



KBT & BWLA High Intensity Training Course – 1 day

Introduction

Advanced Physiological principles of (HIT) High Intensity Training, including exercise concepts and how to apply them.

Advanced H.I.T exercise and Physiology and workout routines

Applied H.I.T exercise and Physiology

Class room based learning for HIT.

1. The difference between Health and Fitness.
2. Human physiology and True exercise.
3. Muscular effort, exertion and in-loading.
4. Global metabolic conditioning and adaptation.
5. Central, peripheral and cardiovascular adaptations.
6. Discriminant Fat Loss.
7. Sub-maximal exercise and steady state exercise.
8. Exercise intensity, duration and frequency.
9. Science of exercise prescription: A dose-response relationship.
10. Application of specific exercise techniques; cadence, isolation vs. compound movements.
11. Exercise order and blood shunting.
12. Human survival instincts, mechanisms and change in perception.

Producing the adaptations of superior functional ability

Gym based learning and Advanced workout

1. Practical learning and demonstration of exercise movement techniques.
2. Client/trainer Communication when Performing High Intensity Training workout.
3. Experiencing the workout of your life.
4. Applying strength developing techniques correctly utilising isolation and compound movements.

Course Content

- 1 Classroom Based Learning
- 2 Gym Based Learning
- 3 Practical exam demonstrating ability to teach exercise techniques and Communicate with clarity the concepts behind them.





- 4 As part of the practical exam, demonstrate coaching skill, professional manner, encouragement and ability to deal with a metabolically distressed client.
- 5 Guidelines for designing and implementing Basic H.I.T workout.
- 6 Theory Exam based on completing a short paper explaining and underpinning the key concepts, both physiological and practical to demonstrate knowledge.
- 7 Q&A

Course Benefit

- 1 BWLA Recognised Strength & Conditioning Qualification.(Est 1957)
- 2 BWLA Membership
- 3 Kettlebelltrainer Level 2 recognised.
- 4 Optional Subsidised BWLA Public & Professional Liability Insurance
- 5 Optional Life insurance options
- 6 Opportunity to become a member of the Kettlebelltrainer National Coaching Team (Pending successful completion of the course and an interview with the KBT Team).

Course Cost - £249 Per person.



Accredited by BWLA The Official British Weightlifting Association since 1957.