



CPD: Fundamentals of Programming for Functional Fitness

This course is for athletes and coaches who are interested in learning about Functional Fitness programming, designed to supplement a coach's basic knowledge by providing additional considerations and concepts that surround programming for functional fitness specifically.

Functional fitness is a classification of training that prepares the body for real-life movements and activities, by strengthening the muscles in the same way you would need to use them for certain tasks. Movements such as squatting, reaching, pulling and lifting are made easier with functional fitness integrated into an exercise routine.

The benefits of incorporating functional fitness into training programmes include training the same muscle movements you use in your daily life; it aids balance and coordination making different parts of your body move together smoothly and helps to prevent injury.

What will I learn?

- What is the difference between variable and random?
- Programming science and programming art
- What are the energy systems?
- Defining the goal
- Program structure and aims
- Writing program objectives
- Creating a template
- Checking for daily interference
- How to develop skills
- Programming for general population vs athletic community

Assessment

This online course has no practical assessment. At the end of the course learners complete an online quiz. This assessment is designed to test learners' understanding of what has been covered on the course. Once the assessment is successfully completed learners will receive a BWL certificate.

What does this course qualify me to do?

This course will support your coaching knowledge by providing additional considerations and concepts that surround programming for functional fitness specifically.

Prerequisites

You must have some basic understanding of the training methods to complete this CPD.

Online learning only

Length of course: 1 - 2 hour

Plus, resources and material you can go back to time and time again

Price of course:

Standard Price: £100 + VAT

Member Price: £95 + VAT