



FFS Academy



Course Details



Online

9 Online sections to complete including 55 Modules followed by online assessment



App



Workshop

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. Effective Spotting



3. Big 5 lifts



4. Fitness Testing



5. Assessing Movement



6. Nutrition



7. Periodisation



8 Design Variables

2018 Calendar

Workshop 1+2

Saturdays

26th May

4th August

6th October

1st December

Workshop 3+4

Sundays

27th May

5th August

7th October

2nd December

Workshop 5+6

Saturdays

9th June

18th August

13th October

8th December

Workshop 7+8

Sundays

10th June

19th August

14th October

9th December

Practical Assessment Weekends

23rd + 24th June

26th + 27th August

20th + 21st October

17th + 18th December