

MUAYTHAI KICKBOXING FOR PERSONAL TRAINERS

Fight Fat Away, Build Power and Endurance with Muay Thai

Course Overview

Whether your clients want to transform their physique, reduce body fat, boost energy, improve fitness, or simply enjoy a sweat-filled workout, Muay Thai Kickboxing (MTKB) delivers it all. This dynamic and engaging training style not only burns calories but also develops anaerobic fitness, sharpens coordination, and enhances reaction time — often without clients even realising how hard they're working. This Workshop is designed specifically for personal trainers who want to incorporate MTKB into their training sessions. You don't need to be a fighter — we'll guide you step by step so you can confidently lead your first session.

Course Nature (Category 3)

This is a continuing education course intended for certified personal trainers or qualified fitness practitioners. The purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.

Course Objectives

- Master pad-holding techniques with an emphasis on safety and efficiency.
- Apply effective coaching cues, both verbal and non-verbal, to enhance client performance.
- Design tailored kickboxing programs for clients of varying experience levels and fitness goals.
- Create and deliver kickboxing-based HIIT workouts that challenge and motivate clients.

Class Plan (2-Day Course, 8:30am – 5:30pm)

Day	Duration	Topics Covered	Format
1	30 Mins	Introduction to MTKB Coaching	Theory
	90 Mins	Footwork, Upper Body Shadow Techniques & Coaching Cues	Practical
	30 Mins	Focus Pad Introduction	Theory
	90 Mins	Upper Body Technique with Focus Pad	Practical
	60 Mins	Hand Wrap Techniques	Practical
	60 Mins	Thai Pads Introduction	Theory
	60 Mins	Lower Body Techniques & Coaching Cues	Practical
	90 Mins	Lower Body Techniques with Thai Pads / Kick Bags	Practical
	60 Mins	Day 1 Recap	Practical

2	30 Mins	Introduction to MTKB Programming	Theory
	30 Mins	The 6 Protocol / Intensity – Structure of MTKB Programme	Theory
	60 Mins	Creating Effective Combos for Your Sessions / Practical Combo – 4,6,8,10 Movements and Progressions	Practical
	60 Mins	Pads (Thai Pads & Kick Bags) Practical Kicking + Punching + Elbow Strikes + Knee Strikes	Practical
	60 Mins	Fight Conditioning and Its Elements – MTKB HIIT Workout	Practical
	60 Mins	Designing MTKB Workout Program for your clients – Time based vs repetition based	Practical
	30 Mins	Self-Revised / Discussion / Coaching Cues – Group Work	Practical
	60 Mins	Theory Assessments – Create a MTKB Workout	Evaluation
	90 Mins	Practical Assessments	Evaluation

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 slide handouts

Pre-requisite

This course is designed for fitness professionals who wish to incorporate MTKB into their personal training session. Basic fitness instructing/personal training certification is recommended.

Awards

The Certificate of Completion is awarded upon full attendance and completion of the course and passing all evaluations based on the grading criteria.

Disclaimer: 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. Thus, 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.

Grading Criteria / Exam Fee

- Theory (Written) Exam: PT Session Workout Design – 20%
- Practical evaluation:
 - Shadow Boxing – 30%
 - Pad Holding – 20%
 - Personal Training Skills & Coaching Cues – 20%
 - Overall Course Understanding – 10%

A minimum of 70% is required for passing and obtaining the certificate of completion.

Retake Fee: RM 100 (USD 25)

Course Provider

Fitness Edutraining Asia (FEA)

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CEC Points

Level 1 & 2: ACE 1.6 CECs and NASM 1.6 CEUs

Dress Code

Fitness Attire

What Do I Need to Bring?

Stationery and a spare change of clothes

Course Capacity

6 - 20 pax

Language

English. 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.

Category 1: Health and Fitness Workshops	<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> Certificate of Completion — You have attended and completed the course.</p>
Category 2: Primary Certification Courses	<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> Personal Trainer Certification — Certification is awarded upon meeting all exam components and grading criteria.</p>
Category 3: Continuing Education Courses	<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 the core competencies</p>

	<p>expected 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> Certificate of Completion — You have attended and completed the course.</p> <p>Disclaimer — 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>Category 4: Specialization Courses</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"> Completed at least one of the following: FEA Certified Fitness Practitioner – Module 3 OR NCCA accredited Personal Trainer Certification OR EuropeActive accredited Personal Trainer Certification OR Any equivalent qualification Completed the prior level (Category 3) of respective courses. Pass all exam components and meet the grading criteria. <p><u>What Each Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p> <p>Specialist Certification — 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>Disclaimer — 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.