

The Sports Medicine Center



Susquehanna Health System



Divine Providence Hospital - Muncy Valley Hospital
The Williamsport Hospital & Medical Center

The following fitness organizations
have received application for
Continuing Education Units:

National Strength and Conditioning Association
National Academy of Sports Medicine
American Council on Exercise
National Athletic Trainers Association

TECHNOLOGY TRANSFER

& CONTINUING EDUCATION

Pennsylvania College of Technology

PENNSTATE



Pennsylvania College of Technology
Technology Transfer Center, DIF 29
One College Avenue
Williamsport, PA 17701-5799

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Functional Training

A Comprehensive Approach

Pennsylvania College of Technology
Bardo Gymnasium

Functional Training is a comprehensive training approach based on sound scientific principles, focused on training, reconditioning and rehabilitating the human body. Functional Training integrates the physical components of strength, balance, flexibility, core stability, neuromuscular efficiency, reaction, acceleration, agility and deceleration.

Participants in this workshop will examine and compare traditional training exercises with the functional training exercise paradigm. Get a feel for how exercises and equipment are used together in hands-on station work and learn to create your own model to design functional training programs for use in clinics and other settings.

Those who will benefit from this workshop include physical therapists, personal trainers, coaches, healthcare professionals, athletic trainers, physical health instructors and educators.

Pennsylvania College of Technology
Bardo Gymnasium
Saturday, April 20, 2002
9 a.m. – 3 p.m.
Lunch is provided
Register today by calling:
(570) 327-4775

Participants are welcome to come to the Bardo Gym the night before the workshop to see the facilities or for a personal workout.

April 19, 2002
7 - 9 p.m.

Jim Giroux joined *Perform Better* in the fall of 2000 after serving as assistant track and field coach at University of Massachusetts for 12 years.

Jim earned his M.S. in Sports Management from UMASS where he coached jumps, hurdles, throws and combined events. He is a USA Track and Field Level 2 jumps coach, National Strength & Conditioning Association-Certified Strength & Conditioning Specialist, and US Weightlifting Federation club coach, and has conducted camps and clinics on a variety of track and field and strength/power topics.

A nationally-known speaker, his seminars and clinics cover functional topics including medicine balls, stability balls, dynamic warm up, balance, plyometrics and training with bands. He is also an expert on training periodization and program design.

Currently Jim is writing a series of articles for www.PTontheNet.com covering medicine ball training, plyometrics and speed development for personal trainers. His emphasis on year-round planning and development of athletes gives him a unique perspective on functional training.



Registration Form
Functional Training
Course Number HSC154

Cost: \$50 per person (*lunch and refreshments included*)
Special, reduced rate for students: \$20

Call: (570) 327-4775

Fax: 570.321.5546

Online Registration: www.pct.edu/ttc

Mail: Pennsylvania College of Technology
Technology Transfer Center, DIF 129
One College Avenue
Williamsport, PA 17701-5799

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