

WHAT?

The Functional Training Academy has been a specialist in further education of functional training and the profession of the independent Functional Trainer since 2006. The post-graduate course in Functional Training focuses on four main themes. The first module outlines the emergence of Functional Training, the methods used and its background. The second module concentrates on the core business of Functional Training: that of individual training. The focus of the third module is on Functional Training for groups. During the last module the tools and techniques needed to set yourself up as a Functional Trainer are discussed.

CONTENTS

The post graduate course consists of 20 study points in total. Each study point is comparable to 25 to 30 hours, which are made up of actual lesson time, additional tasks and assignments, and exam preparation.

The core of the course revolves around four themes:

MODULE 1 fundamentals of Functional Training (5SP)

- movement training with regards to muscle training
- facts and myths of interval training
- 7 prime movements of functional training
- training with 5 medical conditions: back complaints, pregnancy, heart disease, ageing and diabetes.

MODULE 2 individual Functional Training (5SP)

- the top 4 pieces of functional equipment: suspension training (TRX/Redcord), balance training (Bosu), Fitball and elastic bands
- the 3 important aspects of sport specific Functional Training: agility, speed and power
- developing a training programme

MODULE 3 Group Functional Training (5SP)

- group dynamics, circuit training, functional games, ...
- how to organise a functional training group class using the 4 pieces of functional equipment
- outdoor training: bootcamp, urban fitness and XCO walking

MODULE 4 business for the Functional Trainer (5SP)

- from concept to product
- marketing and communication for your business
- how to make the most of the media?
- 5 tips to expand your network (social media, networking, ...)
- painless administration (payments, diary,...)
- help! My diary is full!

WHO?

Who is it for?

Bachelor/ Master in Physical Education and Recreational Sports, Physiotherapists, ...
After successful completion of this post graduate course, you will be able to apply the knowledge and skills as an individual trainer or in sport clubs.

The Trainers

Max Icardi, Thijs Ghekiere, Tanja Van Balen, Nick King, Pierre Antonissen, Evodie Koolstra

PRACTICAL ISSUES

Kostprijs:

1815 EUR for the complete course (4 modules, exams, ...)

500 EUR per individual module

Payment by the KMO PORTEFEUILLE is possible

Terms of conditions, including cancellation, can be found on the website of the respective college and the Functional Training Academy.



Hanna Mariën

"Thanks to this course I'm completely convinced about Functional Training and have been able to make my passion my work."



John Cutting

"Learnt a huge amount! I'm now much better equipped to help people improve the way they move."

