

# Group Personal Training Specialist

Craft, Establish and Manage Your Group Personal Trainer Sessions

## Course Overview

This specialization course takes the best of individualised personal training and group fitness so that you can positively impact more clients in less time. You will learn the skills and methods needed for designing and delivering a successful group personal training experience, whether that's just two clients or more than 10 in a single time slot. We are confident you will be able to create fun and engaging warm-up drills, dynamic and challenging routines for all fitness levels, and tips to foster togetherness of your participants to forge your very own community. This also increase your client impact and revenue possibilities all in the same time slot with group personal training.

## Course Objectives

- To introduce the fundamentals of running a group training program (be it small or large) to new and/or experienced fitness trainers.
- To equip the trainer with the essential tools needed to set-up, design and deliver an effective group personal training program.
- To provide the trainers with tools to build their group personal training business and to turn their clients into their best ambassadors.

## Course Outline

1. What is Group Personal Training, and how it can be a sustainable model for PT's
2. Try-Out: Experience A Group Training Session!
3. Plug & Play Warm-Ups
4. Bodyweight Circuit Ideas - Learn to do and coach bodyweight circuits scaled across all fitness levels
5. Team Games and Challenges - Learn workouts that are designed to foster teamwork, and inject healthy competition in your group
6. SAQ-H: Speed, Agility and Quickness Hybrid circuits using cones and speed ladders. Clients LOVE it!
7. Timed Fitness Test For Your Group
8. HOW: Designing memorable 60-min sessions.
9. The Art of coaching an Effective Group Training Session - Learn the key skills in coaching a group, which include voice projection, body language, group cueing ability and spatial awareness.
10. Creating Brand Awareness

### **Why Should You Consider This Course?**

- Design and lead your own group personal training business
- Learn a variety of workout ideas to suit different clientele
- Learn exercise choices to be used in your group personal training sessions

### **Who Will This Benefit?**

- Fitness Enthusiasts wanting to be Group Personal Trainers
- Fitness Professionals
- Strength and Conditioning Professionals

### **Pre-requisite**

This is a train the trainer course. Intermediate and advanced exercisers with above average fitness level is needed to complete the course. Candidates with FEA Certified Fitness Practitioners will have an added advantage to the course.

### **Course Provider**

Fitness Edutraining Asia (FEA)

### **CEC Points**

1.4

### **Course Duration**

14 hours (2 days)

### **Learning Materials**

Handouts, course manual and/or presentation slides

### **Awards**

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

### **Grading Criteria**

1. Completion of course participation and assignment(s)
2. Achieve more than 70% score in 60 Multiple Choice Questions
3. Achieve "Pass" status in Group Programme Design

### **Recertification**

N/A

### **Exam Fee**

N/A

### **Dress Code**

Fitness attire

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

Stationery and a spare change of clothes

<http://fea.group>



**Course Capacity**

A minimum of 12 pax and a maximum of 20 pax (live class) / 30 pax (virtual class)

**Language**

English, Mandarin

Information displayed above is correct during time of publishing and may subject to change without prior notice