

PERFORMANCE EXERCISE

FEA Strength and Conditioning Specialist – Level 1

Course Overview

This course is a comprehensive workshop designed for fitness professionals who want to elevate their clients' athletic capacity and physical performance. This course covers a wide spectrum of performance-focused training methods, including complex power resistance exercises, unilateral movements, agility drills, plyometrics, Olympic weightlifting, and dynamic warm-up routines. You'll learn how to instruct and coach these exercises with precision—covering correct set-up, execution, and key observation points. In addition, you'll explore a range of cardiovascular conditioning strategies to boost VO₂ max, improve anaerobic endurance, and develop explosive power. By the end of this course, you will be equipped to design and implement high-impact workouts that enhance strength, power, and muscle development for clients at various fitness levels.

Course Nature (Category 3)

This is a continuing education course intended for certified personal trainers or qualified fitness practitioners. The purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.

Course Objectives

- Discover performance-focused exercises such as complex power resistance training, unilateral movements, agility drills, plyometrics, Olympic weightlifting, and dynamic warm-up routines.
- Learn how to instruct and coach performance-based exercises, including proper set-up, execution, and key observation points.
- Develop the skills to design and implement workouts that enhance strength, power, and muscle development.
- Learn multiple methods of implementing cardiovascular conditioning to enhance maximal oxygen uptake (VO₂ max), anaerobic endurance, and power.

Class Plan (2-Day Course, 9:00am – 4:00pm)

Day	Duration	Topics Covered	Format
1	15mins	Introduction & Orientation	Theory
	15mins	Warm-Up Drills	Theory & Practical
	90mins	Resistance Training Exercises	Theory & Practical
	90mins	Power Exercises – Olympic Weightlifting	Theory & Practical
	90mins	Plyometrics	Theory & Practical
2	90mins	Agility Drills	Theory & Practical
	90mins	Workout Design	Theory & Practical
	90mins	Cardiovascular Conditioning	Theory & Practical
	30mins	Q&A	Discussion

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.

Learning Materials

Digital course slide handouts and Google Classroom. This course involves a blended learning format.

Pre-requisite

Certified Personal Trainer. This course builds on the core competencies expected of certified personal trainers. Participants without formal and structured education in exercise techniques, exercise physiology and exercise programming may find the content less applicable or difficult to fully grasp.

Awards

The Certificate of Completion is awarded upon full attendance and completion of the course.

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

N/A

Course Provider

Fitness Edutraining 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 - 24 pax

Language

English. Local language in respective countries may be available.

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.

Category 1: Health and Fitness Workshops	<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> Certificate of Completion — You have attended and completed the course.</p>
Category 2: Primary Certification Courses	<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> Personal Trainer Certification — Certification is awarded upon meeting all exam components and grading criteria.</p>
Category 3: Continuing	<p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver</p>

Education Courses	<p>advanced knowledge and skill development to support ongoing professional growth within the fitness industry.</p> <p><u>Prerequisites are required:</u></p> <p>These courses are not designed for individuals without a recognized personal trainer certification, as they build on the core competencies 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></p> <p>Certificate of Completion — You have attended and completed the course.</p> <p>Disclaimer — 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>
Category 4: Specialization Courses	<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></p> <p>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"> Completed at least one of the following: FEA Certified Fitness Practitioner – Module 3 OR NCCA accredited Personal Trainer Certification OR EuropeActive accredited Personal Trainer Certification OR Any equivalent qualification Completed the prior level (Category 3) of respective courses. Pass all exam components and meet the grading criteria. <p><u>What Each Certificate Means:</u></p> <p>Certificate of Completion — You have attended and completed the course.</p>

	<p>Specialist Certification — 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>Disclaimer — 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>
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The information displayed above is correct during the time of publishing and may subject to change without prior notice.