Gluteus medius
- h) Tensor fasciae latae
- i) Adductors: Sartorius, adductor longus, adductor Magnus, gracilis

Day 3: Session 1

- 1) You help teach a WholeFit Slo Flo Class to actual group exercise class participants

Session 2

Ethics of Christian Mind/Body Exercise

- a) Yoga Versus the Bible

Session 3

- 1) Teaching Methodology Special Populations
 - a) Multi-level presentation
 - b) Cueing multi-level class
 - c) Teaching/learning Styles
 - d) Teaching Pre/Post Natal Class

Session 4

- 1) Anatomy 301: Velcro the muscles onto the Life Size Skeleton
- 2) Quadriceps: all four and the joints they cross (affect)
- 3) Hamstrings: all four and the joints they cross (affect)
- 4) tibialis anterior, gastrocnemius, soleus
- 5) trapezius, rhomboids, erector spinae, latissimus dorsi
- 6) Triceps
- 7) Gluteus minimus, Piriformis & gemelli, pelvic floor muscles

COURSE GOALS



REQUIRED TEXTS:

Fitness Theory and Practice (AFAA)
WholyFit Module 1 Teacher's Manual
WholyFit Module 2 Teacher's Manual

RECOMMENDED READING:

Fitness Professional's Guide to Musculoskeletal Anatomy by Goulding (ACE)
Anatomy of Movement by Calais

At the end of this course you will be able to:

- a. teach professional mind body exercise classes to Special Population Participants in any venue (Special Populations information includes but is not limited to: Seniors, Pre/post natal and Deconditioned individuals)
- b. adhere to safety recommendations of AFAA and ACSM specific to group exercise for special populations
- c. modify exercises to custom fit participants according to AFAA 5 Questions
- d. You will be able to integrate chair exercises, Slo Flo (Christian alternative to Tai Chi) exercises and modified WholyFit Gentle Body Power (Christian Alternative to Yoga) exercises into your exercise classes
- e. use WholyFit formats for one on one or small group personal training
- f. use knowledge of anatomy to explain the purpose, safety guidelines and technique for each exercise
- g. work in community with WholyFit to advertise and promote your business and classes
- h. be familiar with AFAA Group Exercise Instructor guidelines for group exercise classes in general and be able to adapt them to WholyFit classes
- i. explain in a non-offensive way, why WholyFit is an alternative to Yoga and Tai Chi and why you do not choose to teach Yoga or Tai Chi
- j. discern your responsibilities as an instructor, both in a legal and a moral sense in order to make a difference in your world!

(Disclaimer: WholyFit does not claim that exercises are prescriptive for health concerns or rehabilitation. Instructors are cautioned to stay within their scope of practice in the representation of WholyFit.)

AFAA Fitness Theory and Practice Study Guide Cover Letter to Instructor

The following list of the concepts from the AFAA Fitness Theory and Practice Text Book will be covered at the WholyFit seminar. The instructor is expected to be familiar with these concepts before the seminar by studying the book. WholyFit is a unique mind/body format that does not contain high impact or cardio-oriented exercise and therefore no group exercise book suits our needs perfectly except the WholyFit teacher's manuals. However the AFAA book will be used as a guideline so that teachers may conform all WholyFit teaching methodology and practices to these industry standards. The seminar will teach adaptations of the general AFAA concepts and how to apply these to your WholyFit group exercise class. The text will also be used to show why WholyFit safety and technique standards are so high and why WholyFit exercises conform more perfectly to group exercise safety standards than Yoga exercises do.

Note to instructor: Don't worry if you don't understand something. That is what the Module 3 seminar is for. The following is an outline of concepts to learn based on the book. Don't get bogged down memorizing details. Shoot for general, practical, applicable understanding of overall concepts you can apply to your classes. The benefit of studying this book for our training is that you get a head start for other certifications, like the AFAA Group Exercise. (Note: Topics in italics in the study guide will be explained in the seminar and are noted for presenter benefit only.)

The purpose of modules 1-3 is to get you teaching safe, effective, fun classes; not designing choreography or studying exercise prescription. Topics we will not be covering in module 3 will be covered later if you opt to go on to Pro Platinum Certification, for example: how to choreograph and sequence a class. The pre-designed nature of the classes you will teach as a result of going through module 1-3 make format design automatically completed for you at the Gold Certified level.

*Please let me know if you have questions.
Just start. The rest will happen.
You're doing great. Keep going.*

Laura

AFAA Fitness Theory and Practice Study Guide

- 1) Basic Exercise Standards and Guidelines/ Basic Principles, Definitions and Recommendations
 - a) Components of Fitness BESG 3 (Cardiorespiratory Fitness, Muscular strength and endurance; flexibility; body composition; skill-related components)
 - b) Principles of Training BESG 1 (FIT M training variables, overload, progression, SAID, reversibility, overtraining)
 - c) Muscle Balancing BESG 26 (feet first, pelvis orientation, shoulder orientation, core setup, posture perfect, body alignment in static exercise positions)
 - d) Body Alignment BESG 14
 - e) Full Range of Motion BESG 3, 26, 44 Definition, 5 Maintains proper muscle balance, BESG 10 Able to safely complete a full range of motion for the chosen exercise without excessive momentum, BESG 18 Participants should control their range of motion in order to maintain posture and alignment throughout all movements. , BESG 20 When beginning a warm-up, start with moderate ROM movements and slowly build to a greater ROM as the body warms up. , BESG 23-24 Participants should control their range of motion in order to maintain posture and alignment throughout all of the movement. The limb position needs to match the ability to stabilize the core of the body (kick boxing example), BESG 32 all
- 2) Instructional Methods, Concerns and Responsibility
 - a) Monitoring (See Mod 1 reading Guide, Chapter 5 section)
 - b) Cueing
 - c) Legal responsibilities BESG 6 (See Fitness Theory and practice hancout)
- 3) Pre-class Procedures
 - a) Clearance and Screening
 - b) Risk Factors
- 4) Warmup (BESG 19)
 - a) Purpose
 - b) Time
 - c) Stretching

- d) Do's and don'ts
- e) Special considerations: Spinal (hip) flexion-forward, and lateral

5) AFFA 5 QUESTIONS

See Exercise section for proper squatting, lunges, low back exercises, common problems of abdominal exercises (standing and seated). Compare WholyFit "Bread and Butter Safety" from Teacher's manual with this section.

- 6) See Exercise section: Exercises to avoid. Plow, hurdlers and cobra: Be able to tell the safety concern for each contraindicated exercise in this section using WholyFit terminology: ie compression angle, core support, line of power, etc...) Do you see why the fitness industry has thrown those out? Because they are too hard to teach PROPERLY in a group exercise situation.
- 7) Inactivity is a Definite Risk- studies show (See "fitness Theory" file for screening and why screening would be different for cardio classes. Remember that WholyFit contains no cardio so inactivity is a higher risk than the exercise itself.)
- 8) Types of Exercise (p. 38 Compare modes to determine purpose. List exercises and specific training goals of each)
 - a) What is the common definition of "Aerobic" exercise?
 - b) How do exercise physiologists define the "aerobic system"?
- 9) Developing and maintaining aerobic fitness: (Read only the following sections) We will adapt this information to WholyFit at the seminar
 - a) Warmup
 - b) Cool down
- 10) Improving health and performance through aerobic fitness (read only the following:) We will adapt this information to WholyFit at the seminar
 - a) Considerations before starting an exercise program
 - i) How to determine "apparently healthy adults" and "higher risk" individuals

- b) Adaptations that Improve exercise Performance
- c) Comprehensive Impact of Exercise

11) The Musculoskeletal System

- a) How bones are being constantly remodeled and repaired (p. 40) (Bones picture p. 42)
 - i) The major bones of the anterior and posterior view of human skeleton
 - (1) Vertebral Column, rib cage, and appendicular skeletal only
 - ii) Only Synovial joints, diarthrodial, the most common
 - iii) Joint capsule (p.41-43)
 - iv) Ligament and tendons (the difference between them, what they do) (p. 43)
 - v) Range of motion
 - vi) Bone and joint disorders (see knee p. 110)
 - (1) Arthritis (p. 45)
 - (2) Osteoporosis
 - (3) Sprains/strains (p. 113)
- b) Skeletal Muscular system anterior and posterior view, listed below" We will put these muscles on a life-size, plastic skeleton at the seminar
 - i) Deltoids
 - ii) Rotator cuff muscles (supraspinatus, subscapularis, teres minor
 - iii) Pectoralis minor and major
 - iv) Biceps
 - v) Rectus abdominus
 - vi) Transverse Abdominus
 - vii) Iliopsoas
 - viii) Internal and external obliques

- ix) Gluteus medius
 - x) Tensor fasciae latae
 - xi) Adductors: Sartorius, adductor longus, adductor Magnus, gracilis
 - xii) Quadriceps: all four and the joints they cross (affect)
 - xiii) Hamstrings: all four and the joints they cross (affect)
 - xiv) Lower leg muscles: tibialis anterior, gastrocnemius, soleus
 - xv) Back muscles: trapezius, rhomboids, erector spinae, latissimus dorsi
 - xvi) Triceps
 - xvii) Gluteus minimus
 - xviii) Piriformis & gemellis
 - xix) Generally call all pelvic floor muscles, "pelvic hammock", but know this includes the "kegals"
- c) *Muscle innervation (Presenter only)*
- i) *Only generally how actin and myosin work in contraction and relaxation*
- d) *Proprioceptors:*
- i) *GTO*
- e) *Types of contractions*
- i) *Isotonic as it applies to human movement of your own body weight in gravity. (Not what isotonic exercise machines do)*
- f) The 3 cardinal planes
- g) How Muscles were designed by the Creator to work TOGETHER
- i) Agonists, assistors, stabilizers, fixators, antagonists (We will not worry about "synergists" because too much disagreement between experts)
 - ii) *Table of joints and possible movement and planes important (presenter only)*
 - iii) *Concept of ACTIVE INSUFFICIENCY*

iv) *Kinetic chains: only insofar as you understand how muscles at a number of joints in a chain can substitute for the target muscle. For example, in fire ext lev 3, the elbow is FLEXED but it is the TRICEP, the elbow EXTENSOR that does the most work.*

- h) Table of shoulder joint and pectoral girdle actions
 - i) Curves of the spinal column IN GENERAL
 - j) Why back pain is the most expensive ailment among people in the 30-60 year old category.
 - k) Lordosis, Kyphosis, scoliosis, Q-Angle IN GENERAL
 - l) Anterior and posterior pelvic tilt
- 12) Neurological factors of strength- familiarize yourself only, more will be explained at seminar (p. 38 We will note how skill related factors influence strength. We will also note how emotions influence strength as well, especially positive motivation.)
- a) Functional strength (p. 76)
 - b) The difference between tone and definition
 - c) Coordination (grace= efficiency of movement p. 77) In WholyFit we build static coordination first (WholyFit Gentle Body Power), then slow moving coordination (Slo Flo), then moving coordination (K700 Kickboxing) (Also see how coordination affects all fitness compents on pp. 98-101)
 - d) Specialization (specification) and competing physiological responses
 - e) Types of muscular "work" (contraction) (*ACE Review test in Fitness Professionals' Guide*)
 - i) Concentric, eccentric, negatives
 - ii) What are sarcomeres? (p. 93)
 - iii) How is muscular strength & length built (overview)
- 13) Injury Prevention/Overuse- (BESG 28 & p. 400)
- 14) Training for flexibility- (p. 90-95) (In the seminar we will learn how WholyFit conforms perfectly to these recommendations)

- 15) Safety guidelines (p. 105. Skip part on the dangers of inferior choreography- this will be learned if you pursue pro cert)
 - a) When to refer to a physician
 - b) Knowing your scope of practice- (THIS IS IMPORTANT! P. 105)
 - c) In general, monitoring your students for:
 - i) Inadequate muscle strength/muscle symmetry (overall concepts, not details)
 - ii) Improper or insufficient Warmup
 - iii) Poor flexibility
 - d) Emergency treatment - RICE only, know your scope of practice, and don't "doctor" anyone!
- 16) Lifestyle questionnaire (p. 123. This will be used on Day 1 of seminar)
- 17) Low back protocol (p. 59. See herniated disc p. 65 and p. 136 in chapter 16)
- 18) Motivating for behavior change and exercise adherence – (starts on page 390 read for your edification only, very good)
- 19) Body image and self-esteem – for your edification only, very good
- 20) Professional scope and responsibility, especially emphasizing health beyond appearance (You will be given WholyFit's informed consent forms to use in your class. This will help you to describe your class accurately.)
- 21) No business sections except law and exercise - for your own enlightenment only. You will take a business class at the seminar.
- 22) Holistic fitness: for your edification only, very good
- 23) special populations : the overweight, pregnancy, older adults only, though all these topics are good. (You will also be given additional handouts on postural hypotension, heat stroke, How sweat works, how heat affects exercise, pregnancy, life after stroke, osteoporosis and exercise for older adults)

Proof of Attendance



Note: Please see outline for course details.

TEXTS: AFAA Fitness Theory and Practice
ACE Fitness Professional's Guide to Musculoskeletal Anatomy

Day 1 Thursday, May 8, 2008

Name of Participant: _____

Location: The Upper Room, 15 Treevine Court, The Woodlands, TX 77381

Time: 10:00am-11:15am

Course: Gold Cert. Session 2: technique for special populations 101

Description: 1 hour practical =0.5 Credit

Time: 12:30-1:45

Course: Session 3: Anatomy 103

Description: 1 hour lecture =1.0 Credit

Time: 2008, 2:00-3:15

Course: Session 4: Safety & contraindications special populations/great American posture 201

Description: 1 hour lecture =1.0 Credit

Time: 3:30-4:45

Course: Session 5: Technique & Form for special populations 102

Description: 1 hour practical =0.5 Credit

Total Time Lecture _____
Total Time Practical _____
Credits _____

Signature Presenter _____

Proof of Attendance



Note: Please see outline for course details.
TEXTS: AFAA Fitness Theory and Practice
ACE Fitness Professional's Guide to Musculoskeletal Anatomy

Day 2 Friday, May 9, 2008

Name of Participant: _____

Time: 9am-10:00
Course: Session 1: Ethics of Christian Mind Body Exercise
Description: 1 hour lecture =1.0 Credit

Time: 10:15-11:30
Course: Session 2: Technique & Form Mind/Body Exercise 201
Description: 1 hour practical =0.5 Credit

Time: 11:30- 12:30
Course: Business
Description: 30 min lecture =0.5 Credit

Time: 12:30 -1:45
Course: Session 3: Anatomy 201
Description: 1 hour lecture =1.0 Credit

Time: 2-3:15
Course: Session 4: Safety & contraindications special populations/great American posture 301
Description: 1 hour practical =0.5 Credit

Time: 3:30-4:45
Course: Session 5: Teaching Methodology Special Populations202
Description: 1 hour practical =0.5 Credit

Total Time Lecture _____

Total Time Practical _____

Credits _____

Signature Presenter _____

Proof of Attendance



Note: Please see outline for course details.
TEXTS: AFAA Fitness Theory and Practice
ACE Fitness Professional's Guide to Musculoskeletal Anatomy

Day 3 Saturday, May 10, 2008

Name of Participant: _____

Time: 9am-10:00
Course: Session 1: Ethics of Christian Mind Body Exercise
Description: 1 hour lecture =1.0 Credit

Time: 12:30-1:45
Course: Session 3: Technique & Form Mind/Body Exercise 301
Description: 1 hour practical =0.5 Credit

Time: 2:00-3:15
Course: Session 4: Anatomy 301
Description: 1 hour lecture =1.0 Credit

Time: 3:30-4:45
Course: Session 5: Teaching methodology /technique Special Populations 302
Description: 1 hour practical =0.5 Credit

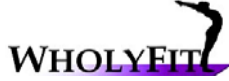
Total Time Lecture _____

Total Time Practical _____

Credits _____

Signature Presenter _____

Proof of Attendance



Course: Gold Certification, Gentle Body Power Devotional Exercise
Date: May 8, 9, 10, 2008

Note: Please see outline for course details.
TEXTS: AFAA Fitness Theory and Practice
ACE Fitness Professional's Guide to Musculoskeletal Anatomy

Day 1

Name of Participant:

Location:

Time:

Course:

Description:

Time:

Course:

Description:

Time:

Course:

Description:

Time:

Course:

Description:

Total Time Lecture _____

Total Time Practical _____

Credits _____

Signature Presenter _____

Proof of Attendance



Course: Gold Certification, Gentle Body Power Devotional Exercise
Date: May 8, 9, 10, 2008

Note: Please see outline for course details.

TEXTS: AFAA Fitness Theory and Practice

ACE Fitness Professional's Guide to Musculoskeletal Anatomy

Day 1

Name of Participant:

Location:

Time:

Course:

Description:

Time:

Course:

Description:

Time:

Course:

Description:

Time:

Course:

Description:

Total Time Lecture _____

Total Time Practical _____

Credits _____

Signature Presenter _____
