

State Board of Chiropractic Examiners

To Whom It May Concern:

This letter is to state that as Director of Parker Professional Programs, I have reviewed the speakers below and determined that they are post-graduate level instructors, through a curriculum vitae or resume, and they have knowledge, training and expertise in the topics to be covered for “Health Span: Biological Vs. Chronological Age”. The documentation appears to fall within chiropractic guidelines of the various state boards.

Parker University
Continuing Education
2540 Walnut Hill Lane
Dallas, Texas 75229
www.parker.edu

Craig Liebenson, DC

Please contact me if further information is needed, my direct phone number is 214-902-3492, or via email at pfrase@parker.edu.

Sincerely,



Phyllis Frase-Charrette
Director of Professional Programs

METHOD OF CERTIFYING IN ONLINE ACTIVITIES

1. **Name of Course:** Health Span: Biological Vs. Chronological Age
2. **Organization Sponsoring the Course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study Hours Required:** 1 Online
5. **Instructor(s):** Craig Liebenson, DC
6. Educational background and experience of instructor(s) is on file in the University offices.
7. **Attendance Verification Method and Certifying Officer:** The Online presentation is delivered via web pages in which the participant must review anatomy images, read supporting text, listen to audio instruction, and answer test questions. The time the participant spends on each page is logged and tracked. In addition, the test questions must be passed, or the participant cannot continue on to the following pages. The computerized log files that track the participant's access time and usage will be utilized to validate the attendance and participation. The instructors will be available for questions via e-mail. Upon successful completion, Parker University Continuing Education Department will maintain and distribute attendance records.
8. **Textbooks and/or Equipment Required:** Internet
9. **Outline of Material Covered:** Attached
10. **Location(s):** Computer/Internet Based
11. **Date(s):** Based upon date of actual completion

Health Span: Biological Vs. Chronological Age

Instructor: Craig Liebenson

Duration: 1 Hour

Course Description:

Disability is rising with the majority coming from musculoskeletal disorders. How can we improve function and stem the tide of this epidemic?

Course Objectives:

To Understand:

- How life span has increased & why
- The difference between biological and chronological age
- The source of the increase in our global burden of disease
- The role of upstream factors in global inactivity crisis
- How behavioral “nudges” work to motivate people
- The role of Gamification & playification
- How much weekly aerobic activity people should get
- How much resistance training people should do weekly

Course Content:

- The Modern Disability Epidemic (15 Mins)
- Behavioral Economics, Gamification, & the Inactivity Crisis (15 Mins)
 - Modifiable Risk Factors of Health
- WHO, AHA & ACSM Activity Guidelines (15 Mins)
- Resistance Training Across the Life Span (15 Mins)

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CURRICULUM VITAE

D.O.B. : 10/28/59

Education:

B.A. University of Colorado, Boulder - 1983.
D.C. Los Angeles College of Chiropractic (LACC), Whittier, Ca. - 1986
Certified in LACC Back School - 1985

Honors:

Recipient, LACC Service Award – 1986
Recipient, Distinguished Service Award – March, 2003 Southern California
University of Health Sciences

Boards:

Editorial Board, Journal of Sports Chiropractic And Rehabilitation, Williams and
Wilkins, 1996-present.
Editorial Board, Journal of Occupational Rehabilitation, Plenum, 1995- present.
Advisory Board, Journal of Bodywork and Movement Therapy - Churchill
Livingstone, 1995-present.
International Advisory Board, Journal of Manual Therapy - Elsevier, 2004-present.
Editorial Board, PM&R: The Journal of Injury, Functional and Rehabilitation –
Elsevier, 2008-.
Advisory Board, National Academy of Sports Medicine – 2006-present.
Board of Directors, McKenzie Institute - United States - 1997-1999.

Faculty:

Adjunct Professor in the School of Chiropractic, Division of Health Sciences at
Murdoch University (appointment March 15, 2004)
Adjunct Faculty, LACC, Divisions of Research (4/86) and Continuing Education
(1/88) - present.
Postgraduate Faculty, Anglo European College of Chiropractic - 1996-present.

Postgraduate Faculty, Scandanavian College of Chiropractic - 2001-present.

Professional Sports Affiliations:

Team Chiropractor, N.B.A. Los Angeles Clippers, 2005-present

Consultant, M.L.B. Arizona Diamondbacks, 2007-present.

Publications:

Articles:

Liebenson CS. Lateral Tennis Elbow. ChiroApractic Sports Medicine, 1:3, 1987.

Liebenson CS. Achilles Tendonitis. Chiropractic Sports Medicine, 1:4, 1987.

Liebenson CS. Thoracic Outlet Syndrome. JMPT, 11:6, 1988.

Liebenson CS, Phillips R. Reliability Measurements for Lumbar Spine Mobility. Chiropractic Technique, 1:3, 1989.

Liebenson CS. Active Muscular Relaxation Techniques, Part One: Basic Principles and Methods. JMPT, 12:6, 1989.

Liebenson CS. Active Muscular Relaxation Techniques, Part Two: Clinical Application. JMPT, 13:1, 1990.

Liebenson CS. Rehabilitation of the Chronic Back Pain Patient, Part One: Overview. J of Calif Chir Assoc, 16:7, 1991.

Liebenson CS. Rehabilitation of the Chronic Back Pain Patient, Part Two: Functional Restoration Techniques. J of Calif Chir Assoc, 16:8, 1991.

Liebenson CS. Pathogenesis of Chronic Back Pain. JMPT, 15:5, 1992.

Liebenson CS. Rehabilitation in a Patient with Acute Radicular Pain. DC Tracts, 5:4, 1993.

Lewit K, Liebenson CS. Palpation: Problems and Implications. JMPT, 16:6, 1993.

Liebenson CS. Chiropractic Rehabilitation columnist. Dynamic Chiropractor March 27, 1995-present.

Hyman J, Liebenson CS. Lower quarter functional analysis in the complicated low back patient. DC Tracts 7;8-12, 1995.

Liebenson CS. Muscular Imbalance and Myofascial Pain. Journal of Myofascial Pain. Sept, 1995.

Liebenson CS. Managed care: will chiropractic fit in? Ariz Assoc of Chir J, Nov/Dec 1995.

Liebenson CS. Rehabilitation:your practice's hedge against managed care. Tex J of Chir, Dec 1995.

Yeomans S, Liebenson CS. Quantitative functional capacity evaluation: The missing link to outcomes assessment.. Topics in Clinical Chiropractic, 3:1;32-44, 1996.

Yeomans S, Liebenson CS. Functional capacity evaluation and chiropractic case management. Topics in Clinical Chiropractic, 3:3;15-26, 1996.

Liebenson CS, Hyman J, Gluck N, Murphy D. Spinal stabilization therapy. Topics in Clinical Chiropractic, 3;60-74, 1996.

Liebenson CS. Your practice's best defense against managed care. J of Calif Chir Assoc, 21;38-41 1996.

Liebenson CS. Rehabilitation and chiropractic practice:Literature review and practical aspects. JMPT, 19;134-140, 1996.

ONLINE CE ATTENDANCE CERTIFICATE

Name: _____

Title: Online: XXXX

Address: _____

Course # XXXX

Date: XXXX

City: _____ **State:** _____ **Zip:** _____

Location: Online

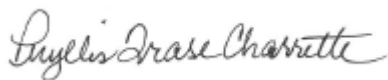
STATE [only one per voucher]: _____ **YOUR STATE LICENSE #:** _____

DO NOT WRITE BELOW THIS BOX

Completion Date	Class Hours	Course Title	Instructor
XX/XX/XX			

TOTAL HOURS ATTENDED: _____

Board Approval No. _____



Phyllis Frase Charrette
Director, Parker Professional Programs

This certificate is to acknowledge your completion of the Online Continuing Education course shown above. This copy is for your records and can be submitted to your board of licensing. Please Note: Verify the information is correct upon receipt – discrepancies will only be accepted up to 6 months after the closing date of the course. Please keep this certificate in a secure place. Any replacement, copy, or fax will incur a \$25 fee per certificate.



These Questions are delivered via the Parker Seminars mobile App.

Quality Feedback Survey

Course Name: _____

Date: _____ Location: _____

How did you hear about this Course?

Parker Brochure School E-mail Referral Parker Web Site Other _____

Please score each speaker on an “A to E” scale, with “A” Extremely Satisfied and “E” being Extremely Dissatisfied.

How would you rate this speaker

a b c d e

Rate the overall content of the session:

a b c d e

Rate the classroom & facilities:

a b c d e

Please add any additional comments:

a b c d e

Is there a certain speaker or topic you would like to see next time?:

a b c d e

12) What topics would be of interest to you for future classes?

Comments:

THANK YOU FOR YOUR FEEDBACK!

The purpose of this quality feedback survey is to provide information to the Instructors and to Parker University about extant standards of performance. **Your response will be held in confidence. You will not be identified in any way by reference to your response. For additional complaints or concerns regarding this program please contact Parker University at 800.266.4723.** Parker University will share the outcomes of this evaluation with the Instructor, and will keep a copy on file in the Continuing Education Office to demonstrate compliance with accreditation standards and requirements.