

## Certified Fitness Practitioner Module 1 (Fitness Instructor)

Your Most Essential Exercise Coaching Certification

### Course Overview

The FEA Certified Fitness Practitioner (Personal Trainer) “CFP” is a revolutionary personal training certification which aims to produce internationally certified fitness professionals with high-level of employability and demand.

The certification program consists of 2 modules; In Module 1 (M1), participants will learn Exercise Coaching. Participants will learn how to coach clients to perform exercises based on the principles of stability & mobility as well as functional movements, from stable/supported to complex exercises. You will be introduced to FEA A.C.T Model which explains how we should progress exercises in resistance training.

ALIGN	CONTROL		TRAIN	
Mobility & Stability	Basic Movement	Progression	Goals	Progression
Myofascial Technique	Bend & Lift Single Leg Push Pull Rotation	Stable	Strength Hypertrophy Endurance Power	Add: Load or Power  Add: Load & Power
Static Stretching		Isolated/Machine Based		
Muscle Activation		Add: Instability or Complexity		
Dynamic Stretching		Add: Instability & Complexity		

FEA A.C.T Model

In addition to this, you will be given a library of exercises for each basic movements based on the difficulty level. This will enable you to suggest specific exercises that is best suited for your client. For cardiovascular training, you will discover FEA 4 Zones Cardiovascular Training Model where you can select a specific training modality for each of your clients based on their needs and goals. You will also learn the essential components of a workout session and how to plan fun and purposeful workouts for beginner, intermediate and advance exercisers by taking into consideration applied exercise science and internationally accepted training guidelines.

You will enjoy this new and highly efficient learning method with strong emphasis given to job skills development . In addition to the live workshop, you will have access to our electronic learning platform and materials that will allow you to learn at your own pace.

After being equipped with a library of exercises, guidelines and coaching skills, you will be ready to extend your learning in Module 2 (Personal Training) where the focus is in designing and implementing programmes to lead your clients toward their goals. Candidates who successfully meet all grading criteria of Module 1 and Module 2 will then earn the FEA Certified Fitness Practitioner – Personal Trainer (EQF Level 4) certificate which is accredited by EuropeActive. Earning this certification will then get you recognised internationally.

### Course Highlights

- Functional Movement Coaching
- FEA A.C.T Resistance Training Model
- FEA 4 Zones Cardiovascular Training Model
- The Exercise Movement Hierarchy - Progression of Client's Movement Pattern
- Exercise Instructional Skills

### Why Should You Consider This Course?

- Most essential course and certification to begin your career as a fitness practitioner
- You want to be able to instruct exercises according to international guidelines, and lead both personal and group personal fitness workouts.
- Be trained on safe and effective exercise techniques and guidelines
- Leads you to FEA Certified Fitness Practitioner – Personal Trainer (EQF Level 4) and ACE Certified Personal Trainer exams

### What Are the Topics Covered?

In Module 1, you will learn Exercise Coaching. You will learn how to coach clients to perform exercises based on the principles of stability & mobility as well as functional movement from its very fundamental movement to complex exercises thus you will be able to suggest the exercise which fits your client most.

- Professional Roles
- Principles of Fitness, Exercise Guidelines and Techniques
- Stability & Mobility and Functional Movement Training
- The Exercise Movement Hierarchy - Progression of Client's Movement Pattern
- Exercise Coaching
- General Workout Structure
- Cardiovascular Training
- Cardiopulmonary Resuscitation & Automated External Defibrillator (CPR & AED) (Only Available In Malaysia)

### Who Will This Benefit?

- Fitness Enthusiasts
- Fitness Professionals who needs a certification or wants to build strong foundation in training
- Strength and Conditioning Professionals

\*Note: to gain full benefits of the course, fitness enthusiasts should already have pre-existing knowledge and skills in resistance training and flexibility exercises. E.g. Names of exercises, muscles involved, techniques and how to put a workout session together (irregardless right or wrong).

### Pre-requisite

- 18 years old and above
- Possess a current and valid CPR & AED -Basic Life Support certification (*the training & evaluation will be offered during this certification course*)
- Completed high school; graduates of college and universities will be an added advantage
- This is a train the trainer course and is not a course to help you develop your personal fitness, health or exercise movement/techniques. Due to the grading criteria, you should have the following prior to joining the course: -
  1. At least minimal level of cardiovascular fitness (be able to complete moderate intensity cardiovascular exercise for at least 20-30 minutes)
  2. Requires minimal supervision and feedback performing squats, lunges, bench press, bent-over rows, seated rows, push-ups, shoulder press and Lat pulldown
  3. You know the prime mover (s) for exercises in "NO.2" above.
  4. You know how to stretch all major muscle groups
  5. You have experience developing a structured exercise programme (cardiovascular, resistance and flexibility training) for yourself.
  6. Currently an independent exerciser (do not require supervision)

If you currently do not possess the requirements from the third bullet point, you may want to hire a fitness practitioner or personal trainer to help you through. Let us know if you need a suggestion.

### Course Provider

Fitness Edutraining Asia (FEA)

### Course Developers

Jerrican Tan

The course is created from the combination of 3 forces. This course is the brain child of Jerrican Tan, CSCS, NSCA-ACE-NASM CPT, NASM CES, ACE MES-HC-GFI, FEA Founder, a master instructor of ACE Personal Trainer Course for the past 12 years who has vast experience training and developing personal trainers in Asia. He is also the Managing Director of FITM (a training and development centre for fitness professionals based in Malaysia), a state bodybuilding judge and has served as a regional manager of FIT® Asia before he founded FEA. He sees the need of edu-training when developing new fitness professionals in Asia as compared to courses and certifications heavily focused on academic results. Jerrican is a former Malaysia National Junior Bodybuilding Champion, was a personal trainer and has managed high performance personal training teams before his fitness education career.

**Fabio Comana**

This course is consulted by Fabio Comana. Fabio Comana, M.A., M.S., NASM CPT, CES and PES; NSCA CSCS; ACE-CPT and HC; ACSM EP-C; USAW1; CISSNs is an academic consultant for FEA. He holds a double master's degree in exercise physiology and exercise nutrition and he is a faculty instructor at San Diego State University, and University of California, San Diego and the National Academy of Sports Medicine (NASM), and president of Genesis Wellness Group. Fabio Comana covers a wide range of areas in fitness, from training for health and fitness goals to functional goals to performance and conditioning goals and to pre and post rehabilitation goals. Meanwhile, he is also very successful in the field of sports and fitness nutrition. Previously as an American Council on Exercise (ACE) exercise physiologist, he was the original creator of ACE's IFT™ model and ACE's live Personal Trainer educational workshops. He is also one of the leading course developers of almost all fitness specialized course. Prior experiences include collegiate head coaching, university strength and conditioning coaching; and opening/managing clubs for Club One. An international presenter at multiple health and fitness events, he is also a spokesperson featured in multiple media outlets and an accomplished chapter and book author. He enjoys a high reputation in the international fitness community. Starting May 2018, Fabio Comana joins the FEA family, he is responsible for the course development, reviewing course content and structure, and participating in the educator training process.

**Yeoh Ee Ling**

Edutrainers delivering the course are mentored and coached by Ee-Ling, ACE CPT-HC-MES, NASM FNS, who is a fitness education specialist and dietitian by profession. Ee Ling is a Master Instructor of ACE Personal Trainer Course for over 5 years. Ee Ling ensures the courses delivered by FEA Edutrainers are fun, effective and easy to understand while putting priority to skills development of fitness professionals.

**Topics Covered****FEA Certified Fitness Practitioner Module 1 – Fitness Instructor (Exercise Coaching)**

<b>Session</b>	<b>Topics</b>	<b>Type</b>
1	Introduction	Workshop
2	A.C.T Model: Control – Exercise Techniques	Workshop
3	A.C.T Model: Control – Exercise Techniques	Workshop
4	A.C.T Model: Align – Lower & Upper Body	Workshop
5	Muscle Group Training	Workshop
6	Movement Progression, A.C.T Model Train and Designing Workout	Workshop
7	Designing Cardiorespiratory Training Session	Workshop
8	Exercise Coaching: Instructional Skills	Workshop
9	CPR & AED: Basic Life Support (only in Malaysia)	Workshop
10	Theory Exam	

## Course Duration and Schedule Option

Week*	Module	Standard: Blended with 100% Onsite
1-2	1	Guided Learning (Onsite)
3-4		Post-course Self Learning
5		Exam Week (Theory Exam via Onsite; and Submission of Practical Exam via Online)

Week*	Module	Fast-Track: Blended with 100% Onsite (Full-time)
1	1	Guided Learning (Onsite)
2-3		Post-course Self- Learning
4		Exam Week (Theory Exam via Onsite; and Submission of Practical Exam via Online)

\*Course duration and timeline displayed above is for reference only. Exact timeline will follow the study itinerary for respective course intake.

## Learning Materials

- Certified Fitness Practitioner digital student handbook and course slide handouts
- Access to E-learning platform via Google Classroom

Note: E-learning platform via Google Classroom will be available for access upon registration and is valid for 1 year (from the start date of the course). Digital handbook and slide handouts are available on Google Classroom.

## Awards

### Module 1 – Fitness Instructor (Exercise Coaching)

Upon completing the course, passing the exam, and meeting all the requirements to coach exercises, you will be awarded the *Certified Fitness Practitioner Module 1 – Fitness Instructor* certificate by Fitness Edutraining Asia (FEA).

To receive the *Certified Fitness Practitioner – Personal Trainer (EQF Level 4)* certificate, you must pass both Module 1 and Module 2 exam.

### CPR & AED - Basic Life Support

Upon meeting all requirements of this workshop, you will be awarded a Certificate of Course Completion. This certification has a 2-year validity.

## Grading Criteria

### Module 1 – Fitness Instructor (Exercise Coaching)

- Theoretical
  - 60 Multiple Choice Questions - 40%  
You are given 75 mins to complete this proctored onsite (face to face) exam. You are required to bring your own laptop or tablet (mobile phones are prohibited in the exam).

- Practical
  - Exercise Demonstration - 20%  
Upon completing the course, you are required to submit a video of yourself demonstrating how you perform the 5 appointed exercises. You will be evaluated based on the standards presented in class.
  - Exercise Coaching - 40%  
Upon completing the course, you are required to submit a video of yourself coaching a beginner exerciser 5 selected exercises. You will be evaluated based on the standards presented in class.

Passing requirement:  $\geq 70\%$

Gold award:  $\geq 90\%$  (1st attempt only)

Results will be announced via email 3 weeks from exam submission deadline. Successful candidates will receive digital certificate via email. If you did not achieve a passing score, you have 2 retake attempts; first is complimentary and second retake will be RM350 (inclusive of 60 minutes online additional coaching by FEA Edutrainer). Feedback for exam performance will not be given. All retakes have to be completed within 3 months from initial exam submission deadline. Request for detailed review of scoring will not be entertained. Candidates who do not achieve a passing score should review our scoring rubrics or grading criteria established in the course and manual prior to their retake.

### **CPR & AED – Basic Life Support (only available in Malaysia)**

The instructor will provide a live onsite (face to face) skills check; participants are required to demonstrate primary care skills, based on pre-set scenarios

Requirements are as such:

- Full attendance
- Completion of workshop/course
- Passing all evaluations

Note:

Grading criteria has been established in the course and in the manual. Candidates who meet the pre-requisites prior to joining the course and who successfully completed this course will have a better chance of passing examination.

The grading criteria is to ensure you will meet the minimum standards expected in the fitness industry. This means that candidates who do not receive a passing score, did not meet the requirements to carry out safe and effective exercises and programmes, which will be expected by clients and health/fitness club employers thus we are unable to certify you as our goal is to uphold the industry standards. We strictly do not honor any request for leniency.

### **Dress Code**

Fitness attire

### **What Do I Need to Bring?**

Stationery and a spare change of clothes

Laptop or mobile devices for online guided-learning, self-learning and exams

### **Course Capacity**

A minimum of 12 pax and a maximum of 24 pax. Maximum capacity may be subjected to venue and standard operating procedure of COVID-19 pandemic.

### **Language**

English, Mandarin