

## CORRECTIVE EXERCISE COACH

FEA Injury Prevention & Corrective Exercise Specialist – Level 2

### Course Overview

The **Injury Prevention and Corrective Exercise Specialist** pathway equips personal trainers with tools to keep clients moving well, reduce injury risk, and address common movement issues—all while staying within their professional scope. **Level 1: Prehab Exercise Coach** course focuses on proactive strategies to promote joint health, stability, and mobility. Trainers learn simple pre-hab drills and routines that can be seamlessly integrated into sessions to improve movement quality and resilience. **Level 2: Corrective Exercise Coach** course, co-developed with Australian Sports Physiotherapist Ulrik Larsen (*Rehab Trainer*), builds on this foundation by providing a system of assessments and interventions for clients with movement dysfunctions or pain. Through the Assessment and Intervention Modules, trainers gain both theoretical knowledge and practical skills to deliver corrective exercises safely and effectively. Together, these two levels enable trainers to prevent injuries, address dysfunctions, and enhance client trust, loyalty, and results.

### Course Nature (Category 4)

This is an advanced continuing education course intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. This course is blended learning in nature, consisting of both live workshops and online self-learning components.

### Course Objectives

- Gain confidence in guiding clients through the challenges of training with pain or injury.
- Learn practical skills to assess, apply corrective exercises, and integrate them into clients' training and lifestyle.
- Expand your understanding of injury prevention, causes, types, and resolution methods.
- Build stronger connections with health and medical professionals, enhancing teamwork in client care.
- Develop the 'Rehab Training' aspect of your business, boosting referrals and your reputation as a trusted fitness professional.

**Class Plan (2-Day Course, 8:30am – 4:30pm)**

Day	Duration	Topics Covered	Format
1	30 mins	Introduction & The 3 Layers of Movement Dysfunction	Theory
	3 hours	Injury Prevention Kit – “Talk”, “See” & “Do”	Theory & Practical
	30 mins	Tutorial – Test Your Understanding of IPK	Discussion
	1 hour	Break	
	15 mins	Causes of Injury – Muscle Imbalance	Theory
	15 mins	“REHAB” Framework for Targeting Areas of Muscle Imbalances	Theory
	1 hour, 15mins	Corrective Strategies – Scapula Muscle Imbalance	Practical
	1 hour, 15mins	Corrective Strategies – Gleno-Humeral Muscle Imbalance	Practical
2	1 hour, 15mins	Corrective Strategies – Hip Muscle Imbalance	Practical
	1 hour, 15mins	Corrective Strategies – Lumbo-Pelvic Muscle Imbalance	Practical
	1 hour, 15mins	Corrective Strategies – Knee Muscle Imbalance	Practical
	1 hour	Break	
	1 hour, 15mins	Corrective Strategies – Ankle Muscle Imbalance	Practical
	1 hour	Corrective Exercise Programming – FEA Goal Based Training Model	Theory
	30 mins	Tutorial – Case Study & Programming	Discussion
	30 mins	Summary & Exam Guidelines	Theory

Note: This is a general class plan. The actual schedule may be adjusted based on the audience and class capacity, without altering the course content or learning objectives

**Pre-requisite**

This course is designed for fitness professionals. Personal Trainer certification is recommended, and completion of the **Level 1: Prehab Exercise Coach** course is required. Refer to the course categories table for more information.

**Awards**

- The Certificate of Completion is awarded upon full attendance and completion of the course.
- The Specialist Certification is awarded upon meeting all pre-requisites, exam components and grading criteria. Refer to the course categories table for more information.

Disclaimer: The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards. Thus, you are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.

**Grading Criteria / Exam Fee**

The final exam consists of 100 multiple-choice questions and must be completed within 2 hours. A minimum passing score of 70% is required. Participants are given 3 attempts, all of which must be completed within three months from the final day of the course. The exam is non-proctored and can be taken at any time during this period.

**Course Provider**

Fitness Edutaining Asia (FEA)

**CEC Points**

TBC

**Dress Code**

Fitness Attire

**What Do I Need to Bring?**

Stationery and a spare change of clothes

**Course Capacity**

8 - 16 pax

**Language**

English. Local language in respective countries may be available.

## Frequent Asked Questions

1. *How is FEA CES different from other corrective exercise products on the market?*

FEA CES, and the underlying work of Rehab Trainer over the last 20 years as a forerunner in the corrective exercise domain in fitness, is different in the following ways:

- Mixture of online and practical workshops – most corrective exercise accreditations are purely online.
- Uniquely designed by Australian Sports Physiotherapist Ulrik Larsen
- Prepares and skills you for real-time situations all trainers will encounter, rather than giving textbook formulations that are difficult to apply.

2. *Do I function as a 'pretend' Physiotherapist after gaining this skill set?*

No. The diagnostic and manual therapy skills that any Physiotherapist would apply are vastly more developed and different. A Physiotherapist is not on the coal face in the gym where injuries are arising like you are - therefore as a FEA CES you are being poised to deal with situations long before they become serious, with a different set of very practical skills.

3. *What is the essential skills behind the accreditation?*

Assessment (the Injury Prevention Kit 'IPK') leading on to Correction of movement struggles resulting from pain, old injury or bad habits. Each part can function independently or one flowing to the other, if so required. You apply the 3 assessment skills of the IPK to learn where to begin, how basically risky the situation is, and how to set some pain-related and movement goals for the client. Then you apply the observation, myofascial release and activation drills to begin the correction process.

4. *Will my work look different if I do corrective exercise?*

Yes - in subtle, but profound ways! You will have new assessments and techniques to apply for correction. You may introduce the IPK system into your community. Your message to your fitness community will change – an increased emphasis on quality of movement and attention to their own bodies is visible to everyone. You may sense the need to alter some of your programs, routines and types of exercise to better manage injury levels.

5. *How will it affect my clients and my business?*

You will gain confidence and competence to help your client who is struggling and that changes everything for them! The most common and exciting effect you will notice is an increased word of mouth and loyalty from your clients is to be expected.

## Course Categories

We offer four (4) distinct categories of fitness education designed to support individuals at every stage of their fitness journey, while clearly describing the nature, purpose, and depth of each course.

<b>Category 1: Health and Fitness Workshops</b>	<p>These workshops are designed for fitness enthusiasts and independent exercisers who are eager to expand their knowledge and improve their own training practices. They are open to non–fitness professionals and do not require prior formal education in exercise science.</p> <p>However, it’s important to note that these workshops are educational in nature and do not replace the personalized guidance and programming offered through one-on-one personal training. Certificates of Completion are awarded upon successful attendance and participation.</p> <p><u>What the Certificate Means:</u> <b>Certificate of Completion</b> — You have attended and completed the course.</p>
<b>Category 2: Primary Certification Courses</b>	<p>These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher.</p> <p>The core purpose of certification is to protect the public by ensuring that individuals who work in these roles meet established industry standards for safety, effectiveness, and professionalism.</p> <p>As such, certification courses are structured around objective standards of practice, not tailored for personal interest or general knowledge. For those whose goal is simply to learn more about training for their own use, working with a qualified personal trainer is often a more suitable and impactful approach. It offers a more personalized, practical, and flexible learning experience without the demands of formal evaluation or certification.</p> <p><u>What the Certification Means:</u> <b>Personal Trainer Certification</b> — Certification is awarded upon meeting all exam components and grading criteria.</p>
<b>Category 3: Continuing Education Courses</b>	<p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.</p> <p><u>Prerequisites are required:</u> These courses are not designed for individuals without a recognized personal trainer certification, as they build on the core competencies</p>

	<p>expected of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp.</p> <p>Additionally, these are not certification courses. The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards.</p> <p><u>What the Certificate Means:</u>  <b>Certificate of Completion</b> — You have attended and completed the course.</p> <p><b>Disclaimer</b> — You are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>
<p><b>Category 4: Specialization Courses</b></p>	<p>These are advanced continuing education courses intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. Most courses are blended learning in nature, consisting of both live workshops and online self-learning components.</p> <p><u>Prerequisites are required:</u>  All participants who fully attend the live course will receive a certificate of completion. To be eligible to earn the Specialist Certification, participants must have:</p> <ul style="list-style-type: none"> <li>Completed at least one of the following:  <b>FEA Certified Fitness Practitioner – Module 3 OR</b>  <b>NCCA accredited Personal Trainer Certification OR</b>  <b>EuropeActive accredited Personal Trainer Certification OR</b>  <b>Any equivalent qualification</b></li> <li>Completed the prior level (Category 3) of respective courses.</li> <li>Pass all exam components and meet the grading criteria.</li> </ul> <p><u>What Each Certificate Means:</u>  <b>Certificate of Completion</b> — You have attended and completed the course.</p> <p><b>Specialist Certification</b> — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria.</p> <p><b>Disclaimer</b> — You are not certified in this topic or to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>

The information displayed above is correct during the time of publishing and may subject to change without prior notice.