



CONTEST PREP COACH COURSE

CONTEST PREP COURSE

Course Overview

This comprehensive course equips physique athletes and coaches with the knowledge and tools to navigate the unique demands of contest preparation. Across theory-based lectures and practical application, the course explores the physiological and psychological adaptations to prolonged caloric restriction, strategies for maximizing adherence, and evidence-based methods for managing peak week. Post-contest recovery is addressed with a focus on restoring health, body composition, and mindset. A hands-on practical session highlights training approaches that maximise stimulus while reducing fatigue, ensuring effective and sustainable progress. The course concludes with an interactive Q&A, giving attendees the opportunity to consolidate learning and gain clarity on individual challenges

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

- Explain the physiological and psychological adaptations that occur throughout contest preparation, including during caloric restriction, peak week, and post-contest recovery.
- Apply evidence-based strategies in nutrition, training, and behaviour management to optimize physique outcomes while maintaining athlete health and adherence
- Integrate scientific understanding with practical coaching methods to effectively design, monitor, and adjust contest prep protocols for individual athletes from start to finish.

Class Plan (1-Day Course, 9am – 4pm)

Day	Duration	Topics Covered	Format
1	60min	Contest Prep Essentials & Physiology	Theory
	60min	Maximising Contest Prep Adherence	Theory
	60min	Science & Practice of Peak Week	Theory
	60min	Post-Contest Recovery Success	Theory
	90min	Training with High Stimulus and Lower Perceived Effort	Practical
	30min	Question & Answer	Theory

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 is a continuing education course for existing fitness professionals, physique coaches, and athletes who wish to deepen their understanding of contest preparation.



Experience in resistance training and knowledge of exercise science and nutrition are recommended to ensure learning objectives are achieved. It is recommended that participants hold a current fitness or personal training certification.

Awards

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

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

N/A

Course Provider

JPS Education

Educator

- 1) Sam Schepis (Owner)



Sam is the co-owner of JPS Health & Fitness and the Chief Operations Officer. In his role, he not only oversees the strategic and day-to-day operations of the business but also remains actively engaged as a coach, working with clients of all levels both in person and online.

With over a decade of hands-on coaching experience and more than 30,000 coaching sessions delivered, Sam possesses a deep understanding of what it takes to be an effective coach.

His approach is client-centred, with a focus on helping individuals improve their health and fitness while enjoying the journey and achieving meaningful, lasting results.

Sam holds a Bachelor of Laws and a Bachelor of Business from La Trobe University. This academic foundation equips him with a unique blend of legal and commercial acumen, essential for managing and scaling the operations at JPS. He leads the JPS team, oversees key projects and events and works closely with co-founder Jacob to ensure the company continues to grow, evolve, and make a positive impact on the health and fitness industry. Their shared mission is to help as many people as possible improve their health and wellbeing across the globe and achieve this through both coaching and education.



In addition to his professional accomplishments, Sam is a National Powerlifting Champion, former national record holder, and Pro Bodybuilder. His passion for personal development and relentless pursuit of excellence are evident in both his training and his approach to leadership.

2) Jacob Schepis (Owner)



Jacob Schepis is the founder and owner of JPS Health & Fitness, where he has helped thousands of individuals enhance their strength, body composition, and overall well-being through evidence-based resistance training and nutrition.

Jacob adopts a scientific and results-driven approach to training and diet, which has underpinned his success across multiple athletic disciplines. He has competed at a high level in the Victorian Football League (VFL), earned multiple state and international bodybuilding titles, and ranked among the top eight powerlifters nationally in the International Powerlifting Federation.

With over eight years of experience in the fitness industry, Jacob has established himself as one of Melbourne's most respected and in-demand coaches. His extensive practical experience, combined with a deep understanding of exercise science, allows him to deliver exceptional outcomes for his clients.

Beyond one-on-one coaching, Jacob plays a key role in educating and mentoring the next generation of fitness professionals. He regularly conducts workshops and seminars, and contributes to industry publications, including Physical Activity Australia — the national governing body for personal trainers.

Driven by the belief that “whatever the mind can conceive, it can achieve,” Jacob continues to lead with passion, purpose, and a commitment to raising the standard of the health and fitness industry.

3) Dr Martin Refalo (Education Manager)



Martin is the Education Manager at JPS Health & Fitness, bringing a combination of academic expertise and practical coaching experience to the role. Over the past decade, he has dedicated himself to both in-person coaching and academic pursuit, earning a Bachelor's Degree, Master's Degree, and a PhD in Exercise Science.

Martin's academic journey reflects a deep commitment to learning, self-development, and the advancement of the fitness industry through education and research. He has authored multiple peer-reviewed publications and taught human and exercise physiology at the university level, demonstrating a passion for sharing knowledge and contributing to the scientific community.



In parallel with his academic work, Martin has consistently maintained a hands-on presence in the industry, coaching clients on the gym floor and mentoring the next generation of personal trainers and exercise scientists. His ability to balance rigorous academic research with practical application has earned him a reputation as both a credible educator and a highly effective coach.

Martin also presents regularly at national and international educational seminars, having delivered talks in Sevilla, Oslo, Singapore, Malaysia, Indonesia, and Bangkok. In his role at JPS, he takes great pride in applying the scientific method to guide his coaching practice and educational initiatives, ensuring that both clients and professionals benefit from evidence-based, effective strategies.

CEC Points

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

Stationery, food, coffee and active wear for practical.

Course Capacity

8 - 24 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.