

NSCA Mission Statement

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

GENERAL INFORMATION

LOCATION	HOST	CEUs
Ther-Ex Health Institute 9080 Irvine Center Dr Irvine, CA 92618	Davis Koh, DPT, CSCS + 1 949-540-5641 davispt@gmail.com	0.4 NSCA 4.0 BOC

State Chapters
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TIME	TOPIC	SPEAKERS
7:40-8:00am	Check-in and On-site Registration	
8:00-8:15am	Speaker Introduction and Objectives of Clinic	
8:15-8:25am	Why This Information is Important for Trainers To Know	Davis Koh, DPT, CSCS
	<ul style="list-style-type: none"> Retention of Clients Improve Any Client's Core/Lower Back Fitness Avoid Client Injuries 	
8:25-8:40am	Low Back Pain Statistics and Most Common Misconceptions	Davis Koh, DPT, CSCS
	<ul style="list-style-type: none"> MC Misconceptions of How the Lower Back is Injured Most Important Concepts Usually Forgotten MC Misconceptions on how to "Strengthen" the Lower Back 	
8:40-9:00am	Anatomy of the Low Back and Core	Vince DiSaia, DC, CSCS
	<ul style="list-style-type: none"> Definition of Core - Muscles Listed Important Functional Muscles - Glutes, Lats, etc. Why Strong Core = No Back Pain Hollowing vs. Bracing 	
9:00-9:10am	Break	
9:10-9:30am	Mechanisms of Injury and Exercises That Promote These Mechanisms	Vince DiSaia, DC, CSCS
	<ul style="list-style-type: none"> Hyperflexion & Exercises That Promote Hyperflexion Injury Shearing & Exercises That Promote Shearing Injury Rotation & Exercises that Promote Rotational Injury Hyperextension and Exercises that Promote This Injury 	
9:30-10:30am	Proven Exercises to Strengthen the Low Back	Carmine Filice, DC, CSCS
	<ul style="list-style-type: none"> Squat Deadlift Birddog (w/ variations-progressions) Lunge Plank Sidebridge 	
10:30-10:40am	Break	
10:40-11:00am	How to Screen Your Clients	Vince DiSaia, DC, CSCS
	<ul style="list-style-type: none"> Effective Movement Screens and Why They Are Important What To Look For in Each Movement How to Use These Screens to Market Yourself 	
11:00-11:20am	Best Muscles To Stretch and Best Ways To Stretch Them	Vince DiSaia, DC, CSCS
11:20-11:40am	Creating A Good Health And Fitness Team	Carmine Filice, DC, CSCS
11:40-12:00pm	Questions	

Please call 800-815-6826 if you require special accommodations. Topics and speakers subject to change without prior notification. This clinic has hands on sessions. Participants are asked to dress comfortably and only participate within their physical limitations.

PRE-REGISTER BY AUG 31, 2010 & RECEIVE: SECRETS OF THE LOW BACK DVD & CATERED LUNCH

REGISTRATION FORM ♦ NSCA SOUTHERN CA STATE CLINIC ♦ SEPTEMBER 11, 2010

Online registration: <http://www.nasca-lift.org/stateclinics/searchclinic.asp> or mail completed registration (with payment) to: NSCA, 1885 Bob Johnson Drive, Colorado Springs, CO 80906 or fax to: +1 719-632-6367

Name _____

Member ID _____ Student ID _____

Address _____

City/State/Zip _____

Phone # _____ Email _____

Emergency contact and phone # _____

Clinic Fees (check one)	Now thru Aug 31st	On-site
NSCA Member	<input type="checkbox"/> \$99	<input type="checkbox"/> \$139
NSCA Student	<input type="checkbox"/> \$49	<input type="checkbox"/> \$139
Non-member	<input type="checkbox"/> \$129	<input type="checkbox"/> \$139

Clinic Code 23006

Payment Method Refund Policy: On or before Aug 31st - 50% / After Aug 31st - No refund

Check (payable to the NSCA) Visa MasterCard AmEx

Account# _____ Exp. _____

Signature _____

Total Enclosed \$ _____

Receipt: Mail Email



NSCA™

National Strength and Conditioning Association
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Colorado Springs, CO 80906-4000

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NSCA™

California(SOUTH)

NSCA Southern CA State Clinic Secrets of the Low Back

Saturday, September 11, 2010
see inside for more details...