



The Palmer Institute for  
Professional Advancement



Streamlined sports  
programming geared  
toward your success

*Sports Programming  
Coordinator*

Palmer Institute  
sports instructors  
on the top of their game!



*Achieve  
the ultimate  
in sports  
expertise!*

Our CCSP® and DACBSP® programs are the only programs of their kind as they offer a rich and diverse track of learning that includes hands-on, fast-paced weekends combined with online study. This streamlined, accelerated curriculum affords our participants less travel time away from home and office and less expense. Our cutting-edge format offers more flexibility and convenience as you earn your certificate or diplomate on the fast track!

- Finish the program in significantly less time than traditional certificate and diplomate programs.
- Enjoy more time in your home and office, with less time and money spent traveling as you prepare to earn your credentials.
- As a special bonus, the CCSP® program includes your examination preparatory course free!
- Upon completing the DACBSP®, you will also be prepared to sit for the Certified Strength and Conditioning Specialist (C.S.C.S.) examination to earn those credentials given by the National Strength and Conditioning Association!
- Learn from the top instructors in the profession.
- Unique interactive experience and hands-on study.

The CCSP® program features 112 hours of study and is considered the first year of the sports diplomate program. It also stands alone as a certificate program. It contains 5 live 12-hour weekend sessions, an online learning component and completion of a case study.

The DACBSP® program features 216 hours of study and serves as the final two years of the diplomate program. It contains 4 live 12-hour weekends, 4 live 16-hour weekends, online study and completion of a case study.



■ **William Moreau, D.C., DACBSP®, C.S.C.S.** One of the profession's leading authorities in sports chiropractic, Dr. Moreau serves as the sports programming coordinator for the Palmer Institute. Having served 6 years as the President of the American Chiropractic Board of Sports Physicians™, the Institute is proud

to have his experience, insights and expertise spearheading our sports academics. Dr. Moreau has lined up top diplomates and other experts to present for Palmer's ultimate sports teaching team.

Dr. Moreau is the developer of cutting-edge online coursework for sports chiropractic and a variety of continuing education topics through his company DOnline ([www.DOnline.cc](http://www.DOnline.cc)). He has over 15 years experience as a team doctor and is currently in private practice in Estherville, Iowa.



Certified Chiropractic Sports  
Practitioner (CCSP®) and  
Diplomate American Chiropractic  
Board of Sports Physicians (DACBSP®)

**1-800-452-5032 • [www.palmerinstitute.net](http://www.palmerinstitute.net)**

Palmer  
College of Chiropractic



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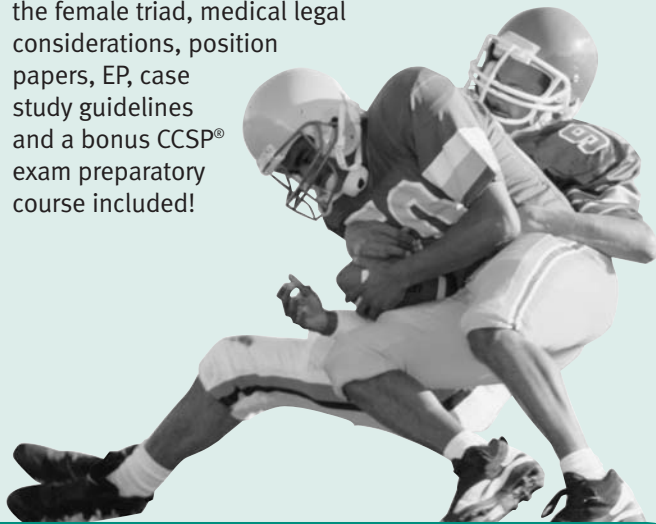
# Optimize your sports practice

## CCSP® Live Weekend Sessions

- A. CCSP® Kick-off:** Concepts of a sports chiropractor, spinal considerations in sports, policies and procedures.
- B. Emergency Procedures:** Hands-on procedures and practical emergency protocols for on-field assessment and care.
- C. Taping and Bracing:** Vital basics in taping and bracing the spine and extremities so that you're confident to work along side the best in the business.
- D. Extremity Adjusting:** Subluxation assessment and adjusting protocols enhance information on functional evaluations and conditions studied online.
- E. Case correlations:** Interactive weekends and online study culminate in this case-based session that will engage the learner in performing higher level thinking to solve patient care problems. Also, review hands-on applications in ortho-neuro evaluation, emergency procedures and taping.

## CCSP® Online

Provides core material to supplement live sessions as well as academics that are not presented live. Upper and lower extremity functional evaluations and conditions, radiology, exercise physiology and strength training, special considerations in the diabetic athlete, the female triad, medical legal considerations, position papers, EP, case study guidelines and a bonus CCSP® exam preparatory course included!



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## DACBSP® Live Weekend Sessions

- F. DACBSP® Kick-off:** Applications of sports chiropractic, opportunities as a chiropractic sports specialist, athletic equipment appraisals and much more!
- G. Rehab of the Spine and Extremities (16 hrs.):** Works with the strength training weekend to cover concepts in flexibility, strength training and proprioception.
- H. Biomechanical Analysis of the Upper Extremity:** Techniques for upper extremity with a focus on the overhand throwing athlete. Includes biomechanics, analysis and management of the upper extremity.
- I. Biomechanical Analysis of the Lower Extremity:** Techniques, assessment and treatment of the trunk and lower extremities as they relate to sports injuries. Emphasis will be on the running athlete.
- J. Strength Training and Conditioning (16 hrs.):** Utilization of resistance exercise and athletic training. Includes scoring and interpreting athletic testing, construction of an "athletic prescription," stretching, warm-up and plyometric concepts. Techniques for correct lifting and spotting, enhancing speed, agility, proprioception and spinal stabilization. Wear gym clothes!
- K. Soft Tissue Techniques for the Spine and Extremities (16 hrs.):** A continuation of the online session. Dedicated to hands-on clinical applications and soft tissue techniques.
- L. Advanced Emergency Procedures (16 hrs.):** A continuation of the online material. Covers initial and quick assessments, detailed physical exam, fracture management, log rolling and oxygen and airway management. Perform a simulated emergency case scenario!
- M. Advanced Case Correlations:** A case study format will be utilized to cover topics presented throughout the program and will emphasize higher-level applications and assimilation of knowledge and skills to enable the practice of sports chiropractic at the diplomate level.

## DACBSP® Online

Provides core material to supplement live sessions as well as academics that are not presented live. Soft tissue studies, strength training, nutrition, literature review, writing a case study, special needs athletes (adolescent, diabetic, asthmatic, differently-abled, and geriatrics), radiology, emergency procedures, technology and much more!

# Registration information

- Times:**
  - CCSP® 12-hour weekends**  
Saturday 8 a.m. - 12 p.m. and 1 - 5 p.m.  
(Lunch on your own)  
Sunday 8 a.m. - 12 p.m.
  - DACBSP® 12-hour weekends**  
Saturday 8 a.m. - 12 p.m. and 1 - 5 p.m.  
(lunch on your own)  
Sunday 8 a.m. - 12 p.m.
  - \*DACBSP® 16-hour weekends**  
Saturday 8 a.m. - 1 p.m. and 2 - 7 p.m.  
(lunch on your own)  
Sunday 8 a.m. - 2 p.m.
- Cost:**
  - \$2295 for CCSP® (Diplomate year 1)
  - \$3995 for DACBSP® (Diplomate years 2 and 3)
- Texts:** ACBSP™ recommended reading list. Texts not included.
- CPR:** Don't forget to keep your CPR certification current! It is required to sit for the CCSP® and DACBSP® exams.
- Exams:** Administered and scheduled through the ACBSP™. Exam fees not included in program cost.
- CE:** CE available for live sessions in select states. Online hours are not accepted in all states. Please call the Institute for details.
- Note:** A minimum number of registrants is required for program presentation. Please register now to reserve your seat.



CCSP®, DACBSP®, DIPLOMATE AMERICAN CHIROPRACTIC BOARD OF SPORTS PHYSICIANS®, CERTIFIED CHIROPRACTIC SPORTS PRACTITIONER®, CERTIFIED CHIROPRACTIC SPORTS PHYSICIAN®, and AMERICAN CHIROPRACTIC BOARD OF SPORTS PHYSICIANS™ are service, trade, and/or certification marks of the American Chiropractic Board of Sports Physicians, Inc.

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## Live session dates: CCSP® DACBSP®

Location	CCSP® Dates	DACBSP® Dates
San Jose, Calif.	Oct. 15-16, 2005 Dec. 10-11, 2005 Jan. 21-22, 2006 Feb. 18-19, 2006 March 4-5, 2006	
Davenport, Iowa	Sep. 10-11, 2005 Oct. 29-30, 2005 Dec. 3-4, 2005 Jan. 28-29, 2006 Feb. 25-26, 2006	
Pasadena, Texas	Sep. 24-25, 2005 *Nov. 19-20, 2005 *Jan. 14-15, 2006 *March 11-12, 2006 April 29-30, 2006 June 10-11, 2006 *Aug. 5-6, 2006 Sep. 23-24, 2006	



**FOOT LEVELERS, INC.**  
The Posture Specialists™  
SUPPORTERS OF CHIROPRACTIC™

\* Denotes 16-hour weekend.

Ask us how  
to bring a  
program  
to your  
region!