



CENTER FOR CONTINUING EDUCATION

Desert Southwest Fitness, Inc. specializes in self-directed, home study education for health and fitness professionals. We provide an excellent course selection written by industry leaders. We believe that learning is a life-long process and the design of our courses makes learning, not just studying, the goal of the participant. The strength of DSWFitness is founded in quality education, student feedback and personal customer service.

**DESERT SOUTHWEST FITNESS COURSE PRE-APPROVAL FOR COPS-KT
PROVIDERSHIP DATE: 1/1/2008-12/31/2008**

Council on Professional Standards for Kinesiotherapy (COPS-KT)
CECs/CEUs for Current Year

TITLE	CEU'S
Aquatic Core Strength	0.4
Assessing Core Function	0.5
Assessment & Programming for Fall Prevention-Online Course	0.2
Balance Training: A Program for Improving Balance in Older Adults	1.8
Breast Cancer Recovery Exercise Program	0.5
Breathe, Stretch, Relax and Meditate	0.2
Chair Exercise for Functional Fitness	0.7
Coaching for Success: Supporting Change	0.2
Core Conditioning Exercises	0.5
Designing Fall Prevention Workshops	0.4
Dynamic Medicine Ball Training	1.3
Effective Strength Training	1.5
Exercise and Arthritis	0.6
Exercise and Diabetes	0.4
Exercise and Fibromyalgia	0.5
Exercise and Heart Disease	0.5
Exercise and Multiple Sclerosis	0.5
Exercise and Parkinson's Disease	0.6
Exercise and Respiratory Disease	0.4
Exercise for Individuals with Developmental Disabilities (OQC)	0.1
Exercise for Hip and Knee Replacement	.8
Exercise Rx for Psychological Health (OQC)	0.1
Foam Roller Fitness	0.4
Functional Anatomy of the Core	0.5
Functional Training: Breaking the Bonds of Traditionalism	1.5
Get Published! (OQC)	0.1
High Performance Core Conditioning	0.5
Integrated Movement Patterns: Theory & Practice	1.3
Laban-Infused Movement Practice	1.1
Language-Enriched Exercise for Clients with Alzheimer's Disease	0.9
Lifestyle Fitness Coaching	2.1
Muscle Imbalances for Older Adults-Online Course	0.2
Motivating People to Be Physically Active	1.6
Pilates Mat Tech: Level 1	0.7
PNF Stretching	0.4
Power Training for Older Adults-Online Course	0.2
Practical Yoga for Personal Trainers	2.2
Program Design for Personal Trainers	1.5

Program Design: Choosing Reps, Sets, Loads, Tempo & Rest Periods	1.5
Protein Fueling for Muscle Growth and Performance (OQC)	0.1
Repetitive Stress Injuries of the Upper Extremity	0.7
Speed Training for Young Athletes	0.5
Sports Core	0.4
The BEST Exercise Program for Osteoporosis Prevention	.8
The Essence of Body Weight Training	2.1
The Essence of Dumbbell Training	2.4
The Essence of Stability Ball Training	1.8
Total Strength on the Ball	.9
Training and Nutrition for Optimal Muscle Development-Online course	0.2
Training the Athlete Over 50 (2 nd Ed)	0.4
Winning Sports Nutrition	2.2
YogaBall	0.5

NEW FOR 2008

CEU's

Essential Aqua Pilates	.6
Asana Excellence Series: Basic Alignment	.5
Asana Excellence Series: Refining and Energizing Alignment	1.2
Cardio Coach	.3
Flexibility for Performance	.5
Kinetic Anatomy	2.5
Mind Body Healing	2.2
Plyometrics Training	.5
Shoulder Girdle Stabilization	.4
The Overweight Client	.4
Sport Strength – Legs and Shoulders	.4
Sport Strength – Chest and Back	.4
SRFit	1.9
Vinyasa Specialist	1.2

**DESERT SOUTHWEST CENTER FOR CONTINUING EDUCATION
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To order call: 800.873.6759 or log on to : <http://www.dswfitness.com> for
For a complete listing of Home Study, COPS-KT pre-approved courses log-on to DSWfitness.com
and search for correspondence courses under Association by COPSKT. You can also contact
Desert Southwest Fitness at 800-873-6759.