



World Governing Body
for Weight Training Instructors

The Certificate in

Advanced Sports Programme Writing

Subjects will include:

- *Active Rests + Training Less to Achieve More*
- *Building Macro, Meso & Micro Training Cycles*
- *Secrets behind getting clients in the best shape of their lives*

Learn the skills behind totally effective Programming:

- *Exercise Training Factors Used By Full-Time Professionals*
- *Understanding how ETF's can be used on everyday clients*
- *Why Periodisation and the WABBA P.A.C.E. charter work!*

Free advice is always available to WABBA Members

Sports Specific

- *4 Steps To A Perfect Programme*
- *Effective Planning Skills*

The Training Year

Making Every Year A Productive Year

- *What Are Pre-Season & Transitional Training Phases?*
- *Competition Training Strategies*
- *Macro, Meso & Micro Cycles*

Course Assessment

The Portfolio

- *Impress Prospective Employers With A Showpiece Exercise Programmes Folder*
- *Complete an Online Test*

CALL THE HOTLINE TODAY

08450 - 941 - 941

