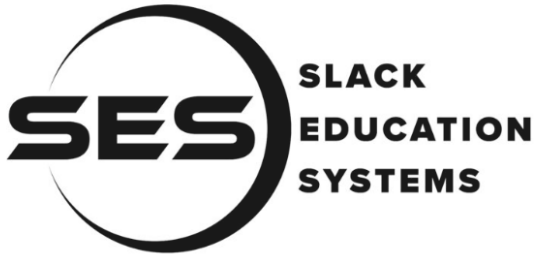




SES Level 1
Client-Centric
Movement & Cardiovascular
Assessment

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SES Level 1 → Client-Centric Movement & Cardiovascular Assessment

Gym/ Facility: GoodLife FITNESS (location determined by host club)

Job Title: Personal Trainer

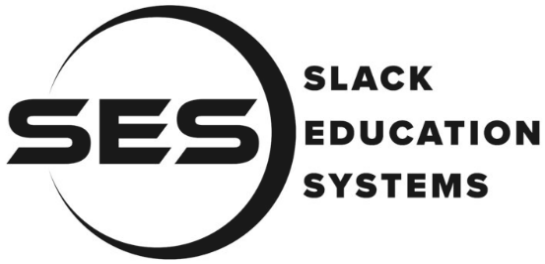
Course Description:

SES Level 1 - The Client-Centric Movement & Cardiovascular Assessment certification: Certificate is designed to provide certified personal trainers skills and knowledge in assessing and qualifying movements for externally loaded compound lifts and assess cardiovascular baseline of clients. Personal trainers will be educated on primal movement patterns and the assessment techniques that pertain to qualifying each movement. The trainers will have an opportunity to practice their skills hands-on in an authentic gym setting where they will gain experience in biomechanics and advancement in the fitness industry. This certification is valid for the PT Black Belt program to level up personal trainers from Level 2 to Level 3.

Learning Goals:

Upon completion of certification, personal trainers will have the ability to:

1. Assess movement patterns.
2. Identify anthropometrics of each client.
3. Model strong, on the floor, cueing skills with clients.
4. Discern and articulate primal movement patterns and the main lifts that pertain to them.
5. Use bands for banded distraction drills.
6. Use dowel for assessment techniques motor pattern grooving.
7. Identify and troubleshoot movement patterns and prescribe regressive to progressive drills/ exercises.
8. Repair kinetic chain for movement pathologies observed with overhead vertical pressing/pulling, horizontal pressing/pulling, primal squat mechanic, and primal hinge mechanic.



Learning Objectives:

1. Personal trainers will be able to bring clients on the floor and execute the client-centric assessment on cardiovascular health and primal compound movements.
2. Personal trainers will be able to develop a plan and strategies for mitigating identified movement pathologies.
3. Personal trainers will be able to communicate effectively with clients to identify and address their 'areas of opportunity'.
4. Personal trainers will be able to cue clients effectively to correct movement pattern pathologies and illicit psychomotor learning/ pattern grooving.
5. Personal trainers will be able to interpret and create regressive/ progressive exercises in their periodization schematic for client's needs.
6. Personal trainers will be able to analyze and develop a conclusion, based on observed movement patterns and discern which exercises are most relevant for client's needs.
7. Personal trainers will be able to use assessment tools, such as dowels, bands, and kettlebells.
8. Personal trainers will be able to create a client-centric skill acquisition program making the personal training experience 'personal' for each client.

Instructional Strategies:

The classroom will be on the gym floor where a range of activities are used to facilitate learning. These activities include instructor-led lectures, discussions, and demonstrations of the primal movements and the assessment techniques used to qualify them. The workshop will happen in a group setting where collaboration and groupwork are emphasized to develop interpersonal skills of personal trainers. An expert in this field will facilitate hands-on demonstrations in an authentic gym environment that will provide personal trainers valuable experience in the field of health and fitness.

Course Format: In-person (live course)

Course Learning Outcomes:

- Learners will be able to effectively use all relevant equipment to assess and advise clients on appropriate exercises and analyze cardiovascular health.
- Use bands for banded distraction drills.
- Use dowel for assessment techniques and motor pattern grooving.
- Identify and trouble shoot movement patterns and prescribe regressive to progressive drills/ exercises.
- Repair kinetic chain for movement pathologies observed with overhead vertical pressing/pulling, horizontal pressing/pulling, primal squat mechanic, and primal hinge mechanic.

Outcomes Day 1 (Friday):

- A.) Assess and analyze cardiovascular health and biomechanics/ anthropometrics of clients.
- B.) Discern and articulate all primal movement patterns and the main lifts that pertain to them.

Topics:

- Planes of Motion/ Joint Actions.
- Primal Movement Patterns.
- Upper body vertical movements (push/pull).
- Upper body horizontal movements (push/pull).
- Squat movement pattern.
- Hinge movement pattern.

Outcomes Day 2 (Saturday):

- C.) Use on the floor assessment techniques for cardiovascular fitness and biomechanics. Identify cardiovascular baseline and qualify movements for externally loaded lifts.
- D.) Prescribe progressive and regressive movements for clients.

Topics:

- Assessment tools.
- Qualifying movements using assessment techniques.
- Regressive to progressive movements.

Outcomes Day 3 (Sunday):

E.) Create skill acquisition program based on outcomes 'A thru D'.

Topics:

- Troubleshooting biomechanics and using distraction techniques.
- Motor pattern grooving and the psychomotor domain of learning.
- Client-centric periodization schematic and skill acquisition programming.

Admission Requirement(s):

1. Valid and up-to-date personal training certificate
2. Employment at GoodLife FITNESS
3. GoodLife FITNESS PT Black Belt Level 2 Personal Trainer or higher

Duration: 18 hours

Course Schedule: Friday to Sunday
8:30 a.m. to 2:30 p.m. (6 hrs) each day.

Textbook: Provided by SLACK Education Systems – SES Level 1 Handbook

Supplies & Equipment: Assessment tools will be provided by SLACK education systems for each personal trainer enrolled in the course. All tools provided, in SES black drawstring bag, will be for each trainer to keep. Gym facility will provide other equipment such as gym space, barbells, dumbbells, free weights, etc. Personal trainers are welcome to bring their own preferred tools for taking notes such as notepads, tablets, or laptops.

Topic Schedule:

Outcomes Day 1: A.) Assess and analyze movement patterns, anthropometrics, and cardiovascular baseline. B.) Discern and articulate compound primal movement patterns and the main lifts that pertain to them.		
Day	Topic	Duration
Friday Day 1	Planes of Motion/ Joint Actions/ Cardiovascular Fitness/ Karvonen Formula/ Stroke Volume	8:30 a.m. to 9:30 a.m.
Friday Day 1	Vertical Movement Patterns (push/pull)	9:30 a.m. to 10:30 a.m.
Friday Day 1	Horizontal Movement Patterns (push/pull)	10:30 a.m. to 12:00 p.m.
	LUNCH	12:30 p.m. 1:00 p.m.
Friday Day 1	Squat Movement Pattern	1:00 p.m. to 1:30 p.m.
Friday Day 1	Hinge Movement Pattern	1:30 p.m. to 2:00 p.m. (2:30pm end class if required)

Outcomes Day 2: C.) Use on the floor assessment techniques for assessing cardiovascular fitness and qualify clients for appropriate lifts. D.) Prescribe progressive and regressive movements for clients.		
Day	Topic	Duration
Saturday Day 2	Assessment Tools - Talk Test/ CO2 Tolerance/ Movement Screening	8:30 a.m. to 10:00 a.m.
Saturday Day 2	Qualifying Externally Loaded Movements Using Assessment Techniques	10:00 a.m. to 11:30 a.m.
	LUNCH	11:30 a.m. to 12:00 p.m.
Saturday Day 2	Regressive to Progressive Movements and Exercises	12:00 p.m. to 2:00 p.m. (2:30pm end class if required)

Outcomes Day 3: E.) Create skill acquisition program based on outcomes 'A thru D.'		
Day	Topic	Duration
Sunday Day 3	Troubleshooting Biomechanics and Distraction Techniques	8:30 a.m. to 9:30 a.m.
Sunday Day 3	Client-centric Cueing	9:30 a.m. to 11:30 a.m.
	LUNCH	11:30 a.m. to 12:00 p.m.
Sunday Day 3	Motor Pattern Grooving and the Psychomotor Domain of Learning	12:00 p.m. to 1:00 p.m.
Sunday Day 3	Client-centric Periodization Schematic and Skill Acquisition Programming	1:00 p.m. to 2:30 p.m.
End of Course	FINAL EXAM – Online Summative Evaluation	

Evaluation Plan:

Type	Percentage Worth of Grade
Attendance	Mandatory (PASS/ FAIL) (This intensive workshop cannot be passed without 100% attendance)
Summative Evaluation (online final exam)	100%

The final exam will be completed online after the course is completed. Trainers will be automatically emailed and will have 7-days to complete. Notes are allowed and unlimited attempts are permitted. A minimum grade of 80% is required to pass.

Passing Grade:

B- (80%)