

# Fitness Related Courses, Workshops, and Trainings

## 223 Hours

End Neck and Back Pain	Exercise ETC	10 CEU's	6/29/2015
Bigger, Faster, Stronger	Exercise ETC	20 CEU's	6/29/2015
Women's Home Workout	Exercise ETC	16 CEU's	6/29/2015
Fitness Illustrated	Exercise ETC	10 CEU's	6/15/2015
Functional Mobility Drills	Exercise ETC	2 CEU's	4/12/2015
Fitness Trends: The Microburst Workout	Exercise ETC	2 CEU's	4/12/2015
Exercise for Chronic Disabilities	Exercise ETC	2 CEU's	4/12/2015
Functional Anti-Aging Routines	Exercise ETC	2 CEU's	4/12/2015
Functional Training: The next Generation	Exercise ETC	2 CEU's	4/11/2015
The Core Training Continuum	Exercise ETC	2 CEU's	4/11/2015
Functional Exercises Complexes	Exercise ETC	2 CEU's	4/11/2015
The Shoulder Push, Pull, Rotate, Repeat	Exercise ETC	2 CEU's	4/11/2015
Dynamic Correspondence	NSCA Webinar	1 CEU	6/23/2014
Footwear and Function	NSCA Webinar	1 CEU	6/23/2014
Building Your Business	NSCA Webinar	1 CEU	6/23/2014
Higher Intensity Interval Training	NSCA Webinar	1 CEU	6/23/2014
Training Differences Between Men and Women	NSCA Webinar	1 CEU	6/22/2014
Top 10 Abdominal Exercises	NSCA Webinar	1 CEU	6/22/2014
Real World Recovery Techniques	NSCA Webinar	1 CEU	6/22/2014
Evidence Based Youth Training & Conditioning	NSCA Webinar	1 CEU	6/22/2014
Foam Rolling Training	DSW Fitness	4 CEU's	7/4/2014
Core Conditioning	DSW Fitness	3 CEU's	7/1/2014
Dynamic Warm-Up	DSW Fitness	4 CEU's	6/28/2014
Core Training Anatomy	Exercise ETC	12 CEU's	7/7/2014
Bosu Complete	Moves International fitness	20 CEU's	8/10/2014
Prescriptive Stretching	Exercise ETC	16 CEU's	1/20/2014
The Biomechanics of Squat Depth	NSCA Hot Topic Quiz	3 CEU's	9/19/2011
Aerobic Benefits of Caffeine Supplementation	NSCA Hot Topic Quiz	3 CEU's	9/18/2011
Plyometric Exercises for Overhead Throwing	NSCA Hot Topic Quiz	3 CEU's	9/18/2011
Neuromuscular Adaptations to Resistance Training	NSCA Hot Topic Quiz	3 CEU's	9/18/2011
Concurrent Training Part 1	NSCA Hot Topic Quiz	3 CEU's	9/18/2011
Concurrent Training Part 2	NSCA Hot Topic Quiz	3 CEU's	9/18/2011
Speed Training: Linear Acceleration	NSCA Hot Topic Quiz	3 CEU's	9/17/2011
Skill Based Conditioning	NSCA Hot Topic Quiz	3 CEU's	9/17/2011
Vibration Training and Athletic Performance	NSCA Hot Topic Quiz	3 CEU's	9/17/2011
Muscle Dystrophy	NSCA Hot Topic Quiz	3 CEU's	9/17/2011
Nutrition Periodization for Athletes	NSCA Hot Topic Quiz	3 CEU's	9/17/2011
Protein Needs for Athletes	NSCA Hot Topic Quiz	3 CEU's	9/17/2011
Core Stability for Athletes	NSCA Hot Topic Quiz	3 CEU's	9/17/2011
Free Weight and Machine Exercises	NSCA Hot Topic Quiz	3 CEU's	9/17/2011
Dynamic Medicine Ball Training	C.H.E.K Institute	7 CEU's	1/28/2009
Functional Training:			
Breaking the Bonds of Traditionalism	DSW Fitness	15 CEU's	3/8/2009
Overcoming Self-Defeating Behaviors	Lifestyles by Ronda Gates	5 CEU's	12/30/2008
Fitness Gets Personal Homestudy Series II	AFAA	7 CEU's	4/6/2007

# Montgomery County Educational Courses

## **106 Hours**

Recognizing and Reporting Child Abuse and Neglect-Face-to-Face	8/21/15	.5 Hours
Recognizing and Reporting Child Abuse and Neglect	8/17/15	1.0 Hours
Health Education Grades 6/7/8 Summer Training 2015	7/22/15	6.0 Hours
Health Education Spring Countywide Meeting	3/24/15	3.0 Hours
Middle School Health & Physical Education Countywide Meeting	12/4/14	3.0 Hours
Literacy & Leadership 2014- Rotation 2	7/10/14	0 Hours
Health Education for Family Life and Human Sexuality	6/24/14	3.0 Hours
Grade 6-8 Middle School Health Education Annual Online Update	5/30/14	1.0 Hours
Concussion in Sports-What you Need to Know	7/31/13	.5 Hours
Bloodborne Pathogen Exposure Prevention FY14	7/11/13	.25 Hours
Grade 6-8 Middle School Health Education Annual Online Update	8/24/12	1.0 Hours
Common Core State Standards (CCSS) for Content Literacy	7/12/12	6.0 Hours
Yoga for H/PE RT DC Summer Leadership	7/09/12	1.0 Hours
Cricket for H/PE RT DC Summer Leadership	7/09/12	1.0 Hours
Grade 6-8 Middle School Health Education Annual Online Update	8/29/11	1.0 Hours
Adapted Physical Education Training	8/25/10	2.5 Hours
Grade 6-8 Middle School Health Education Annual Online Update	8/17/09	1.0 Hours
21 <sup>st</sup> Century Classroom Instructional Tools Session 12 Recorder Tool	7/27/09	.75 Hours
Mentoring the New Teacher	6/22/09	3 Hours
21 <sup>st</sup> Century Classroom Session 10 Containers and Restrictors	5/07/09	.75 Hours
21 <sup>st</sup> Century Classroom Session 9 Web Links, Public Resources	4/21/09	.75 Hours
21 <sup>st</sup> Century Classroom Session 8 Copy/Paste and Camera Tool	4/15/09	.75 Hours
21 <sup>st</sup> Century Classroom Session 5 Presentation and Action Tools	2/25/09	.75 Hours
21 <sup>st</sup> Century Classroom Session 4 Power Tools	2/18/09	.75 Hours
21 <sup>st</sup> Century Classroom Session 3 Resource Library	1/15/09	.75 Hours
21 <sup>st</sup> Century Classroom Session 2 ACTIVotes	1/08/09	.75 Hours
Effective Instruction in the 21 <sup>st</sup> Century Interactive Classroom (Advanced)	8/10/10	2.0 Hours
Effective Instruction in the 21 <sup>st</sup> Century Interactive Classroom (Beginner)	8/09/09	2.0 Hours
Grade 6-8 Middle School Health Education Annual Online Update	8/15/08	1.0 Hours
Pre-Service Days: Implementation of Phase II Middle School Reform	8/15/08	12 Hours
Grade 10 Health Education Curriculum	8/06/08	6 Hours
Net/Wall Concepts: Tactical Games Curriculum Model of Instruction	2/25/08	6 Hours
Grades 6-8 Health Education Intro Face to Face	10/09/07	3 Hours
Grade 6 Health Education Project TNT Training	9/10/07	6 Hours
Grade 7 Health Education Project Alert Training	9/07/07	6 Hours
NEO: New Educator Orientation 2007	8/09/07	18 Hours
Introducing: Pinnacle Grade Book Software for Secondary Schools	7/02/07	3 Hours