Designing Resistance Programs to Correct Posture

MFA Annual Conference

Presentation Created and Developed by:
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Lecture Description:
You’ll discover how exercise movements for the major muscle group are typically performed and taught incorrectly. You will learn how resistance training movements should be performed biomechanically correctly to enhance posture and active muscle structures properly. In addition, you will learn the best ways to educate your clients/patients in correct exercise performance.

Learn a systematic process to correct alignment, reverse patterns, improve posture, relieve back pain and train people using simple, yet effective, resistance training exercises. This session teaches upper, core, and lower body resistance training exercises designed to correct posture and body alignment issues.

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 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. Posture, alignment, stabilization, and neurological factors
5. Pelvic Alignment - ROM
6. Vertebral Alignment -ROM
7. G/H Alignment –ROM
8. Isolation and Integration
9. Additional musculoskeletal factors
10. Factors Affecting Posture and Weakness
11. Resistance Training Exercises—Biomechanics
12. Define the Correct Range of Motion (ROM)
13. Analyzing and Observing Movements
14. Demonstrating a resistance training movement
15. Sequencing exercises
16. Upper/Lower Body movements—Resistance Training and Stretching
17. Summary and Contact Information

Biography
Kenneth E. Baldwin

Ken Baldwin joined State University of New York’s (SUNY) 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, 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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