

## **Athletic Trainer Continuing Education Information**

Great Lakes Seminars (BOC AP# P2139) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. All our courses are approved for Category A Hours. Athletic Trainers should claim only those hours actually spent in the educational program.

## **CSCS Continuing Education Information**

The following courses are accepted for CEU credit by the NSCA for Certified Strength and Conditioning Specialists (CSCS):

- Functional Strength: The How and Why Behind Your Exercises (16.5 hours)
- Corrective Exercise: Assessing Movement and Treatment Strategies to Enhance Exercise (8 hours)
- Optimizing Upper Extremity Exercise Interventions: A Practical Approach (8 hours)
- Optimizing Lower Extremity Exercise Interventions: A Practical Approach (8 hours)
- Optimizing Spinal Exercise Interventions: A Practical Approach (8 hours)