

# ESSENTIALS OF RESISTANCE TRAINING TECHNIQUES

Foundation Programme of Certified Fitness Practitioner

## Course Overview

This entry-level course equips you with the essential knowledge, insights, and skills to perform resistance training safely and effectively. You will learn how to select and execute exercises for each major muscle group based on sound scientific principles. This is an essential course to take prior to the Certified Fitness Practitioner – Module 1.

## Course Nature (Category 2)

These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher.

## Course Objectives

- Understand the primary functions of major muscle groups and how to select appropriate exercises to target them effectively.
- Learn to perform resistance exercises safely and efficiently, in alignment with established industry standards and scientific principles.

## Class Plan (1-Day Course, 9:00am - 4:00pm)

Day	Topics Covered	Format
1	Lower Body Exercises – Glutes, Quadriceps, Hamstrings, Calf	Practical
	Upper Body Exercises – Pectoralis Major, Latissimus Dorsi, Rhomboid & Trapezius, Deltoids, Biceps Brachii, Triceps Brachii, Abdominals, Erector Spinae	Practical

Note: This is a general class plan. The actual schedule may be adjusted based on the audience and class capacity, without altering the course content or learning objectives

## Learning Materials

Digital course slides handouts and course manual.

## Pre-requisite

Participants should have at least one year of resistance training experience, be able to exercise independently, and not require direct supervision. This workshop is educational in nature and conducted in a group format. It is not a substitute for the personalized guidance and programming provided through one-on-one personal training sessions.

## Awards

The Certificate of Completion is awarded upon full attendance and completion of the course.

## Grading Criteria / Exam Fee

N/A

**Course Provider**

Fitness Edutaining Asia (FEA)

**CEC Points**

N/A

**Dress Code**

Fitness Attire

**What Do I Need to Bring?**

Stationery and a spare change of clothes

**Course Capacity**

6 - 24 pax

**Language**

English, Mandarin. Local language in respective countries may be available.

## Course Categories

We offer four (4) distinct categories of fitness education designed to support individuals at every stage of their fitness journey, while clearly describing the nature, purpose, and depth of each course.

<b>Category 1: Health and Fitness Workshops</b>	<p>These workshops are designed for fitness enthusiasts and independent exercisers who are eager to expand their knowledge and improve their own training practices. They are open to non–fitness professionals and do not require prior formal education in exercise science.</p> <p>However, it’s important to note that these workshops are educational in nature and do not replace the personalized guidance and programming offered through one-on-one personal training. Certificates of Completion are awarded upon successful attendance and participation.</p> <p><u>What the Certificate Means:</u> <b>Certificate of Completion</b> — You have attended and completed the course.</p>
<b>Category 2: Primary Certification Courses</b>	<p>These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher.</p> <p>The core purpose of certification is to protect the public by ensuring that individuals who work in these roles meet established industry standards for safety, effectiveness, and professionalism.</p> <p>As such, certification courses are structured around objective standards of practice, not tailored for personal interest or general knowledge. For those whose goal is simply to learn more about training for their own use, working with a qualified personal trainer is often a more suitable and impactful approach. It offers a more personalized, practical, and flexible learning experience without the demands of formal evaluation or certification.</p> <p><u>What the Certification Means:</u> <b>Personal Trainer Certification</b> — Certification is awarded upon meeting all exam components and grading criteria.</p>
<b>Category 3: Continuing Education Courses</b>	<p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.</p> <p><u>Prerequisites are required:</u> These courses are not designed for individuals without a recognized personal trainer certification, as they build on core competencies expected</p>

	<p>of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp.</p> <p>Additionally, these are not certification courses. The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards.</p> <p><u>What the Certificate Means:</u>  <b>Certificate of Completion</b> — You have attended and completed the course.</p> <p><b>Disclaimer</b> — You are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>
<p><b>Category 4: Specialization Courses</b></p>	<p>These are advanced continuing education courses intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. Most courses are blended learning in nature, consisting of both live workshops and online self-learning components.</p> <p><u>Prerequisites are required:</u>  All participants who fully attend the live course will receive a certificate of completion. To be eligible to earn the Specialist Certification, participants must have:</p> <ul style="list-style-type: none"> <li>Completed at least one of the following:  <b>FEA Certified Fitness Practitioner – Module 3 OR</b>  <b>NCCA accredited Personal Trainer Certification OR</b>  <b>EuropeActive accredited Personal Trainer Certification OR</b>  <b>Any equivalent qualification</b></li> <li>Completed the prior level (Category 3) of respective courses.</li> <li>Pass all exam components and meet the grading criteria.</li> </ul> <p><u>What Each Certificate Means:</u>  <b>Certificate of Completion</b> — You have attended and completed the course.</p> <p><b>Specialist Certification</b> — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria.</p> <p><b>Disclaimer</b> — You are not certified in this topic or to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>

The information displayed above is correct during the time of publishing and may subject to change without prior notice.