



The FFS Academy



What is the FFS Academy?

The FFS Academy was created to provide the most practical Personal Training qualifications for those seeking professional fulfilment in the health and fitness industry. In line with the existing FFS motto of **'Helping people become the strongest version of themselves'** we want to equip graduates with the skills and knowledge to positively impact as many lives as possible.

The FFS Academy couples state of the art E-Learning with industry leading practical coaching through in-house workshops. This will provide the student with a flexible learning platform and the practical skills to excel in the field.

The unique benefit to studying with the FFS Academy is the benefit of flexibility while learning. The course allows you to study part time autonomously and complete practical workshops over a selection of different dates on weekends for what fits your schedule. This will allow a student up skill as a Personal Trainer, start taking on clients and building their business part-time before making the jump to a new career

Qualification

The FFS Academy will not only ensure you finish your qualification with the best education to enable you to start your career in the industry but the Academy is also Accredited by Europe

Active and all graduates will be Qualified to join the European Register of Exercise Professionals (EREPS). The Qualification you will receive upon completion of the course is as follows:

EQF - Level 3 - Fitness Instructor

EQF - Level 4 - Personal Trainer

Who is the course suitable for?

The FFS Academy is suitable to anyone who has a passion for health and helping others achieve their goals. If you, or a friend or family member have a passion for this but may not have had the chance to take the leap into the industry yet, or need the qualification to do so, then the **FFS Academy is for you.**

Students must be aged 16 or over to sign up to the course (16/17 Year olds must have parental consent and attend an interview prior to starting with the Head of Academy)

No previous educational requirements are needed but a strong comprehension of the English language is required due to the detailed online content and workshop delivery via English.

How is the course delivered?



Online



App



Workshop

9 Online Units to complete including 55 Modules followed by online assessments

8 In-House workshops and practical assessments in FFS Gyms, Leeson Street

Fitness Instructor Modules

1. Introduction

Introduction Module

2. Anatomy and Physiology

Skeletal System

Joints

Muscle System

Nervous System

Circulatory System

Respiratory System

Energy System

3. Exercise Bundle

Principles of Exercise

Principles of Training

Planning Gym Based Exercise 1

Planning Gym Based Exercise 2

Warm Up

Mobility and Cool Down

4. Training Modalities

Core Stability

Motor Skills

Flexibility

Intro to Suspension Training, Spotting, Foam Rolling and Kettlebells

Muscle Action Origin and Insertion

5. Health Module

Importance of Healthy Eating

Health and Safety Customer Care

6. Customer Care

Reasons for Exercising and Goal Setting

Barriers to Exercise

Customer Care

Supporting Clients

7. Induction to the Gym

Instructing Gym Based Exercise

Gym induction

Evaluating Sessions

Closing Sessions

8. Assessment

Instructor Module Master Assessment

Personal Trainer Modules

1. Advanced Systems

Programming Personal Training Sessions

The Skeletal System 2

The Muscle System 2

The Cardiovascular System

The Respiratory System 2

The Energy Systems 2

The Nervous and Endocrine System

The Lymphatic System

2. Analysis & Planning

PT Lifestyle Analysis

Consultations and Action Planning

Delivering Personal Training Sessions

Cardiovascular Training Systems

Program design for CV Training

Resistance Training Systems

Programme Design for Resistance Training

3. Conditioning & Testing

Strength and Conditioning

Strength and Power

Periodisation

Core

Testing

4. Nutrition & Health

Nutrition and Health Guidelines

Influence on Food Habits

Exercise Nutrition

Exercise Intensity and Weight Loss

Exercising Outside the Gym

5. Assessment

PT Module Master Assessment

Workshops



1. Stretching



2. Spotting



3. Big 5 lifts



4. Fitness Testing



5. Assessing Movement



6. Nutrition



7. Periodisation



8 Design Variables

2018 Calendar

Workshop 1+2

Saturdays

4th August

6th October

1st December

Workshop 3+4

Sundays

5th August

7th October

2nd December

Workshop 5+6

Saturdays

18th August

13th October

8th December

Workshop 7+8

Sundays

19th August

14th October

9th December

Provisional Assessment Weekends (Subject to change/Flexibility).

25th + 26th August

20th + 21st October

15th + 16th December

Signing Up?

The FFS Academy course is open ended, allowing you to sign up and start at any stage, without waiting for semesters. The course is designed to be completed within 6 months of start date. There are several workshops during this period as outlined above and will give you ample opportunity to attend 100% and complete assessments.

The cost for signing up is as follows:

€2,799 (Split Payment arrangement available)

Existing FFS Members discount

€2,200 (Split Payment arrangement available)

How do I get more information?



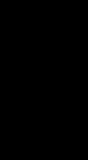
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