

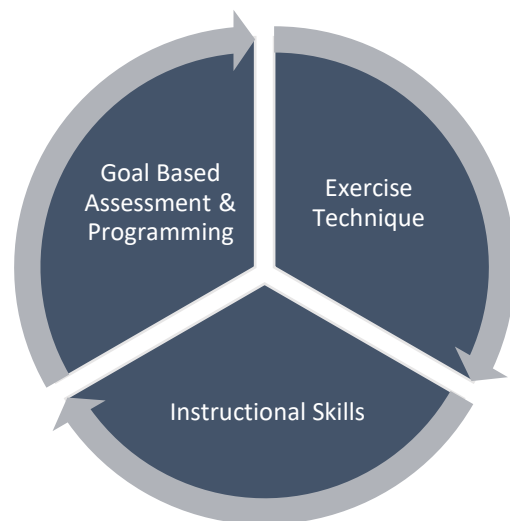
## Certified Fitness Practitioner Module 1 (Fitness Instructor)

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. Fitness Edutaining Asia (FEA) is the first fitness certification provider in South East Asia to earn approval by the EuropeActive Standards Council which signifies the FEA CFP certification has met the standards of practice in Europe and is equivalent to the EQF Level 4 Personal Training certification standards. FEA CFP graduates has the privilege to join the European Register of Exercise Professionals (EREPS), an inventory referenced during the hiring process by more than 10,000 clubs throughout Europe.

In this 16 weeks certification program, fitness practitioners will learn how to implement FEA state-of-the-art personal training system “Goal Based Training Model”. This system provides personal trainers the solution to coach clients (of diverse needs and expectations) to lead a healthier and fitter lifestyle . To ensure FEA achieves this mission, the evaluation criteria (which consists of both theoretical and practical component) will place higher emphasis on areas of exercise instructional skills, exercise techniques and goal based assessment & programming.



The certification program consists of 2 modules; In Module 1 – the Exercise Coaching certification, 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. Strong emphasis is on the student’s ability to provide set-up and execution cues for exercises and their ability to evaluate movements. They will be introduced to FEA A.C.T Resistance Training Method which explains how coaches should progress exercises.

A library of exercises for each basic movements based on the difficulty level is given. This will enable participants to suggest specific exercises that is best suited for your client. For cardiorespiratory training, you will discover FEA 4 Zones Cardiorespiratory 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.

"ALIGN"	"CONTROL"		"TRAIN"	
Mobility & Stability	Basic Movement	Progression	Goals	Progression
Myofascial Release	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 Resistance Training Method

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 on designing and implementing programmes to lead your clients toward their goals. In this level, you will learn how to manage very common client goals which are movement preparation, health, fitness, hypertrophy and fat loss. To do so, you will learn how to utilize the components in the FEA GBT Model. They are resistance training, cardiorespiratory training, lifestyle strategies and nutrition strategies. This also includes how you can monitor and track your client's progress.



- **“PREPARE”**: Prepare clients to exercise through improvements in stability-mobility and meeting the minimum requirements of physical activity. The goal is to help sedentary clients to begin activity and reduce risk of injury.
- **“HEALTH”**: Encourage clients to move and exercise. Teach clients how to perform a variety of resistance training exercises and introduce moderate intensity aerobic exercise. The goal here is to focus on building positive exercise experience and exercise adherence.
- **“FITNESS”**: Lead clients to achieve muscular adaptations e.g., muscular endurance, hypertrophy, strength and power, as well as implementation of aerobic endurance exercises to achieve cardiorespiratory adaptations.
- **“HYPERTROPHY & FAT LOSS”**: Implementation of hypertrophy and fat loss programmes to help clients reduce body fat and increase muscle mass for better aesthetic and health.
- **Lifestyle factors** like sleep and stress management plays a vital role in programme success. Disruption of lifestyle factors can lead to weight gain, poor recovery and hormonal imbalance. The role of a personal trainer is help clients to become successful in managing their sleep and stress.
- **“HEALTH” and “FITNESS”** programmes will not be complete without sound **nutrition** plan. Eating habit is part of a person’s lifestyle and is highly influenced by personal, social and environmental factor. Thus, changing eating habits should take into account these factors and has to be done progressively to ensure likelihood of success.

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. Completing the CFP certification course will also prepare you to sit for the American Council on Exercise (ACE) Personal Trainer certification exam. All in all, FEA-CFP graduates will not only meet the key competencies established by these world-class personal training examinations, but also possess stronger practical skills needed to excel in this industry.

### Course Highlights

- Functional Movement Coaching – set-up and execution cues plus movement evaluation
- A.C.T Resistance Training Method – Your Training Tool to Programming
- The Exercise Movement Hierarchy - Progression of Client’s Movement Pattern
- Personal Training System (G.B.T – Goal Based Training Model)
- Workout Design Made Simple, Effective and Fun

### About EuropeActive and EREPS



The **European Register of Exercise Professionals (EREPS)** uses the **EuropeActive** standards to ensure that exercise professionals are qualified to offer safe and effective fitness programmes to their clients across Europe. EREPS provides consumers, employers and partners in medical professions with the confidence that registered trainers are both competent and able to work to support its Code of Ethical Practice, which defines the rights and principles of exercise professionals. Referencing the EuropeActive standards and being registered mean that trainers have met the minimum standards of good practice and that they are committed to enhancing their skills and professional status through a process of lifelong learning.

EREPS is regulated by the EuropeActive Professional Standards Committee using the official European Qualifications Framework (EQF), which describes the knowledge, skills and competencies exercise professionals need for registration.

### Why Should You Consider This Course?

- Earn your fitness certification and get internationally recognised
- Get trained on Exercise Coaching and Personal Training with strong emphasis on practical skills and job training
- Discover the right training and nutrition strategies to match diverse clientele
- Enjoy higher passing rates for American Council on Exercise (ACE) Certified Personal Trainer exam
- Get trained on safe and effective exercise techniques and guidelines
- Eligible to join the European Register of Exercise Professionals (EREPS) and get listed on their member directory featuring registered fitness professionals from more than 40 different countries

### What Is The Course Outcome?

In Module 1, fitness practitioners are expected to demonstrate the skills of exercise coaching which includes:

- Introducing exercise name and purpose
- Demonstrating exercise based on the principles of stability-mobility
- Explain set-up position and execution of exercises
- Able to observe, evaluate and correct exercise techniques
- Able to suggest exercise modifications
- Progress and regress exercises
- Effectively coach a beginner client to perform exercises
- Writing and leading a general exercise session

### 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 – Set-up and execution cues. Movement evaluation
- General Workout Structure
- Cardiorespiratory Training
- Cardiopulmonary Resuscitation & Automated External Defibrillator (CPR & AED) (Only Available In Malaysia)

### Who Will This Benefit?

- Fitness Enthusiasts who has met the below pre-requisite
- 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 cardiorespiratory fitness (be able to complete moderate intensity cardiorespiratory exercise for at least 20-30 minutes)
  2. Requires minimal supervision and feedback performing Bodyweight Squat, Static Lunges, Conventional Deadlift, Barbell Hip Thrust, Bench Press, Barbell/Dumbbell Bent-Over Rows, Seated Rows, Push-Ups, Barbell/Dumbbell Standing/Seated Shoulder Press and Lat-Pull Down.
  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 (cardiorespiratory, resistance and flexibility training) for yourself.
  6. Currently an independent exerciser (do not require supervision)

If you currently do not possess all the requirements stated under the fourth 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 brainchild 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 15 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 edutraining 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)

SESSION	GUIDED-LEARNING TOPICS	TYPE	SELF-LEARNING	EST. HOURS
1	Introduction & Exercise Orientation	Workshop	<p>Read session handouts and google classroom course materials, familiarise yourself with:</p> <ul style="list-style-type: none"> <li>• Each component of fitness and its definition</li> <li>• Exercise orientation</li> <li>• Practise core activation drills (performing the exercise yourself and coaching a partner)</li> <li>• Practise verbalising exercise cues</li> </ul> <p>Complete tutorial assignment</p>	3 hours
2	A.C.T Resistance Training Method: “CONTROL” – Lower Body Exercise Techniques	Workshop	<p>Read session handouts and google classroom course materials and perform the following:</p> <ul style="list-style-type: none"> <li>• Review all lower body dynamic stretches and activation drill (purpose, set-up and execution cues, observation)</li> <li>• Practise performing the exercises yourself and coaching a partner</li> <li>• Practise by filming yourself performing the following exercises and review according to the exercise demonstration grading criteria               <ul style="list-style-type: none"> <li>○ Bodyweight Squat or Static Lunges</li> <li>○ Conventional Deadlift or Barbell Hip Thrust</li> </ul> </li> <li>• Review and practise verbalising set-up and execution cues of each exercise</li> <li>• Practise observing common errors with partner and provide feedback accordingly</li> <li>• Review progressions and regressions of each movement</li> </ul> <p>Complete tutorial assignment</p>	6 hours



3	A.C.T Resistance Training Method: "CONTROL" – Upper Body Exercise Techniques	Workshop	<p>Read session handouts and google classroom course materials and perform the following:</p> <ul style="list-style-type: none"> <li>• Review all upper body dynamic stretches and activation drill (purpose, set-up and execution cues, observation)</li> <li>• Practise performing the exercises yourself and coaching a partner</li> <li>• Practise by filming yourself performing the following exercises and review according to the exercise demonstration grading criteria               <ul style="list-style-type: none"> <li>○ Push-ups or Barbell/Dumbbell Standing/Seated Shoulder Press</li> <li>○ Barbell/Dumbbell Bent-Over Row or Lat-Pull Down</li> </ul> </li> <li>• Review and practise verbalising set-up and execution cues of each exercise</li> <li>• Practise observing common errors with partner and provide feedback accordingly</li> <li>• Review progressions and regressions of each movement</li> </ul> <p>Complete tutorial assignment</p>	6 hours
4	A.C.T Resistance Training Method: "ALIGN" – Lower & Upper Body	Workshop	<p>Read session handouts and google classroom course materials and perform the following:</p> <ul style="list-style-type: none"> <li>• Purpose of "ALIGN"</li> <li>• Review all myofascial release technique, static stretch and activation drills (purpose, set-up and execution cues, observation)</li> <li>• Practise performing the exercises yourself and observe improvement in movement efficiency</li> <li>• Practise coaching a partner and observe improvement in movement efficiency</li> </ul> <p>Complete tutorial assignment</p>	3 hours
5	Muscle Group Training and Movement Progression	Workshop	<p>Read session handouts and google classroom course materials, familiarise yourself with:</p> <ul style="list-style-type: none"> <li>• Exercise and prime movers associated</li> <li>• Review all exercises introduced (purpose, set-up and execution cues, observation)</li> <li>• Practise performing the exercises yourself and coaching a partner</li> <li>• Practise observing common errors with partner and provide feedback accordingly</li> <li>• Practise performing movements with instability and complexity</li> <li>• Practise suggesting exercises for beginner, immediate and advance exerciser based on the concept of movement progression</li> </ul> <p>Complete tutorial assignment</p>	3 hours



6	A.C.T Resistance Training Method "TRAIN", Workout Design and Cardiorespiratory Training Design	Workshop	<p>Read session handouts and google classroom course materials, familiarise yourself with:</p> <ul style="list-style-type: none"> <li>• Muscular fitness guidelines ("TRAIN")</li> <li>• Definition of repetition maximum (RM) and repetition in reserve (RIR)</li> <li>• Difference between muscular fatigue and cardiorespiratory/mental fatigue</li> <li>• Identify exercises which allows greater chance of muscular fatigue and vice versa</li> <li>• Discover your repetition in reserve (RIR) in your main lifts</li> <li>• Ideal way of progressing through sets and workout sessions</li> <li>• Components in a general workout and what to include in each component</li> <li>• Practise designing workouts from the in-class assignment</li> <li>• Execute the workouts and review if the objective of the workout is achieved</li> <li>• Review cardiorespiratory training guidelines (FITT)</li> <li>• Review usage of ratings perceived exertion (RPE)</li> <li>• Practise calculating heart rate reserve (HRR) and identify your own training zones</li> <li>• Experience training in all zones of the FEA G.B.T model               <ul style="list-style-type: none"> <li>○ Zone 1: NEAT</li> <li>○ Zone 2: Aerobic base</li> <li>○ Zone 3: Aerobic endurance</li> <li>○ Zone 4: Anaerobic endurance and anaerobic power</li> </ul> </li> </ul> <p>Complete tutorial assignment</p>	12 hours
7	Exercise Coaching: Instructional Skills	Workshop	<p>Read session handouts and google classroom course materials, familiarise yourself with:</p> <ul style="list-style-type: none"> <li>• Spotting techniques</li> <li>• Film yourself instructing exercises and review based on the grading criteria               <ul style="list-style-type: none"> <li>○ Practise on different exercises</li> <li>○ Practise on different individuals</li> </ul> </li> </ul> <p>Prepare for theory exam and video submission (exercise demonstration and exercise coaching)</p>	6 hours
8	Exercise Coaching: Instructional Skills	Workshop		
9	CPR & AED: Basic Life Support	Workshop		
10	Theory Exam	CLR		

## 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 manual and course slide handouts
- Access to E-learning platform via Google Classroom for CFP (and ACE - only in Malaysia)

*Note: E-learning platform via Google Classroom will be available for access at least 14 days before the course date and is valid for 1 year (from the start date of the course). Digital manual 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 90 mins to complete this live remote proctoring exam.

Live remote proctoring is a method for administering certification exams to candidates on their own computer through a secure online delivery system. With live remote proctoring, a proctor actively watches and monitors the candidate during the exam administration to provide real time security to protect exam integrity.
  - Live Remote Proctoring Requirements:

    1. You are required to have a webcam installed on your laptop and reliable access to Internet.
    2. Ensure you are in a well-lit, quiet and private room that nobody is allowed in the room during your exam time.
    3. Please have your IC / Passport ready.
    4. Please take note: Tablets/iPads, dual/multiple monitors and projectors are not permitted to be used as a testing device.
    5. iPods, MP3 player, headphones, camera, smartphones, recording devices and watches (including smart watches) are prohibited.
    6. Food and beverages are not allowed during your exam, and smoking is not permitted at any time.
    7. Personal writing utensils including paper, pencils and books are not permitted.
- 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 the first exam result due date. 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**

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