

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">• Fundamentals of Exercise Technique• Dynamic Stretch• Core and Trunk Exercises• Lower Body Exercises	Workshop
2	<ul style="list-style-type: none">• Upper Body Push Exercises• Upper Body Pull Exercises• Static Stretch	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 6pm (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

