



Session 1 (11hrs): (Split on two days)

The Energy Pathway:

1. ATP/CP athlete
2. Glycolytic athlete
3. Ooxidative athlete

The Strength Curve: (this is the most important part of any fitness study)



The seven factors;

1. The angle of Q
2. Fmax/Tmax
3. The angle of A
4. The Limit strength
5. Amortization (Transition phase)
6. The index of Force max and its relationship with Time max. (TUT)
7. The index of Time max and its relationship with Force max. (TUT)

How to improve above the seven factors..

The beginner, intermediate and advanced curve..

Muscle Fiber Type:

- Different fiber types and their characteristics
- How to determine your client muscle fiber type
- How heavy should your clients' workout
- Determining reps, sets and frequency
- The principle of Determining Training Loads for different sports
- The Inverted U
- Weight training programs

Session 2: (10hrs) (Split on two days)



Cardiovascular Theory:

- The cardiovascular training zones
- The Straight Line Formula
- The Karvonen Formula
- The Lactate Threshold and how it relates to VO2 Max
- The formula to calculate VO2 max
- Cardiovascular Training Programs:
 - The FITT principle
 - LSD, Intervals, LTHR runs and Peak interval
- Training programs for weight loss, general fitness, bodybuilders, athletes and Special population

Session 3: (8 1/2hrs) (Split on two days)



Nutrition:

BMR calculation

Estimating Caloric needs based on activity level and on hourly basis.

The 1:2:3; 1:2:4 and 1:2:5 rule of nutrition

The 5 rules for sound nutrition plan

The ISSA zigzag method to loose or gain weight

BMI calculations

Somatotype

Eating based on different body types

A practical approach to determine meal size

Supplement:



To use or not to use, (Are supplements for everyone?)

Learn the details about the different supplements categories:

- A. For muscle building.
- B. For fat loss.
- C. To increase anaerobic strength.
- D. To increase aerobic strength,
- E. To accelerate recovery.
- F. To fight free radicals (antioxidants)

When considering the use of supplements, these are the guidelines:

- 1) Specificity: which supplement to use to reach specific goals?
- 2) Dosage: what are amounts to be used (based on the following variables: Gender, weight, lean factor, lifestyle dynamics and sport engaged in) and what is the safe and adequate intake.
- 2) Periodicity: what the duration of use and how often the cycle could be implemented.

Session 4: (6hrs)

A-Flexibility:



- ✓ The 3T's of stretching
- ✓ Static, dynamic and PNF (CR) and (CA) methods
- ✓ Common mistakes

B-Assessment:



- ✓ Body composition, BP, peak flu meter....
- ✓ Fitness assessment
- ✓ Strength assessment
- ✓ Flexibility assessment

Session 5: (12hrs) Split on three days)

Practical Session:



- ✓ Weight lifting sound techniques and proper execution. (For all gym exercises and movements. (optimized techniques)
- ✓ The most advanced method to train the ABS (results under 2minutes a Day, only 3 times a week) GUARRANTEED!!! (Advanced Biomechanics)
- ✓ Different use of machines and free weight to enhance results.
- ✓ The common mistakes that trainers do.
- ✓ The DO's and Don't

Session 6 (3hrs)
Exam preparation

Session 7 (3hrs)
Final Exam



CFT course schedule 2019 (Qatar)

17.00-16.00	16.00-15.30	15.30-14.00	14.00-12.30	12.30-11.00	11.00-10.30	10.30-09.00	الثلاثاء x-1-2019
Training loads	استراحة	Strength Curve	غداء	Strength curve	استراحة	Energy pathway	
17.00-16.00	16.00-15.30	15.30-14.00	14.00-12.30	12.30-11.00	11.00-10.30	10.30-09.00	الأربعاء x-1-2019
Discussion	استراحة	Program Design	غداء	Program Design	استراحة	Training principles(FITT, 7principles)	
17.00-16.00	16.00-15.30	15.30-14.00	14.00-12.30	12.30-11.00	11.00-10.30	10.30-09.00	الخميس x-1-2019
Cardio progra	استراحة	Cardio principles 2	غداء	Cardio training principles 1	استراحة	Cardio training zone formulas	
		20.30-19.00	19.00-18.30	18.30-16.30	16.30-16.00	16.00-14.00	الجمعة x-1-2019
		Discussion	استراحة	Cardio programs	استراحة	Cardio programs	
17.00-16.00	16.00-15.30	15.30-14.00	14.00-12.30	12.30-11.00	11.00-10.30	10.30-09.00	الثلاثاء x-1-2019
Supplement	استراحة	Nutrition	غداء	Nutrition	استراحة	Nutrition	
Flexibility	16.00-15.30	15.30-14.00	14.00-12.30	12.30-11.00	11.00-10.30	10.30-09.00	الأربعاء x-1-2019
	استراحة	Flexi bility	غداء	Supplement	استراحة	Supplement	
17.00-16.00	16.00-15.30	15.30-14.00	14.00-12.30	12.30-11.00	11.00-10.30	10.30-09.00	الخميس x-1-2019
Anatomy & Physiology	استراحة	Anatomy & Physiology	غداء	Assessment	استراحة	Assessment	
				18.00-16.00	16.30-16.00	15.30-14.00	الجمعة x-1-2019
				Practical	استراحة	Practical	
				12.30-11.00	11.00-10.30	10.30-09.00	الثلاثاء x-1-2019
				Practical	استراحة	Practical	
				12.30-11.00	11.00-10.30	10.30-09.00	الأربعاء x-1-2019
				Practical	استراحة	Practical	
			Closure	12.30-11.00	11.00-10.30	10.30-09.00	الخميس x-1-2019
				Exam preparation	استراحة	Exam preparation	

Final Exam
