



By Phone:
Call **800-791-0262** and provide the
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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course #	Course Title	
Webinar Date		
Name	Discipline	
Facility		
Home Mailing Address		
City	State	Zip
Daytime Phone	Fax	
E-mail Address for Confirmation (will not be shared or sold)		

Circle One: **VISA** **MASTERCARD** **AMEX** **DISCOVER**

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Webinar Cancellation Policy: Motivations, Inc. reserves the right to discontinue or reschedule a course from our listing of options. Should you have already registered, you will receive a full refund. Participants may receive a full refund when requesting cancellation 24 hours prior to the the webinar. After that time, a credit for a future Motivations event may be awarded.

Special Needs Requests: Please email us any special needs related to vision, hearing, accessibility or any other considerations to completing the course so we can assist in advance.



Motivations CEU
Accredited Courses for Rehabilitation Professionals

P: (800) 791-0262
F: (815) 371-1499
admin@motivationsceu.com
www.motivationsceu.com



WEBINAR #7470 Functional Exercises and Strength Training for Obesity

Instructor: Amy Ashmore, PhD

**Audience: Physical Therapists,
Occupational Therapists, and Assistants
and Athletic Trainers**

**Delivery Options:
Live Webinar or Self-Study Options**

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SUMMARY: Functional exercise training is incredibly effective to battle obesity — but requires some complex movements which can be difficult for certain populations. This course will dive into the latest research on changes that occur in the brain with obesity and how to mitigate them during exercise. Learn how to incorporate strength training into exercise programming alongside cardiovascular fitness to maximize weight loss and management.

Selection of appropriate exercises and strength training for patients who are obese. Safety is of the utmost importance when determining the correct exercise. Modifications may need to be made in the exercises to best suit the obese patient.

Course instruction method includes: lecture, picture/graphs, videos, and question/answer.

PRESENTER: Amy Ashmore holds a PhD in Kinesiology from the University of Texas at Austin. She is the author of *Timing Resistance Training* (Human Kinetics, 2020) and over 40 professional development courses for physical and occupational therapists, strength coaches, and athletic trainers. Amy is former Florida State University faculty. Currently, she is a continuing education provider located in Las Vegas, NV, and serves as adjunct faculty in human performance at the College of Southern Nevada.

Financial— Receives a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Examine the changes that occur to the brain with obesity and how to account for them in exercise program design and execution.
2. Select appropriate exercises to support improved functional performance, including ADLs and IADLs, for clients who are obese.
3. Design safe and effective strength training sessions for people who are obese.
4. Execute safe and effective workouts for people who are obese.
5. Analyze exercise programming and mechanics modifications to best suit people who are obese.

FORMAT: This is a 3-hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study.

For Live courses, the content is presented via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the “raise hand” feature for live discussion.

For Recorded courses, learners will not be able to participate in real time with questions.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state. The assignment of Texas PT CCUs does not imply endorsement of specific course content, products, or clinical procedures by TPTA or TBPTE.

ATC CEU's: Motivations, Inc. (BOC AP #P2549) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU's.



Motivations Inc. is an AOTA Approved Provider of professional development. Course approval ID# 14841. This Distance Learning-Interactive or Distance Learning-Independent activity is offered at 0.3 CEUs, Intermediate Level, Occupational Therapy Service Delivery/Foundational Knowledge. The assignment of AOTA CEU's does not imply endorsement of specific course content, products, or clinical procedures by AOTA

AGENDA ON NEXT PAGE...

For course dates, times and registration, please visit: www.motivationsceu.com

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AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

Time (in minimum 15- minute increments)	Topic	Course Objective(s)	Instructional Method (Lecture, Case Study, Multimedia, Demonstration, etc.)
0 - 5	Introduction. Review of program objectives and course outline.		Lecture.
5 – 15	Operational definitions of relevant strength training concepts.		Lecture
15 - 30	The Research	CO 1	Lecture.
30 – 45	Exercise Selection	CO 2	Lecture/DEMOS.
30 – 45	Exercise Selection, cont'd	CO 2	Lecture/DEMOS.
45 - 60	Programming Strategies	CO 3, CO 4, CO 5	Lecture/Templates/Sample Routines.
60 - 75	Programming Strategies, cont'd	CO 3, CO 4, CO 5	Lecture/Templates/Sample Routines.
75 -90	Sample Routines	CO 3 CO 4, CO 5	Lecture /Sample Routines
90 - 110	Sample Routines, cont'd	CO 3 CO 4, CO 5	Lecture /Sample Routines
110 - 120	Q & A		Lecture

Post-test: 30 Minutes Research, identify, and submit your post-test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain and save your auto-emailed certificate for your files.