



## Goniometry Assessments – Joint and Muscular Range of Motion Testing

Presentation Created and Developed by:

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### Lecture Description:

Learn to assess your client's joint and muscular range of motion using a Goniometer. Understand why goniometry assessments are an important component of the health/fitness screening process to design the proper flexibility/stretching program for your client.

This lecture prepares personal trainers/fitness professionals, group exercise instructors, athletic trainers, and allied health/medical professionals to assess their client's joint and muscular range of motion (ROM) using a **Goniometer**. The lecture teaches attendees how to analyze and assess a client implementing a goniometer as a measuring and evaluation tool. 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 attendees how goniometry assessments are an important component of the health/fitness screening process to design the proper flexibility/stretching program for your client
- Teaches how combining posture and goniometry assessments will allow for the design of a complimentary exercise program focusing on posture and joint range of motion (ROM) improvement
- Attendees will learn how to implement the Goniometer assessment program into their facility or organizations current health and exercise testing program.
- Teaches the measurement procedures and techniques of performing goniometric assessments
- Teaches procedures of how to explain assessment results to a client

### Outline:

1. Introductions
2. What are goniometry assessments?
3. Define Range of Motion (ROM)
4. Goniometer assessments-structure a flexibility program
5. Factors Affecting ROM
6. Screening-Assessment process and Techniques
7. Recording Measurements
8. Obtaining Accurate measurements

9. ROM and Postural Alignment
10. ROM assessments for Upper/Lower Body
11. Assessments and Motivational Device
12. Procedures of how to explain assessment results to a client-patient
13. Summary
14. 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), 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 has been involved in the fitness, wellness, and education profession for over 15 years. With an extensive background in the fitness industry which includes operating and managing a personal training company, to training many types of populations from children to seniors and beginning exercisers to athletes, to lecturing and consulting at college/university departments, corporations, public events, national conventions (*ACSM Health and Fitness Summit*, *Club Industry*, *IDEA World Conference*, *AAHPERD*, *Canadian Fitness Professional Conference*, *SCW Conference*, and *the Medical Fitness Association*, to name a few) and international conferences. In addition to his industry experience, he is actively involved in working with national organizations and colleges/universities in developing educational standards for those wishing to enter the personal training and fitness 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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