

FEA CES – Corrective Exercise Specialist

Empower your clients with postural awareness by integrating corrective exercises into their fitness program, reduce muscle imbalances and optimize training results.

Course Overview

Over the past two decades, the Global Fitness Industry has embraced Corrective Exercise as a key skill for fitness professionals, recognizing that clients often experience pain or injuries. The FEA Corrective Exercise Specialist (CES) Course is co-developed by renowned Australian Sports Physiotherapists Ulrik Larsen ('Rehab Trainer') which provides a comprehensive system of assessments and interventions to help clients stay on track—or get back on track—with their training, fostering deeper trust and loyalty.

This course includes two main components: the Assessment Module and the Intervention Module, both offering extensive online and face-to-face learning resources, such as articles, eBooks, videos, and worksheets. This course provides foundational theoretical knowledge and practical skills to safely deliver corrective exercise services while staying within your professional scope. By addressing clients' pain and injury issues effectively, you'll enhance your services, set yourself apart from competitors, and build lasting client loyalty.

Course Highlights

- Understanding injury prevention (types, causes and assessment)
- Corrective exercise strategies for scapular, gleno-humeral, lumbo-pelvic, hip, knee, and foot
- Principles of programming corrective exercise into training based on the FEA G.B.T Model

Course Objectives

1. Gain confidence in guiding clients through the challenges of training with pain or injury.
2. Learn practical skills to assess, apply corrective exercises, and integrate them into clients' training and lifestyle.
3. Expand your understanding of injury prevention, causes, types, and resolution methods.
4. Build stronger connections with health and medical professionals, enhancing teamwork in client care.
5. Develop the 'Rehab Training' aspect of your business, boosting referrals and your reputation as a trusted fitness professional.

Live Course Outline

Day	Time	Topic	Format
	8:30am – 12:00pm	Injury Prevention Kit	Theory & Practical
	12:00pm – 12:30pm	Tutorial – Test Your Understanding of IPK (Group Discussion & Open Book Learning)	Theory
	12:30pm – 1:30pm	Break	
	1:30pm – 2:30pm	Muscle Imbalance Theory, Introduction to 6 Common Areas of Muscle Imbalances	Theory
	2:30 – 4:30pm	Movement Observation and Corrective Exercises – Scapula, Gleno-humeral	Theory & Practical
2	8:30am – 12:30pm	Movement Observation and Corrective Exercises – Hip, Lumbo-pelvic, Knee, Ankle	Theory & Practical
	12:30pm – 1:30pm	Break	
	1:30pm – 3:30pm	Corrective Exercise Programming	Theory & Practical
	3:30pm – 4:00pm	Tutorial – Case Study	Theory
	4:00pm – 4:30pm	Summary and Theory Exam Guidelines	Theory

Self-Study Course Outline

1. Understanding Injury Prevention
 - a. The background story on fitness and injuries
 - i. Injuries in fitness: what are the statistics
 - ii. How effective is injury prevention?
 - iii. How accurate is injury screening and prediction?
 - iv. Are you injury aware?
 - b. Effective injury screening with the injury prevention kit (IPK)
 - i. What is dysfunctional movement?
 - ii. The Three Layers of Dysfunction
 - iii. Three-part Dysfunctional Movement Screening
 - c. The injury prevention kit (IPK) – applying & coaching the IPK system
 - i. Coaching for injury prevention
 - ii. Coach with the IPK
 - iii. Applying injury prevention via “Corrective Exercise”
2. Assessment & Screening of Injuries
 - a. Interviewing clients with pain and dysfunction
 - b. Observing classic bad habits of movement
 - c. Assessments and training for biomechanical blockages
3. Corrective Exercise Strategies
 - a. Understanding muscle imbalance as a deeper focus for corrective exercise
 - b. Most common muscle imbalances that factor into multiple overuse injuries (scapular, gleno-humeral, lumbo-pelvic, hip, knee, foot)

4. Practical Principles of Programming Corrective Exercise into Training
 - a. Using the IPK as a screening system for injury prevention in fitness communities
 - b. Using muscle imbalance corrective exercise for deeper retraining of poor movements
 - c. Programming and blending the two skill sets
5. Expand Your Knowledge
 - a. The “BEETROOT” concept: A broader look at the possible causes of injury
 - b. The meaning of persistent pain: why pain becomes chronic despite no damage
 - c. Comprehensive list of common biomechanical abnormalities that may associated with overuse injuries
 - d. Further knowledge of common injuries (upper limb, spine and lower limb)

Who Will Benefit from This Course?

- Fitness Professionals
- Personal Trainers assisting clients in their recovery journey
- Strength and Conditioning Professionals

Pre-requisite

This course is designed for fitness professionals. Personal Trainer certification is recommended.

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

TBC

Course Duration

2 days (Live Workshop)

Learning Materials

Digital course slide handouts, access to e-learning platform via google classroom. Note: The e-learning platform via Google Classroom will be accessible at least 14 days prior to the course date and will remain valid for one year from the course start date. Digital manuals and slide handouts are also available on Google Classroom.

Awards

Upon full attendance, completion of this course and meeting the grading criteria, you will be awarded a Certificate of Course Completion for FEA Corrective Exercise Specialist.

Grading Criteria

The final online exam consists of 100 multiple-choice questions and must be completed within 3 hours. A minimum passing score of 70% is required. You have three attempts to pass, all of which must be completed within three months from the last day of the course. The exam is non-proctored and can be taken at your convenience during this period. Upon passing the exam, you will receive your e-certificate (soft copy).

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness attire

What Do I Need to Bring?

Stationeries, laptop or mobile device to view presentation slides and a spare change of clothes

Course Capacity

A minimum of 6 pax and a maximum of 20 pax

Language

English

Frequent Asked Questions

1. *How is FEA CES different from other CEx products on the market?*

FEA CES, and the underlying work of Rehab Trainer over the last 20 years as a forerunner in the corrective exercise domain in fitness, is different in the following ways:

- Mixture of online and practical workshops – most CEx accreditations are purely online.
- Uniquely designed by Australian Sports Physiotherapist Ulrik Larsen
- Informs and skills you for real-time situations all trainers will encounter, rather than giving text-book formulations that are difficult to apply.

2. *Do I function as a 'pretend' Physiotherapist after gaining this skill-set?*

No. The diagnostic and manual therapy skills that any Physiotherapist would apply are vastly more developed and different. A Physiotherapist is not on the coal face in the gym where injuries are arising like you are - therefore as a FEA CES you are being poised to deal with situations long before they become serious, with a different set of very practical skills.

3. *What is the essential skills behind the accreditation?*

Assessment (the Injury Prevention Kit 'IPK') leading on to Correction (Rehab Express) of movement struggles resulting from pain, old injury or bad habits. Each part can function in its own right or one flowing to the other, if so required.

You apply the 3 assessment skills of the IPK to learn where to begin, how basically risky the situation is, and how to set some pain-related and movement goals for the client. Then you apply the observation, myofascial release and activation drills to begin the correction process.

4. *Will my work look different if I do corrective exercise?*

Yes - in subtle, but profound ways! You will have new assessments and techniques to apply for correction. You may introduce the IPK system into your community. Your message to your fitness community will change – an increased emphasis on quality of movement and attention to their own bodies is visible to everyone. You may sense the need to alter some of your programs, routines and types of exercise to better manage injury levels.

5. *How will it affect my clients and my business?*

Your confidence and competence to help your client who is struggling will sky-rocket, and that changes everything for them! The most common and exciting effect you will notice is increased word of mouth and loyalty from your clients is to be expected.

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