



CPD: Fundamentals of What is Functional Fitness

This course is for athletes and coaches who are interested in learning about Functional Fitness. It has been designed to supplement a coach's basic knowledge by providing additional information about what functional fitness is and how it can be used in training.

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 fitness?
- What is functional?
- Functional movement patterns
- Principles of functional movement patterns
- Examples of functional movement patterns
- Key factors affecting functional fitness

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 concepts that surround Functional Fitness specifically.

Prerequisites

You must have some basic understanding of fitness 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