



World Governing Body
for Weight Training Instructors

The Certificate in

Advanced Fitness Assessments

Subjects will include:

- *GXT Cardiovascular + Recovery & Efficiency tests*
- *Lung Power vs Lung Strength & Lung Volume tests*
- *Muscular Strength Tests vs Power Maximum tests*
- *Fitness Assessments vs Muscular Endurance Assessments*

Learn the skills behind totally effective assessments:

- *Glucose & Cholesterol testing made easy*
- *Maximal Oxygen Uptake (VO2 Max) testing*
- *Performing Static or Dynamic Fitness Assessments*
- *Using Bodystat analysis to assess Body Composition*

Free advice is always available to WABBA Members

Static or Dynamic

Testing options for all types of clients

- *Body composition tests*
- *Cardio-vascular fitness tests*
- *Endurance & Flexibility tests*
- *Neuromuscular strength tests*

Course Assessment

The Portfolio

- *Impress Prospective Employers With A Showpiece Folder On Fitness Trend Analysis & Assessments*
- *Complete an Online Test*

CALL THE HOTLINE TODAY

08450 - 941 - 941

