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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		
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E-mail Address for Confirmation (will not be shared or sold)		

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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

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P: (800) 791-0262

F: (815) 371-1499

admin@motivationsceu.com

www.motivationsceu.com



WEBINAR

#7116 Muscle Performance Metrics for Documentation and Justification

Instructor: Amy Ashmore, PhD

Audience: Physical Therapists, Occupational Therapists, and Assistants, Athletic Trainers, and Strength and Conditioning Coaches

Delivery Options:
Live Webinar or Self-Study Options

Motivations, Inc.

SUMMARY: This course shows how to use a simplified step by step method to define, measure, and track muscle performance metrics. Learn how to connect performance metrics like strength, velocity, and power with exercise programming metrics and outcomes for documentation and insurance justification. Includes case studies with sample routines.

Course instruction method includes: lecture, demonstration, picture/graphs, videos, case studies 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, Nevada, 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. Define muscle performance metrics.
2. Apply metrics to measure muscle strength, velocity, and power.
3. Develop exercise routines using exercise programming metrics.
4. Select metrics to track and document specific functional and occupational improvements.
5. Use metrics for insurance justification.

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, ILDP- 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# 13007. This Distance Learning-Interactive or Distance Learning-Independent activity is offered at 0.3 CEUs, Intermediate Level, OT Service Delivery/Professional Issues/Foundational Knowledge. The assignment of AOTA CEU's does not imply endorsement of specific course content, products, or clinical procedures by AOTA

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.

- Introduction: Review of program objectives and course outline. 5 minutes.
- Operational definitions of key terms including muscle performance metrics. 10 minutes.
- Measurements (metrics) for muscle strength, velocity, and power. 10 minutes.
- Connect metrics to outcomes. 10 minutes.
- Connect outcomes to exercise programming metrics. 10 minutes.
- Develop exercise routines using exercise programming metrics. 15 minutes.
- Select metrics to track and document functional improvements and outcomes. 15 minutes.
- Use metrics for insurance justification. 10 minutes.
- Two Case studies. 20 minutes.
- Questions and course wrap up. 10 minutes.

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.

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