



Certification: Level 2 Award in Coaching Functional Fitness

Get certified as a Functional Fitness Coach by completing the Level 2 Award in Coaching Functional Fitness.

As a Functional Fitness Coach you will be able to design personalized workout plans that incorporate various functional exercises, such as squats, lunges, and deadlifts to improve your clients overall strength, endurance, agility, and mobility. This will help to improve an athletes physical performance, reduce the risk of injury and increase strength, stability and core balance.

This is an entry level course enabling you to add Functional Fitness to your coaching credentials. So whether you are already working as a trainer or instructor or new to coaching, this is a great addition to your CV.

What will I learn?

Effective coaching techniques and how to work with a range of different clients to develop functional fitness training sessions through learning about a system of training that encourages individuals to develop physical fitness components e.g., strength and cardiorespiratory fitness.

The course will cover safe coaching practices, how to design and plan functional fitness focused training sessions, a detailed profile of key training exercises and an understanding of programming, anatomy and nutrition for developing replication of day-to-day demand of an individual's lifestyle in some way (functional movements). For example, hinging and squatting movements that are performed in the gym provide individuals with the fitness required to pick up and lift objects safely from the floor.

The modules covered on the course are:

- The Functional Fitness Coach
- Underpinning coaching theory
- Safety in a Functional Fitness setting
- Athlete assessment
- Functional Fitness exercises
- Weightlifting for Functional Fitness
- Programming for Functional Fitness
- Applied coaching
- Holistic development of the athlete
- Functional Fitness Coach case study



ADD A
PRACTICAL
DAY TO YOUR
LEARNING

What does this course qualify me to do?

The knowledge you will gain during this course will enable you to coach a client or group to improve their functional fitness regardless of their experience in the gym.

Prerequisites

You must be at least 16 years of age at the time of booking, have a minimum of one years' experience participating in fitness/or strength-based activities and be able to communicate effectively in English.

We offer 2 ways to complete this course:

Online learning

Length of course: 12 - 16 hours

Price of course:

Standard Price: £350

Member Price: £332.50

Online learning with face to face practical

Length of course: 12 - 16 hours

Plus an additional 1-day practical session

Price of course:

Standard Price: £375

Member Price: £356