

# HIIT Instructor Training

Experience True HIIT and Learn How to Modify for Different Clientele

## Course Overview

HIIT has created a craze among social media and social groups alike for its impressive effects on one's physical appearance and fitness performance. But, are you performing TRUE HIIT to be able to enjoy its benefit? Is HIIT for everyone? Are you curious to know how to design a safe and effective HIIT workout that your clients will keep coming back for your programme? If yes, this course is for you! Join us and learn the science behind a successful and effective HIIT programme; from energy system, exercise selections, volume and intensity, to program variations and modifications.

## Course Highlights

- Science behind HIIT – how do you lose weight with HIIT?
- 20 ready to use, science-based, effective HIIT workouts
- Exercise videos – with regular updates for more exercise ideas
- We tell you how to select the right exercises, right work rest ratio so you no longer need to rely on mobile apps!

## Why Should You Consider This Course?

- Design and lead your own HIIT session
- Learn a variety of HIIT modalities to suit different clientele
- Learn exercise choices to be used in your HIIT session

## What Are the Topics Covered?

- Define HIIT, goals, benefits and its principles
- Understand the scientific rationale behind HIIT
- Experience a minimum of 2 athletic HIIT workouts and learn how to distinguish it with other modalities of interval training programmes
- Understand common concerns related to HIIT
- Assess suitable populations for HIIT
- Experience top exercise selection of HIIT workouts; Work and Recovery
- Design proper and effective HIIT workouts
- Apply different variations of HIIT in developing a HIIT programme
- Customize HIIT programmes based on your client's ability; regression and progression

## Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

## Pre-requisite

This course is designed for fitness professionals who wish to learn the science behind designing an effective HIIT workout and the variations. Basic fitness instructing/personal training certification is recommended.

**Course Provider**

Fitness Edutraining Asia (FEA)

**CEC Points**

ACE 0.6 CECs and NASM 0.6 CEU

**Course Duration**

6 hours (1 day)

**Learning Materials**

Handouts, course manual and/or presentation slides

**Awards**

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

**Grading Criteria**

Completion of course participation and assignment(s)

**Recertification**

N/A

**Exam Fee**

N/A

**Dress Code**

Fitness attire

**What Do I Need to Bring?**

Stationery and a spare change of clothes

**Course Capacity**

A minimum of 12 pax and a maximum of 20 pax (live class) / 30 pax (virtual class)

**Language**

English, Mandarin

Information displayed above is correct during time of publishing and may subject to change without prior notice