

## CEC/CEU Value by Session

Day	Topic	Speaker	ACE	ACSM	NASM	NCSA	My CECS	
Thurs	8:00 am - 9:15 am	099 - Opening Keynote: Beyond the Gold	Bryan Clay	0.1	1.25	0.1	0.15	
Thurs	9:30 am - 11:15 am	100 - Tunes Not Trials: Music Licensing and Other Legal How Tos	Steven Mashal	0.2	1.75	0.2	0	
Thurs		101 - What Every Trainer Should Know About Fascia	Michol Dalourt	0.2	1.75	0.2	0.18	
Thurs		102 - Coaching for Success: Connecting With Clients & Their Health	Michael Mantell, Ph.D.	0.2	1.75	0.2	0.18	
Thurs		103 - Advanced, Cutting-Edge Concepts in Obesity Research and Treatment	Mark P. Kelly, Ph.D., CSCS	0.2	1.75	0.2	0.18	
Thurs		104 - The Basics of Proper Hydration and its Importance on Thermoregulation, Exercise, Endurance and Strength	Craig Horswill & Jacob Wilson	0.2	1.75	0.2	0	
Thurs		105 - Evolution of "Senior" Fitness	Parker J. McCarthy	0.2	1.75	0.2	0	
Thurs	1:15 pm - 2:45 pm	110 - Cardio Intervals That Boost Weight Loss, Aerobic Capacity and Anaerobic Power	Todd Galati, MA	0.15	1.5	0.1	0.15	
Thurs		111- To Roll or Not to Roll: Fascial Facts and Fallacies	Anthony Carey, MA, CSCS, ACE-AHFS	0.15	1.5	0.1	0.15	
Thurs		112 - Strength & Conditioning for MMA	Doug Balzarini	0.15	1.5	0.1	0.15	
Thurs		113 - Better Brains, Better Bodies: Building Mental Muscle (Part 1)	Jonathan Ross & Lawrence Biscontini, MA	0.15	1.5	0.1	0	
		114 - The Future of Fitness: Integrated Fitness Unleashed	Ingrid Owen & Steven Renata	0.15	1.15	0.1	0	
Thurs		115 - Barefoot Movement Science	Ben Le Vesconte	0.15	1.5	0.1	0	
Thurs	3:00 pm - 4:45 pm	120 - Better Brains, Better Bodies: Building Mental Muscle (Part 2)	Jonathan Ross & Lawrence Biscontini, MA	0.2	1.75	0.2	0.18	
Thurs		121 - Introductory Kettlebells for General Fitness	Steve Cotter	0.2	1.75	0.2	0.18	
Thurs		122 - Exercise Programming for the Fountain of Youth	Pete McCall, MS, CSCS	0.2	1.75	0.2	0.18	
Thurs		123 - Cashing in on Corrective Exercise	Justin Price, MA	0.2	1.75	0.2	0	
Thurs		124 - Energy Defined: What It Is & How Much Do You Need?	Ellen Coleman & Keith Wheeler	0.2	1.75	0.2	0	
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Fri	8:00 am - 9:30 am	210 - Building Your Business: The Critical Component to Success	Anthony J. Wall	0.15	1.5	0.1	0.15	
Fri		211 - High Level Athleticism with Kettlebell Sport	Steve Cotter	0.15	1.5	0.1	0.15	
Fri		212 - Stop Riding the Pendulum	Jonathan Ross	0.15	1.5	0.1	0.15	
Fri		213 - Tired of Working Out? Time for a PLAYout	Derrick Price, MS, CPT, PES, CES	0.15	1.5	0.1	0	
Fri		214 - Small Group Team Training: Future Trends and Insights	Dr. Jinger Gottschall, Ingrid Owen & Steven Renata	0.15	1.5	0.1	0	
Fri	9:45 am - 11:30 am	220 - Bare Your Sole	Lawrence Biscontini, MA	0.2	1.75	0.2	0.18	
Fri		221 - High-Intensity Interval Training: Push the Limits While Maximizing Time	Chris Freytag	0.2	1.75	0.2	0.18	
Fri		222 - Inspirational Group Training & Programming	Dan McDonogh	0.2	1.75	0.2	0.18	

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Fri		223 - Operation Fast and Furious: Tactical Fitness Training Made Easy	Ken Weichert	0.2	1.75	0.2	0.18	
Fri		224 - Optimizing Your Post-Game Nutrition - brought to you by REFUEL   got chocolate milk?™	Wendy Bazilian, DrPH, MA, RD	0.2	1.75	0.2	0	
Fri		225 - BOSU® Strong and Stretched	Rob Glick	0.2	1.75	0.2	0	
Fri	1:15 pm - 2:45 pm	230 - Regulation and the Fitness Professional: Examining the Potential Impact of Licensure	Graham Melstrand	0.15	1.5	0.1	0.15	
Fri		231 - Plyometrics for Everyone	Jonathan Ross	0.15	1.5	0.1	0.15	
Fri		232 - Function and Footwear	Michol Dalcourt	0.15	1.5	0.1	0.15	
Fri		233 - Most Common Mistakes in Corrective Exercise	Chris McGrath	0.15	1.5	0.1	0.15	
Fri		234 - BOSU® Mobility & Stability for Active Aging	Lawrence Biscontini, MA	0.15	1.5	0.1	0	
Fri	3:00 pm - 4:45 pm	240 - The Star Within!	Rob Glick	0.2	1.75	0.2	0.18	
Fri		241 - Using Social Media to Train	Hayley Hollander	0.2	1.75	0.2	0.18	
Fri		242 - Tight on Time? 30-Minute Solutions for Your Clients Busy Lifestyle	Doug Balzarini	0.2	1.75	0.2	0.18	
Fri		243 - A Fitness Professional's Creed	Shannon Fable	0.2	1.75	0.2	0.18	
Fri		244 - The Biomechanics of Barefoot Running	Ben Le Vesconte	0.2	1.75	0.2	0	
Fri	5:00 pm - 4:45 pm	252 - The Trainer's Toolbox	Michael Cummings	0.1	1.00	0.1	0	
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Sat	8:00 am - 9:15 am	098 - Closing Keynote: Reversing the Unhealthy Tipping Point	Chuck Runyon	0.1	1.25	0.1	0.15	
Sat	9:30 am - 11:15 am	310 - The Top 5 Tips for Superior Class Design: Winning Program Development Strategies for Fitness Leaders	Ken Weichert	0.2	1.75	0.2	0.18	
Sat		311 - Smart Boot Camps - Putting Together a Smart Boot Camp Program	Chris McGrath	0.2	1.75	0.2	0.18	
Sat		312 - Training Untrained Athletes	Justin Price, MA	0.2	1.75	0.2	0.18	
Sat		313 - Weapons of Fat Mass Destruction	Mark P. Kelly, Ph.D., CSCS	0.2	1.75	0.2	0.18	
Sat		314 - BOSU® HIIT Extreme 2013	Keli Roberts	0.2	1.75	0.2	0	
Sat	1:15 pm - 2:45 pm	320 - Building Your Brand In The Fitness Industry	Chris Freytag	0.15	1.5	0.1	0.15	
Sat		321 - Extreme Makeover	Rob Glick	0.15	1.5	0.1	0.15	
Sat		322 - F.I.R.E! Fierce Interval Resistance Exercise!	Keli Roberts	0.15	1.5	0.1	0	
Sat		323 - Program Design for Losing Weight and Toning Up	Pete McCall, MS, CSCS	0.15	1.5	0.1	0.15	
Sat	3:00 pm - 4:45 pm	340 - FIERCE	Shannon Fable	0.2	1.75	0.2	0	
Sat		341 - Beating the Burnout & Performance Under Pressure	Dan McDonogh	0.2	1.75	0.2	0.18	
Sat		342 - Ask ACE's Experts: Answering Your Health, Fitness, & Nutrition Questions	Galati, Mantell, Digate Muth, Matthews	0.2	1.75	0.2	0.18	
Sat		343 - Intro to Warding Patterns for the Obese	Derrick Price, MS, CPT, PES, CES	0.2	1.75	0.2	0.18	
Sun		344 - Coaching Barefoot Movement	Ben Le Vesconte	0.2	1.75	0.2	0	