



Corrective Body Weight and Tubing Exercises to Enhance Posture and Body Alignment

Presenter:

Presentation Created and Developed by:

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Lecture Description:

Learn a systematic process to correct alignment, reverse patterns, improve posture, relieve back pain and train people using simple, yet effective, tubing and strength training exercises. This session teaches upper, core, and lower body resistance training exercises using fitness tubing and body weight exercises designed to correct posture and body alignment issues. This lecture/workshop prepares individuals to receive the **National Posture Institute-Certified Posture Specialist™ (CPS™)** and **Certified Resistance Training Professional™ (RTP™)** designation.

Participants will be educated in the following:

- Teaches the proper sequence and selection for teaching the proper resistance training exercises based on the client's age, postural status, and physical capabilities
- Teaches attendees specific resistance training exercises using tubing and body weight movements to correct posture and body alignment
- Teaches specific body alignment and posture procedures required to perform resistance training exercises safely avoid musculoskeletal injuries
- Teaches how combining resistance training movements, flexibility exercises and posture assessments will allow for the design of a complimentary exercise program focusing on posture and body alignment improvement
- Teaches ways to observe and evaluate the improvement of posture, stability, balance, and strength

Outline:

1. Introductions
2. Educating a client-patient on resistance training
3. Muscular and Joint Structures – Posture Problem Areas
4. Factors Affecting Posture and Weakness
5. Tubing-Body Weight Exercises-Biomechanics
6. Define the Correct Range of Motion (ROM)
7. Analyzing and Observing Movements

8. Demonstrating a resistance training movement
9. Sequencing exercises
10. Upper/Lower Body movements
11. Resistance Training and Stretching
12. Summary and Contact Information

Biography

Kenneth E. Baldwin

Ken Baldwin is a Certified Posture Specialist and the Executive Director for The National Posture Institute (NPI), an educational and professional organization that provides certificate programs for personal trainers/group instructors and allied health/medical/fitness professionals to receive the **National Posture Institute-Certified Posture Specialist™ (CPS™)**, **Certified Resistance Training Professional™ (RTP™)**, **Certified Goniometry Specialist™ (CGS™)** and **Certified Ergonomic Professional™ (CEP™)** designation. NPI is dedicated to delivering to personal trainers and current allied health/medical/fitness professionals, the collegiate educational system, the media, and the general public information and education on posture and body alignment through innovative educational resources, teaching/business solutions, and certificate programs.

NPI Certificate Programs- <http://www.npionline.org/programs/professional/index.html>

In addition, he joined **State University of New York (SUNY) Plattsburgh's Department of Sport and Wellness as an Assistant Professor** and the Program Coordinator for the Fitness and Wellness Leadership Major in August 2007. Prior to working at SUNY Plattsburgh, Ken was the Coordinator/Instructor for Purdue University's Personal Fitness Training Major and the Assistant Director at Purdue's A.H. Ismail Fitness/Research Center. Ken has received national recognition from numerous media outlets including *Newsweek*, *L. A. Times*, *Chicago Tribune*, *Indianapolis Star*, *Athletic Business*, *WRTV-TV 6*, *MSNBC.COM*, *the Associated Press*, *IDEA Fitness Journal*, *New York Newsday*, *Club Industry*, *IHRSA*, and *Personal Fitness Professional* for establishing academic programs and degrees focusing on fitness, exercise science, and the personal training profession.

Ken is also the former **Chair of IDEA's National Personal Trainer Committee**, **Chair of the Senior Fitness Subcommittee for the Massachusetts's Governor's Committee on Physical Fitness and Sports**, and was an elected Board Member to the Massachusetts's Governor's Committee. He has served on national committees with organizations that include the American College of Sports Medicine (ACSM), LifeFitness Academy, AAHPERD, and the Medical Fitness Association (MFA). He's been awarded Boston's Best Personal Trainer three times and is the Recipient of **IDEA's National Personal Trainer of the Year Award**. Ken is the Senior Editor, content expert, and lead author for *ACSM's Resources for the Personal Trainer Textbook (2nd Edition)*.

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