

FAF International Personal Trainer



FAF was the first one to start Personal Trainer education in Finland in 1997. In June 2010 FAF became the first CYQ approved international training organisation in Finland. Due to this approval the internationally valued CYQ Level 3 Certificate in Personal Training qualification can now be found in FAF's selection of courses.

Description

Acclaimed FAF International Personal Trainer is the only international educational programme for fitness professionals in Finland. The programme will provide the candidate with the necessary knowledge and skills needed to work in a fitness centre or as a self-employed personal trainer. After the training the candidate will be able to provide personal guidance, give advice on nutrition, carry out common fitness tests and plan fitness programmes that aid the progress of the client, taking their personal needs into consideration.

In addition the successful candidates will receive an internationally appreciated license that will qualify for European Register of Exercise Professionals (EREPS) membership, which will enable the candidates to work abroad as a personal trainer.

Form and content

FAF International Personal Trainer –programme will be taught mainly in English and the manuals are also in English. The programme will take approximately a year including 30 days (230 hours) of face to face learning, homework, a practice client with written reports and finally a practical assessment.

One does not need specific qualifications in order to enroll; therefore no education in the field of fitness and exercise is needed. We will, however, interview all the applicants in order to provide extra information regarding the programme and to view the applicant's motivation and needs.

The evaluation of the training consists of homework, a theory assessment, writing of the required reports and practical assessments. After having passed all the parts of the evaluation the candidates will receive both FAF International Personal Trainer license and CYQ International Personal Trainer license. The successful candidates can also apply for a level 3 REPS membership and they will be granted 20 REPS approved Continuous Professional Development (CPD) points.

Modules:

- Anatomy and physiology for exercise, Level 2 & 3
- Health, safety and welfare in a fitness environment
- Principles of exercise, fitness and health
- Know how to support clients who take part in exercise and physical activity
- Planning gym-based exercise
- Instructing gym-based exercise
- Applying the principles of nutrition as a part of a personal training programme
- Programming personal training with clients
- Delivering personal training session

