

FFS <u>Academy</u>



Course Details



Online





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

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

5. Health **Module**

Importance of Healthy Eating

> Health and Safety Customer Care

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

Intro to Suspension Training, Spotting, Foam Rolling and Kettlebells

Flexibility

Muscle Action Origin and Insertion

6. Customer Care

Reasons for Exercising and **Goal Setting**

Barriers to Exercise

Customer Care

Supporting Clients

8. Assessment

Instructor Module Master Assessment

Personal Trainer Modules

7. Induction to the Gym

Instructing Gym Based Exercise

Gym induction

Evaluating Sessions

Closing Sessions

1. Advanced **Systems**

Programming Personal Training Sessions

The Skeletal System 2

The Muscle System 2

The Cardiovascular

System

The Respiratory System

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**

Guidelines

Habits

Exercise Intensity and

Weight Loss Exercising Outside the

5. Assessment

PT Module Master

Assessment

Nutrition and Health Influence on Food

Exercise Nutrition

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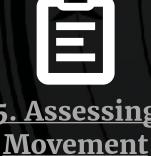
Workshops



2. Effective **Spotting**

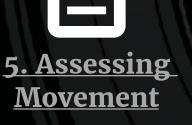
3. Big 5 lifts

4. Fitness **Testing**















2018 Calendar Workshop 5+6

Saturdays 26th May

Workshop 1+2

4th August 6th October

1st December

Workshop 3+4 **Sundays**

27th May

Saturdays 9th June

18th August 5th August

7th October 13th October 2nd December 8th December

Practical Assessment Weekends 23rd + 24th June

26th + 27th August

20th + 21st October

17th + 18th December

Sundays

Workshop 7+8

10th June

19th August

14th October

9th December