

# 2021 NSCA PERSONAL TRAINERS VIRTUAL CONFERENCE

## 2021 NSCA Personal Trainers Virtual Conference

October 20-23 | Online Eastern Time | 2.0 CEUs

Wednesday, October 20		
Time - EST	Session	Speaker
12 – 12:50 PM	Movement Screening ROI	Lee Burton, PhD, CSCS
1 – 1:50 PM	Don't Make it Awkward: Abdominal and Pelvic Floor Considerations for Training Women	Monique Schaal-MiddleKauff, PhD, CSCS
2 – 2:50 PM	How to Coach The Coaches: Lessons Learned as an Educator	Kristen Ouellette, PhD, CSCS
3 – 4:50 PM	The 10 Things You MUST Know When Working with Cancer Patients & Survivors	Andrea Leonard, BA, CES, PES, CPT
Thursday, October 21		
11 – 11:50 AM	Personal Training Special Interest Group Meeting	Host: Frank Cosenza
12 – 12:50 PM	Developing Relationships with your Clients	Mubarak Malik, CSCS
1 – 1:50 PM	Training for Resiliency in the High Stress Individual	Caitlin Quinn, CSCS
2 – 2:50 PM	Turnout for Burnout: A Personal Trainers' Guide to Improving Mental Health	Ron Snarr, PhD, CSCS,*D, NSCA-CPT, TSAC-F
3 – 4:50 PM	Building a Movement Foundation: Functional Exercise for the Cervical, Thoracic, and Lumbar	Jeremy Snyder, DPT, CSCS
Friday, October 22		
12 – 12:50 PM	Playing the Long Game: Strategies for S&C Career Development	Eric Cressey, MS, CSCS
1 – 2:50 PM	Optimizing Body Composition, Metabolism, and Health: Training and Nutrition Considerations	Michelle Arent, CSCS & Shawn Arent, PhD, CSCS,*D
3 – 3:50 PM	Attentional Focus Cueing: How and When to Use Internal and External Focus Cues to Optimize Exercise Performance	Susie Reiner, CSCS, NSCA-CPT
4 – 4:50 PM	Coach Online Like You Coach Offline: How to Stand Apart in a Crowded, Trendy Market	Kourtney Thomas, CSCS,*D
Saturday, October 23		
12 – 1:50 PM	Training with Considerations for Special Populations	Peter Ronai, MS, CSCS, CSPS, NSCA-CPT
2 – 2:50 PM	Strengthening Inclusivity in your Gym and Program	Dan Jahn, CSCS, RSCC*D
3 – 3:50 PM	The 5 Keys to Long-term Personal Trainer Career Success	Geralyn Coopersmith, CSCS,*D
4 – 4:50 PM	Building the Bridge: Connecting the Personal Trainer and Coach	Michael Piercy, MS, CSCS,*D, RSCC

