COURSE OUTLINE

8 Modules

MODULE 1

Foundations of human movement & programming

- Musculo-skeletal system
- Movement mechanics
- Exercise analysis

MODULE 2

Programming, postural retraining & corrective exercise

- Science-based program writing
- Correcting faulty form & technique
- Core stability training
- Fixing an anterior pelvic tilt and low back pain
- Preventing shoulder impingement and rounded shoulders
- Injury prevention and post-physio exercise therapy

MODULE 3

Cardiovascular fitness, energy systems, weight loss, and health improvement

- CV system and health
- Energy systems and cardio training
- CV training and delivery

MODULE 4

Nutrition & weight management

- The science of accelerated fat loss
- The psychology of behaviour change
- Client onboarding and accountability
- Nutrition coaching and habit modification

MODULE 5

Advanced program design, mobile & outdoor PT, and sports/ fitness testing

- Alternative overload techniques
- Training with minimal equipment
- Sports and functional training
- Fitness testing

MODULE 6

Clinical exercise and special populations

- Older adults, osteoarthritis, osteoporosis, and high blood pressure
- Diabetes and obesity
- Pre/post natal, PCOS, menopause and adolescents

MODULE 7

Lifestyle coaching and consultation

- Coaching concept
- Coaching skills
- Coaching tools and frameworks
- Coaching-based services

MODULE 8

Fitness business success

- Setting up and working for yourself
- Solving problems with your offers
- Client acquisition and onboarding
- Client management systems
- Wow management and facilitated referral