

## Certified Fitness Practitioner – Foundation Programme

### *Fundamentals of Exercise Techniques*

#### Course Overview

In this workshop, the main focus will be on learning and improving proper exercise techniques for a variety of exercises. Understanding and implementing correct form and technique are crucial for optimizing the benefits of your workouts, minimizing the risk of injury, and accomplishing your fitness goals. This workshop will delve into the scientific principles and practical aspects of resistance training, flexibility, and mobility training techniques. It comes highly recommended for individuals aspiring to become Certified Fitness Practitioners and teach others in a professional capacity

#### What Are the Topics Covered?

SESSION	GUIDED-LEARNING TOPICS	TYPE
1	<ul style="list-style-type: none"><li>• Fundamentals of Exercise Technique</li><li>• Dynamic Stretch</li><li>• Core and Trunk Exercises</li><li>• Lower Body Exercises</li></ul>	Workshop
2	<ul style="list-style-type: none"><li>• Upper Body Push Exercises</li><li>• Upper Body Pull Exercises</li><li>• Static Stretch</li></ul>	Workshop

#### Who Will This Benefit?

- Fitness Enthusiasts with at least 12 months experience in resistance training

#### Course Provider

Fitness Edutraining Asia (FEA)

#### Course Duration

9am to 5.30pm / 8.30am – 5pm (1 day)

#### Learning Materials

Handouts, course manual and/or presentation slides

#### Grading criteria

This course does not include any formal evaluation or assessment components.

#### Awards

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

#### Recertification

N/A

#### Exam Fee

Fitness Edutraining Asia (FEA)

N/A

**Dress Code**

Fitness attire

**What Do I Need to Bring?**

Stationery and a spare change of clothes

**Course Capacity**

A minimum of 6 pax and a maximum of 24 pax

**Language**

English

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

