



STANDARD COURSE FOR BECOMING A PERSONAL TRAINER

Duration of the course at the training site: 28 / 35 hours

- Presentation of the purpose of the course
- The 10 rules of the PT
- Anamnesis card and the first meeting
- Theory of training
- Practical examples of workout cards (muscle tone and weight loss)
- Shoulder exercises
- Importance of communication and human resources
- Abdominal and lumbar exercises
- Practical examples of workout cards
- Training for seniors
- Pectoral and dorsal exercises
- Arm exercises
- Principles of cardiac frequency (CF) control and cardiac formulas
- Cardio machines and circuit training
- Work protocols for functional shoulder and knee recovery
- Posturology Fundamentals
- Work protocols on main rachis problems
- Femoral and calf muscle exercises
- Quadriceps exercises
- Theory and practice of stretching fundamentals
- The 10 concepts of communicating with clients. Specific for the instruction / correction / aim of an exercise
- CORE stabilization exercises
- CORE muscle conditioning exercises
- Active stretching (static / passive). Exercises for segmental stretching (one muscle at a time, not muscle chains)
- Bodyweight muscle conditioning workout sequences/circuits (including functional concepts)
- Workshop on the communication applied to the exercises
- Practical demonstration of anthropometric evaluation
- Training pre and post pregnancy (including cards)
- Hands-on making of a training/workout card
- Structuring a program on nutritional advice
- Practical and oral Examination