



## Advanced Fitness & Bodybuilding Trainer Specialist Certification Course

### What is the IFBB Certification Course?

The certification course called “Advance Fitness & Bodybuilding Trainer Specialist” was created by the IFBB Educational Commission to serve as a tool to promote all the affiliated National Federations either financially and institutionally.

### Who has the permission to delivery the course on the countries?

All the IFBB affiliated National Federations may have the permission to be the representative of this course program, with exclusivity at their countries, by signing a contract (attached) and paying an annual fee.

### How the course can be sold?

It is a course program formatted to be sold using the nowadays facilities of the Internet: After the subscription and payment by the individual, the National Federation sends the course modules to a valid e-mail account (informed by the individual on the subscription file). After studying the course material, the student asks the National Federation for the evaluation of the respective module. The process is repeated until the 4<sup>th</sup> and last module. Thus, at the end of the course, the student will have studied 13 different themes, related to weight training science, and will have answered to 4 evaluations.

Microsoft Excel - Evaluation Module I.xls

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**Advanced Fitness & Bodybuilding Trainer Specialist**

**Evaluation - Module I**

How to fill the electronic formulary:

- 1) Use the mouse to choose the desired alternative.
- 2) Only one alternative for each test, with the exception of questions 12 e 16.

Nombre:

1) The FT muscle fibers have a metabolism with characteristic:

- a) Glucolitic
- b) Oxidative
- c) Metabolic
- d) Enzymatic
- e) Catabolic

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Figure 1 shows the Electronic formulary with automatic correction for the evaluation of each module. When you receive the formulary back from the student, just enter a password to see the automatic corrections with the number of right and wrong alternatives.



### **Who can apply for the course?**

The course program is composed of 13 themes that approach the most important areas of interest for any individual that wants to begin a carrier as a Personal Trainer or Weight training specialist as well as to coordinate a fitness and weight training room or to be the owner or director of a health club.

### **In what languages the course is formatted?**

The course is already formatted in English and Spanish. The National Federations that bought the rights to sell the course on countries that do not speak English or Spanish have translated the study material to their original language.

Note: Even in some countries that do not speak English or Spanish the course is being sold in these two languages. Nowadays a lot of people speak one of these two languages besides of his country's language.

### **The course can be followed with easy by anyone?**

All the material is constantly updated and is elaborated in a very didactic manner to facilitate the learning process. Each theme (or chapter) begins with a "Chapter Outline" and ends with study questions that help the student to retain the acquired knowledge and to prepare for the final evaluation of each module.

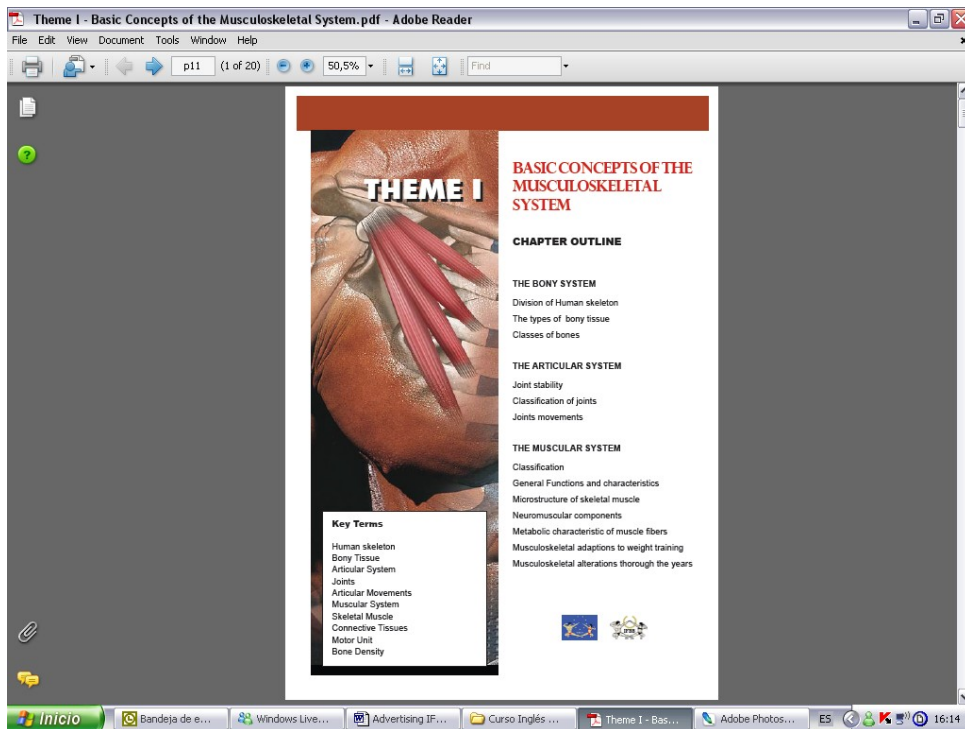


Figure 2 shows the first page from the first chapter of module I of the course. Note the Chapter Outline and the Key Terms.



### **How the National Federation would evaluate the individual that subscribed for the course?**

The 13 themes are divided in 4 modules and there is one evaluation for each module.

The 4 evaluations are made on multiple choice electronic formularies that can be easily sent via e-mail to the student who 1) answer the questions, 2) save the file and 3) send it back to the National Federation.

After completion of the above mentioned steps the student is ready to receive the diploma. The completion of at least 50% of right alternatives from each evaluation is required to receive the diploma.

### **Who issues the diplomas from this course?**

The diploma of each student will be issued by the IFBB upon a written request from the National Federation.

### **What are the prerequisites to introduce the course on an IFBB affiliated National Federation?**

The course program was prepared so that it can be controlled by just one person and also to require the minimum work and expense possible. Thus, one person from the National Federation could easily control the subscriptions received, send the modules to the students (after assuring they have paid), open the electronic evaluations to check the number of wrong or right alternatives answered by the student, and request the issuing of the certificate to the IFBB.

Also, the electronic formularies are self-correctibles and protected by a password so that only the designated person from the National Federation can open it to visualize the auto-correction data.

One hour work per day is enough to fully control the course program even in big size and populated countries, where supposedly the demand would be greater.

The only work that the National Federations will have is to make a good media advertisement of the IFBB course program all over the country and have a computer with access to broad band internet connection and a valid e-mail account with good capacity to send and receive big size archives.

The possibility to provide the payment via credit card would be also a very effective tool to sell the course via internet.

### **Why should I introduce this course at my National Federation?**

National Federations that are already selling the IFBB course program are having a great success on the promotion of their names as “The Weight Training Authority on their country” and are also having an expressive increase on their financial profit.



### **What are the other advantages for introducing the course program?**

- Certificates issued by IFBB, the World Authority on Weight Training;
- Prestige of the worldly recognized IFBB logo;
- Exclusivity (no other entity can give this course at your country);
- A way to have an educational and financial structure to help on the development of the National Federations;
- Guaranteed first level educational material;
- Marketing support material to help the development of an “image” by the national federations;
- Computer based exams, made on electronic formularies with automatic correction;
- More than 1000 pages of updated material from the most important areas of weight training exercise.

### **How can my National Federation apply to the IFBB course program?**

The president of the IFBB affiliated National Federation must print 2 copies of the contract, fill the requested spaces and send one copy to IFBB President Office in Madrid at Calle Jaén, 8 – 28049 – Madrid – Spain.

To fasten the process you can also send the copy of the contract with the copy of the invoice to the IFBB President Office in Madrid at the number +34 91 535 0230. As soon as IFBB receive your fax and payment, it will proceed with the sending of the course material to your National Federation via e-mail or courier.

### **Who should I contact if I have further questions?**

You can contact with professor Mauricio de Arruda Campos, from the IFBB Educational Commission, at the e-mail: [mauricio@santonja.com](mailto:mauricio@santonja.com) or at the phone number +34 91 535 2819 on the IFBB President Office in Madrid –Spain.