

Virtual Games

How to make your zoom fitness sessions more fun and engaging!

Course Overview

One of the best parts about exercise is the “fun” and “interactive” element to it! That’s a little harder to do on zoom... Unless... You’ve completed this course :)

Course Objectives

On completion of this course students will: -

1. Know how to best use the zoom platform for virtual sessions
2. Know a whole range of fun and engaging fitness games that can be played on zoom
3. Know how to modify these games and exercises for any level

Course Highlights

- You will learn 10 different virtual fitness games you can use in your virtual sessions

Why Should You Consider This Course?

- If you’re interested in training clients online – this course will teach you how to give your clients the best possible experience

What Are the Topics Covered?

- 10 x virtual fitness games

Who Will This Benefit?

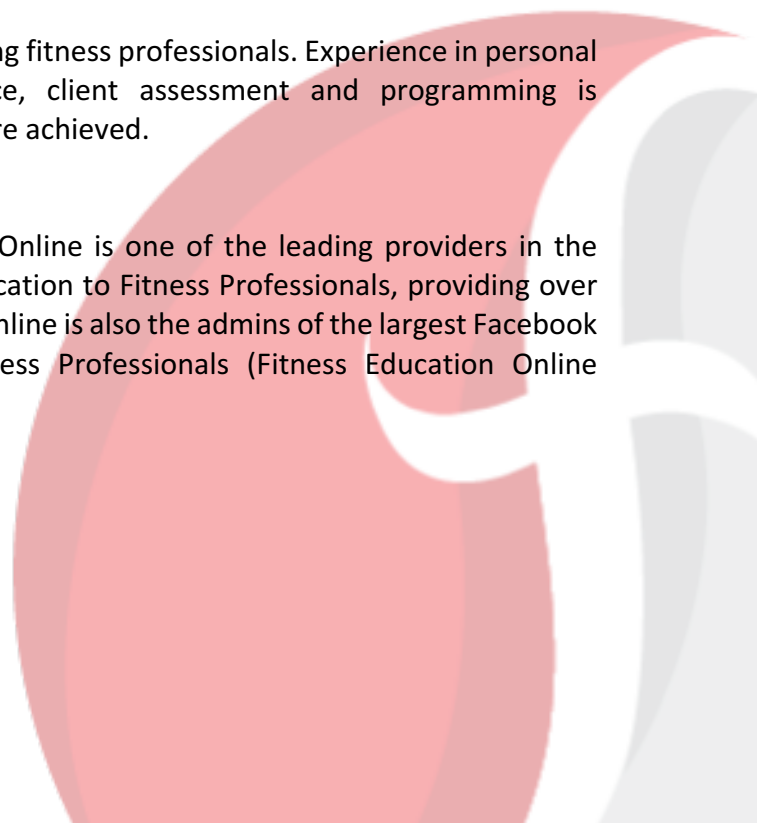
- Fitness Professionals
- Personal Trainers
- Group Fitness Instructors
- Online Personal Trainers

Pre-requisite

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course Provider

Fitness Education Online - Fitness Education Online is one of the leading providers in the world when it comes to delivering online education to Fitness Professionals, providing over 30 registered CEC courses. Fitness Education Online is also the admins of the largest Facebook Group in Australia / New Zealand for Fitness Professionals (Fitness Education Online Community Facebook Group)



Course Educators

Jono, Bachelor of Science (Health and Exercise, Exercise Physiologist, Fitness Australia Level 3 registered Personal Trainer, 14 years of experience in the Fitness Industry.

Jono is the co-founder and director at Fitness Education Online. Jono is also a qualified Exercise Physiologist, best-selling author (The Bootcamp Blueprint), and the host of the successful podcast "The Bootcamp Blueprint". Jono is the current 2020 Fitness Educator of the Year (awarded by Fitness Australia)

Travis, Co-Founder of Fitness Education Online, Bachelor of Education, Fitness Australia Level 2 registered Personal Trainer, 10 years of experience in the Fitness Industry

Travis is a qualified personal trainer with over 10 years of experience, working in various settings. His niche and expertise is on Bootcamps and Functional Training, even co-authoring a book 'The Bootcamp Blueprint' and presenting on the topic internationally. Fitness Education Online also strives to provide endless content and value to all personal trainers within their community Facebook group, which is one of the largest available with over 10 000 members. Travis and Fitness Education Online are proud to have helped countless of trainers grow their own businesses using their Bootcamp and Social media strategies.

CEC Points

N/A

Course Duration

90 mins

Learning Materials

Students will receive a recording of the session, so they can watch in their own time. They will also gain access to our private Facebook Group where they can ask questions

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

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

N/A

Course Capacity

Unlimited

Language

English

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

