

IFBB ACADEMY

BODY BUILDING AND FITNESS CERTIFICATIONS

IFBB ACADEMY STUDENT HANDBOOK



IFBB ACADEMY STUDENT HANDBOOK

“In sport, there are no limitations, no barriers of race, religion, politics or culture. In sport, we are in touch with each other. Bodybuilding is important for Nation Building.”

Ben Weider, C.M., C.Q., SBStJ, Ph.D., Founder and Honorary Life IFBB President

IFBB

The International Federation of Body Building and Fitness (IFBB) was founded in 1946 in Montreal, Canada by brothers Ben and Joe Weider. Since then the IFBB has grown to include National Federations from 186 countries worldwide. Current president of the IFBB is Dr Rafael Santonja.

In 1971, the IFBB became a member of the General Association of International Sports Federations (GAISF) now SportAccord. The IFBB is also affiliated with the International Council of Sports Science and Physical Education (ICSSPE), the International Pierre de Coubertin Committee and the International Council for Coach Education (ICCE).

The IFBB is a founding member of the International World Games Association (IWGA) and has competed as a medal sport in all World Games since the inaugural Games in 1981.

The IFBB is recognized by 90 National Olympic Committees and participates in several Regional Games that are recognized by the International Olympic Committee (IOC). The IFBB is also a Signatory to the World Anti-Doping Agency Code and its anti-doping rules are in line with the 2009 WADA code.

The IFBB holds more than 1.000 competitions annually at national, regional, continental and World championship level in many competitive categories including:

- Juniors, Seniors and Masters in Men's and Women's Bodybuilding
- Men's Classic Bodybuilding
- Men's and Women's Fitness
- Women's Bodyfitness, Women's Bikini
- Men's and Women's Athletic Fitness

As the worldwide authority in Body Building and Fitness, the IFBB offers through its Academy an extensive Educational Program that provides certifications for Body Building, Fitness, Health and Sport related individuals from a variety of academic and professional backgrounds.

IFBB Academy

The International Federation of Bodybuilding & Fitness is please to announce launch of the new IFBB Online Courses for Trainers and Coaches; incorporating a very comprehensive program of lessons available worldwide.

Bodybuilding is a sport but also a lifestyle. The combination of bodybuilding & fitness nutrition and training techniques are the most effective anti-aging tool. It is our duty therefore to train and prepare fitness specialists that will contribute effectively to our sport but most importantly to the creation of a healthier and fitter society.

One of the main goals of the IFBB Academy is to provide a unique educational program for coaches, personal trainers and health and fitness professionals worldwide that offers academically exceptional courses and at the same time incorporates the prestige and acknowledgement deriving from the IFBB name.

Our certification programs offer up-to-date scientific information in combination with hands-on practical education in a variety of subjects that includes human anatomy, physiology, kinesiology, anthropometrics, nutritional science, sport medicine, weight training, strength training, and specialty education in children and elderly training, injury rehabilitation, medical conditions etc.

This work has been made possible through the close cooperation of our Educational Commission providing all the assistance for the effective implementation and use of this system online.

The certifications awarded by the Academy are recognized by the IFBB, the leading authority in Body Building and Fitness, in 186 countries worldwide. The courses are currently available in English, Spanish, Portuguese and Greek and are in the process of being translated to several other languages as well.

IFBB ACADEMY STUDENT HANDBOOK

REGISTRATION POLICIES

The first step towards your certificate is of course the registration process.

In order to register to our website you need to fill in the registration form with your personal information. You will find this form by clicking on the **REGISTER NOW** button you will find on our home page.

The information you will provide will be safely stored as mentioned in our Privacy Policy Statement. After the registration procedure is completed you will receive an email asking you to activate your account. Once your account has been activated you will be able to browse our website and buy any course you are interested in.

PURCHASES

While browsing in our available courses section you will notice a purple button with the price of the course written on it.

In order to buy the course you will need to click on the button and enter your credit card information. Our website has an SSL security certificate and all transactions will take place through JCC. As mentioned in the Privacy Policy statement we will not store your credit card information.

Upon acceptance of your transaction, you are immediately given access to the study material which will be available for downloading in the section of the course you have bought. **Please note that due to this provision, all sales regarding online courses are final and not subject to refund.**

It is possible for a student to request posting of printed materials as an alternative at an additional fee however this method is discouraged as we prefer students to become familiarized with the online study procedure. In such cases students should contact us via email to our website's official email address (info@ifbbeducation.com).

PREREQUISITES

You must be at least 18 years old to register to our website and buy IFBB Academy courses.

MANAGING PERSONAL INFORMATION AND COURSE DETAILS

Your personal information, information about the courses you have bought and upcoming exams can be found in your **Profile** section. Your Profile section will be visible only when you are logged in the IFBB Academy website.

You can also edit your personal information and view information such as invoices for the courses you have purchased, course study period dates, exam dates and final grades.

PLEASE NOTE:

Although there are no limitations concerning the order in which you buy the courses, it is recommended to begin with the basic level courses (Basic Nutrition, Personal Trainer) before moving on to the advanced level courses (Advanced Nutrition, Advanced Body Building and Fitness Trainer).

Moreover, although there are is no particular limitation concerning the amount of courses you may buy at the same time, it is strongly recommended that you register to one course at a time since as you will see in the Study Procedure section, you have a limited amount of study time for each course and a limited amount of time for the examination process.

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IFBB EDUCATIONAL SYSTEM

As you can see from the table below the IFBB Academy Educational Program is comprised by three main sections:

The Online Courses section

The Onsite Courses and workshops section

The Practical Experience section

Sections	Credits
Online courses	
Basic Nutrition	15
Advanced Nutrition	25
Personal Trainer	80
Advanced Body Building and Fitness Trainer	120
Onsite Courses and workshops	
Specialist Course 1	30
Specialist Course 2	30
Practical Experience	
Practical Training	20
Internship	70
First Aid, CPR, AED Certificates	10
Title to be awarded: IFBB Professional Practicing Diploma in Body Building and Fitness	Total: 400 Credits

The **Online courses** section is designed to be available worldwide via the Internet. When designing the program, the IFBB specialists have emphasised in this particular section, the theoretical aspect of the field of Body Building and Fitness, covering a vast selection of subjects such as Applied Kinesiology, Sports Nutrition, Physiology, Gym Administration and many more.

As most e-learning programs available, the IFBB Academy Educational program is designed to be a flexible alternative to campus-based education and allows you to do as much or as little study as you can alongside your job. Since your study is flexible, you can earn while you learn!

Online courses are the ideal solution for individuals who have already started on their career, who want a professional certification but don't want to be in full-time education, who are working to support themselves but most importantly for individuals who can spare a few hours a week to study. You can choose whether to study full time, part time, or in your spare time.

This individual study process is counterbalanced by the Onsite courses and workshops section, designed to provide the necessary applied practice of the theoretical knowledge acquired by the Online section, as well as a meeting place and a constructive discussion environment for IFBB Academy students. The students are required to participate in two Onsite courses.

Students will be notified either via email or by announcement on the website if an onsite course is available. Remember to check our website's "Upcoming Onsite Courses" section for information. There you will find information on the content of the course, the dates, the location, the duration and the pricing of the event as well as instructions on how to register.

The third part of the IFBB Education System is the Practical Experience section. As the IFBB Academy Educational Program is considered a professional educational program, there is a compulsory Practical Experience section as an essential part of your education particularly because of the nature of the subjects of Body Building and Fitness.

The IFBB Academy wants to ensure that you have all the necessary Practical Experience to become a qualified Body Building and Fitness professional with a universal education - both theoretical and practical- therefore the students are required to complete successfully three Practical Experience modules:

Practical Training:

Firstly, students are required to train in a regular basis in a professional gym environment so as to apply the acquired knowledge correctly with the help of Body Building and Fitness professionals. Students will be required to provide evidence that they have trained in a gym regularly during the period of study (for at least eight (8) months, starting from the date of their first registration to an online course until the successful completion of all four online courses and onsite courses).

The Practical Training form must be filled in and signed by a qualified staff member and the gym manager or gym owner as evidence that you have successfully trained in all marked fields in the Practical Training form, within the time-period mentioned above. All exercises must be performed under the supervision of a *qualified staff member (see provisions for qualified staff in the Internship section) that will act as the student's supervisor.

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PLEASE NOTE:

Any fees arising from gym memberships are at the students' expense.

The student is responsible to acquire sufficient practical training at all the necessary fields mentioned in the form.

Most importantly, it is their own responsibility to find a *qualified staff member to serve as their mentor.

Gym establishments are not required to accept or remunerate interns, these decisions remain at the establishment owner's discretion.

Internship:

After the successful completion of the first two sections (Online and Onsite Courses) and therefore the completion of your Training period (Practical Training period), you are required to intern at a professional Gym establishment and the duration of this internship should be at least three months. As a student of a professional educational program, familiarisation with your future work environment is perhaps one of the most important parts of your training process.

Students should find a *qualified member of the staff that will act as their "mentor" during their internship. A qualified "mentor" is considered to be:

- an individual who has acquired a university degree in Sports Science, Physical Education or any relevant scientific field
- an individual that has acquired any other diploma recognised by the IFBB
- an individual that is otherwise recognised as qualified by the IFBB

The "mentor" should assign the intern tasks related to specific subjects as mentioned on the internship form.

Please note that all tasks should be performed strictly under the supervision of the "mentor". At the end of the internship the "mentor" should evaluate the student by completing and signing the Internship form. This internship should be seen as an opportunity to acquire hands on coaching work experience as well as a head start for your future career.

PLEASE NOTE:

Students are responsible for any agreement between them and the establishment concerning their internship. It is their own responsibility to inform the gym owner/manager about their intention to intern at their establishment, it is their responsibility to inform the owner/manager and the "mentor" about the nature and the content of the internship.

First Aid, CPR, AED Certificates:

Finally, it is of seminal importance that the students either possess valid (non-expired):

- Medic First Aid
- CPR (cardiopulmonary resuscitation)
- AED (automated external defibrillator)

training certifications (separate certifications or combined) or obtain them during the period of their study.

These certifications are issued at your own expense from a government recognised organisation specialising in providing this kind of training. Note that many of these programs are sponsored by government authorities.

PLEASE NOTE:

Internet Medic First Aid, CPR and AED certifications will not be accepted. Certificates issued by non government recognised bodies will not be accepted.

All certificates should have an expiration date of at least three months following the date of submission of the Certification Form for the Professional Practicing Diploma in Body Building and Fitness. It is your own responsibility to renew these certificates once they have expired.

Once the remaining two modules of the Practical Experience section are successfully completed, the student is considered to be eligible to apply for the IFBB Professional Practicing Diploma in Body Building and Fitness.

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Applying for your certificate

Students should present the following evidence to the MBFA HQ alongside the Certification form for the IFBB Professional Practicing Diploma in Body Building and Fitness, in order to apply for the IFBB Professional Practicing Diploma in Body Building and Fitness.

- A copy of the following certificates:

1. Basic Nutrition Certificate
 2. Advanced Nutrition Certificate
 3. Personal Trainer Certificate
 4. Advanced Body Building and Fitness Trainer Certificate
 5. Onsite Course Certificate 1
 6. Onsite Course Certificate 2
 7. Medic First Aid Certificate*
 8. CPR (cardiopulmonary resuscitation) Certificate*
 9. AED (automated external defibrillator) Certificate*
- * individual or combined.

- The following original (filled and signed) forms that you will find at the end of this handbook:

1. The Practical Training form filled by the student's supervisor and signed by the student, the supervisor and the Gym manager / owner.
2. The Internship form filled by the student's supervisor and signed by the student, the supervisor and the Gym manager / owner.

- A fee of 250 euros for the assessment of your application and also for the issuance and postage of your certificate.

Each application will be processed, if the evidence are considered insufficient, incomplete or false, an MBFA administrator will contact the applicant. If the evidence are considered complete the application will be forwarded to the IFBB HQ and the Diploma will be sent to the applicant via mail. Please allow sufficient time for the Diploma to arrive.

PLEASE NOTE:

You need to complete all three parts of the IFBB Educational Program in order to be eligible to apply for the IFBB Professional Practicing Diploma in Body Building and Fitness.

- 240 credit points are acquired through the successful completion of the four online courses (Basic Nutrition certificate: 15 credits, Advanced Nutrition certificate: 25 credits, Personal Trainer certificate: 80 credits, Advanced Body Building and Fitness Trainer certificate: 120 credits).

- 60 credit points are acquired through the successful completion of two onsite courses (30 credits for each certificate).

- 50 credit points are acquired through the successful completion of the practical experience requirements (Practical Training: 20 credits, Internship: 70 credits, First Aid, CPR, AED certificate(s): 10 credits).

As marked in the IFBB Education Program diagram shown in page 4, you must acquire 400 credit points in total:

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STUDY AND EXAM POLICIES (Online courses)

In this section we will provide information on how the study procedure for our courses is conducted.

Upon the acceptance of your transaction regarding the course fees your Profile section will be updated to include the study information regarding the course you have bought (study period start and end date, exam dates and a countdown warning informing you about the remaining days left until your exam).

You are allowed a certain amount of days for studying depending on the online course you have chosen, as you can see on the table below. **The course start date shall be taken to be the date upon which the student makes their payment for the course** as you have immediate access to the course material.

PLEASE NOTE:

The IFBB Academy Program is a **self-study program** meaning that it is your own responsibility to study and comprehend the material provided in order to pass the examinations.

After the end of the study period the exam button in your Profile will be activated meaning that the examination period has began. It is suggested that you study your material before taking your exam. All the questions included in the exam will be based on the material provided online. You will have the opportunity to take your test online.

When you click on the Exam button, a pop up window will appear and will guide you through the exam. The test for each course consists of a series of multiple choice questions which you need to answer.

You will have a limited amount of time to complete the test! Make sure that you have studied the material adequately before taking the test and most importantly, use the test time wisely! Once you have completed the test, you will see your test results immediately and you will also receive an email informing you on the results as well.

If you pass the exam then you will have successfully completed the course. Upon successful completion of each individual course you will receive a certificate validating your success.

If you are not able to pass the exam from the first attempt then you are given one more attempt to pass your exam however this attempt is to be made within a certain time frame (see table). All information will be available in your Profile section. You will also receive email notifications informing you on the remaining days left until your next examination attempt.

If you fail to acquire the passing mark at both attempts, then you have the possibility to **purchase** a third and final attempt. All information will be available in your Profile.

PLEASE NOTE:

It is highly recommended to get organised in order to allow yourself the time to review the material before continuing on to the second or third attempt.

Your certification will be cancelled and NO REFUND or reinstatement will be applied if the examination period expires and you have not attempted to take the exam or if you fail to acquire the passing mark after all examination attempts. You will have to reregister to the course, pay the full amount of fees and repeat the study procedure if you wish to pass your exam.

Everyone must complete all exams in order to graduate and get certified. All marks are final and not subject to negotiation. NO EXCEPTIONS.

Course	Credits	Passing Grade	Duration of study period	Number of attempts to pass online exam	Time frame during which you use these three attempts
Personal Trainer	80	50%	90 days	2+1 payable	60 days
Basic Nutrition	15	50%	30 days	2+1 payable	60 days
Advanced Nutrition	25	50%	60 days	2+1 payable	60 days
Advanced Body Building and Fitness Trainer	120	50%	90 days	2+1 payable	60 days

STUDY AND EXAM POLICIES

(Onsite courses)

Registration and purchase of Onsite Courses and workshops:

Onsite courses are usually two or three day events during which you will have the opportunity to have hands-on practice on specific fitness and nutrition subjects but also the chance to meet other IFBB Academy students and socialize in a constructive and friendly environment.

Throughout the event a specialist will give a lecture on a specific subject and then a related practical workshop will be conducted through which you will have the chance to apply the theoretical knowledge you have acquired from the lecture. At the end of the event the lecturer will assess your participation and if it is successful you will receive a certificate validating your success.

Students will be notified either via email or by announcement on the website if an onsite course is available. Remember to check our website's "Upcoming Onsite Courses" section for information. There you will find information on the content of the course, the dates, the location, the duration and the pricing of the event as well as instructions on how to register.

All rules apply to all students. NO EXCEPTIONS.

For additional information or enquiries please refer to the MBFA HQ:

MBFA
257, Strovolos Avenue
2051, Strovolos
Nicosia, CYPRUS

Tel: +357-22320144
Fax: +357-22434828
Email: info@ifbbeducation.com

Practical Training Form (Application for credits)

for students aiming to obtain the Advanced Practicing Diploma in Body Building and Fitness.



The Practical Training program should be undertaken by students who are currently enrolled in IFBB Academy Courses. This document should be filled and presented alongside all necessary documents in order to obtain the Advanced Practicing Diploma in Body Building and Fitness. For more details please refer to the IFBB Academy Student Handbook.

IMPORTANT:

You affirm that your physician has approved of your decision to participate in this Practical Training program. Please note that exercises should be performed with moderate intensity for safety reasons. The purpose of this practical training program is to learn how to perform these exercises correctly.

All exercises and/ or other tasks should be performed strictly under the supervision of a qualified* trainer.

*for details on what constitutes a **qualified** trainer, please refer to the IFBB Academy Student Handbook.

GENERAL INFORMATION (PLEASE WRITE IN BLOCK CAPITALS)

Student (Full Name)	<input type="text"/>
Qualified* Trainer (Full Name)	<input type="text"/>
Gym establishment name	<input type="text"/>

CHECKLIST (to be completed by the qualified* trainer)

Please mark (x) all the tasks that have been performed correctly by the student under your supervision.

1. Freeweight equipment

The student is able to operate freeweight equipment and perform various exercises correctly using different types of freeweight equipment.

Barbells	<input type="checkbox"/>
Dumbbells	<input type="checkbox"/>
Benches	<input type="checkbox"/>
Racks	<input type="checkbox"/>

2. Selectorised Stack Machines

The student is able to operate Selectorised Stack Machines and perform various exercises correctly using different types of Selectorised Stack Machines.

Leg Press	<input type="checkbox"/>	Rotary Torso	<input type="checkbox"/>
-----------	--------------------------	--------------	--------------------------

- | | | | |
|-------------------|--------------------------|------------------|--------------------------|
| Chest Press | <input type="checkbox"/> | Dip Chin assist | <input type="checkbox"/> |
| Pectoral Fly | <input type="checkbox"/> | Leg extension | <input type="checkbox"/> |
| Shoulder Press | <input type="checkbox"/> | Leg Curl | <input type="checkbox"/> |
| Lateral Raise | <input type="checkbox"/> | Hip Adductor | <input type="checkbox"/> |
| Rear Delt/fly | <input type="checkbox"/> | Hip Abductor | <input type="checkbox"/> |
| Lat Pulldown | <input type="checkbox"/> | Rotary Hip | <input type="checkbox"/> |
| Seated Row | <input type="checkbox"/> | Calf Press | <input type="checkbox"/> |
| Arm Curl | <input type="checkbox"/> | Cable Cross Over | <input type="checkbox"/> |
| Seated Dip | <input type="checkbox"/> | | |
| Triceps Extension | <input type="checkbox"/> | | |
| Abdominal | <input type="checkbox"/> | | |
| Abdominal Crunch | <input type="checkbox"/> | | |
| Back extension | <input type="checkbox"/> | | |

3. Cardio Equipment

The student is able to use Cardio machines correctly and is familiarised with their functions.

- | | |
|---------------|--------------------------|
| Exercise bike | <input type="checkbox"/> |
| Spinning bike | <input type="checkbox"/> |
| Treadmill | <input type="checkbox"/> |
| Stepper | <input type="checkbox"/> |
| Elliptical | <input type="checkbox"/> |
| Rower | <input type="checkbox"/> |

4. Practical Training Principles

The student is able to experiment with the following principles and implement them correctly in a weight training program according to the Practical Training Principles subchapter of the Training Cycles module, Personal Trainer Course.

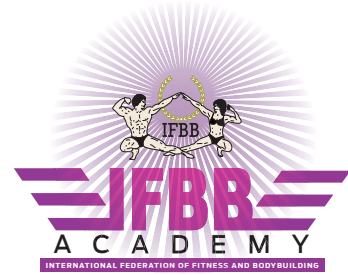
- | | | | |
|----------------------------------|--------------------------|---|--------------------------|
| Basic training principles | <input type="checkbox"/> | Intermediate training principles | |
| Progressive load principle | <input type="checkbox"/> | Principle of reducing rest time | <input type="checkbox"/> |
| Muscular priority principle | <input type="checkbox"/> | Principle of pyramid training | <input type="checkbox"/> |
| Isolation principle | <input type="checkbox"/> | Super set principle | <input type="checkbox"/> |
| Muscle confusion principle | <input type="checkbox"/> | Compound set principle | <input type="checkbox"/> |
| Split training principle | <input type="checkbox"/> | Circuit training principle | <input type="checkbox"/> |
| Congestion principle | <input type="checkbox"/> | | |

Advanced training principles

- Momentum or cheating principle
- Tri set principle
- Giant set principle
- Pre-exhaustion principle
- Continuous Tension Principle
- Heavy Duty Principle
- Slow negatives principle
- Forced repetitions principle
- Descending sets principle
- Principle of eclectic training
- Principle of velocity

Practical Training Form (Application for credits)

for students aiming to obtain the Professional Practicing Diploma in Body Building and Fitness.



DECLARATION

I _____ (student full name) certify that I have trained under the supervision of a qualified* trainer _____ (trainer full name), in the premises of _____ (Gym establishment name) **for at least 8 months starting from the date of my first subscription to an IFBB Academy course up until the date that I have successfully completed of all four Online Courses and two Onsite Courses,** between _____ (dd/mm/yy) and _____ (dd/mm/yy) and I have mastered all of the aforementioned subjects and exercises as described throughout the IFBB Academy Program material that I have studied thoroughly.

I understand that providing false or misleading information on this form, may lead to suspension or termination of my IFBB Academy membership and revocation of all certifications.

By signing this form I certify that the information on this Practical Training Form is complete, true and accurate.

Signatures

Student

Qualified* trainer

Gym owner/manager

Date

We certify that all the information given regarding the Practical Training requirements is complete and correct. We understand that providing false or misleading information on this form, may lead to suspension or termination of the student's IFBB Academy membership and revocation of all certifications.

Gym manager/owner

Full Name		
Gym establishment name		
Address		
Telephone		
Email		
Signature	Date	

Qualified* Trainer

Full Name		
Address		
Telephone		
Email		
Signature	Date	

Student

By signing this form I certify that I have sufficiently trained under the supervision of a qualified* trainer in the premises of a professional gym establishment between during the noted time period and I have mastered the all of the necessary exercises as described in the IFBB Academy Program material. I understand that providing false or misleading information on this form, may lead to suspension or termination of my IFBB Academy membership and revocation of all certifications.

Full Name:		
Address:		
Telephone:		
Email:		
Signature	Date	

PLEASE FILL AND RETURN THIS PRACTICAL TRAINING FORM TO:
Secretary of IFBB Educational Committee
257, Strovolos Avenue
2051 Strovolos
Nicosia, CYPRUS

For official use

Date received:

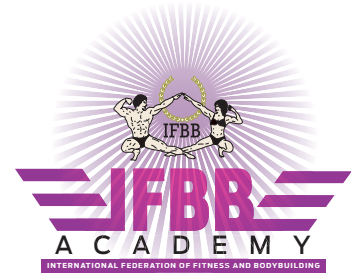
Name and signature of receiver:

Approved	<input type="checkbox"/>
Rejected	<input type="checkbox"/>
Incomplete	<input type="checkbox"/>

Internship Form

(Application for credits)

for students aiming to obtain the Professional Practicing Diploma in Body Building and Fitness.



The Internship program should be undertaken by students who have successfully completed the four Online Courses, two Onsite Courses and the Practical Training requirements as marked in the IFBB Academy Student Handbook.

IMPORTANT:

You affirm that your physician has approved of your decision to participate in this Internship program. Please note that exercises should be performed with moderate intensity for safety reasons. The purpose of this internship is to learn how to perform these tasks and exercises correctly.

All exercises and/ or other tasks should be performed strictly under the supervision of a qualified* trainer.

*for details on what constitutes a **qualified** trainer, please refer to the IFBB Academy Student Handbook.

GENERAL INFORMATION (PLEASE WRITE IN BLOCK CAPITALS)

Student (Full Name)

Qualified* Trainer (Full Name)

Gym establishment name

CHECKLIST (to be completed by the qualified* trainer)

Please mark (x) all the tasks that have been performed correctly by the student under your supervision.

A. GYM MANAGEMENT

1. Client Physical Condition Assessment

Conducting client Physical Assessments

Design and implementation of specialised training programs

Managing Client files

2. Gym safety

- Design and preparation of a weight training room
- Staff and Gym safety precautionary measures
- Emergency Procedures

3. Gym administration

- General Gym rules and Policies
- Equipment maintenance
- Tasks and responsibilities of each staff member in a Gym
- Customer Relations and client satisfaction

B. TRAINING

4. Basic Exercises

- Warm up exercises (as described in the Training Cycles module, Personal Trainer Course)
- Stretching exercises (as described in the Training Cycles module, Personal Trainer Course)
- Basic breathing and muscle relaxation exercises (as described in the Training Cycles module, Personal Trainer Course)

5. Cardiovascular Training

The student is able to use the following machines correctly and is familiarised with their functions in combination with the theoretical knowledge provided in the Cardiovascular Training subchapter of the Training Cycles module, Personal Trainer Course.

- Exercise bike
- Spinning bike
- Treadmill
- Stepper
- Elliptical

6. Practical Training Principles

The student is able to experiment with the following principles and implement them correctly in a weight training program according to the Practical Training Principles subchapter of the Training Cycles module, Personal Trainer Course.

Basic training principles

- Progressive load principle
- Muscular priority principle
- Isolation principle
- Muscle confusion principle
- Split training principle
- Congestion principle

Intermediate training principles

- Principle of reducing rest time
- Principle of pyramid training
- Super set principle
- Compound set principle
- Circuit training principle

Advanced training principles

Momentum or cheating principle

Tri set principle

Giant set principle

Pre-exhaustion principle

Continuous Tension Principle

Heavy Duty Principle

Slow negatives principle

Forced repetitions principle

Descending sets principle

Principle of eclectic training

Principle of velocity



7. Advanced Exercises

The student is able to perform correctly the following exercises as described in the Kinesiology and Biomechanics Applied to Weight Training module, Advanced Body Building and Fitness Trainer course:

- 45 degree French Press**
(Muscles involved: Triceps brachii medial head, Triceps brachii lateral head, Triceps brachii long head, Acnoneus)
- Ab Cruch**
(Muscles involved: Rectus abdominis, external oblique, internal oblique)
- Barbell Bench Press**
(Muscles involved: Pectoralis major, Pectoralis minor, Anterior deltoid, serratus anterior, coracobrachialis, triceps brachii)
- Barbell Lunge**
(Muscles involved: vastus lateralis, vastus medialis, rectus femoris, gluteus maximus, biceps femoris, semitendinosus, semimembranosus, erector spinae)
- Barbell Reverse Curl**
(Major muscle involved: brachialis)
- Barbell Shrug**
(Muscles involved: rhomboid, upper trapezius, levator scapulae)
- Barbell Squat**
(Muscles involved: vastus lateralis, vastus medialis, vastus intermedius, rectus femoris, biceps femoris, semitendinosus, semimembranosus, gluteus maximus)
- Bench Dip**
(Muscles involved: triceps brachii, anterior deltoid, upper pectoralis major)
- Bent Over Barbell Row**
(Muscles involved: latissimus dorsi, teres major, rear deltoid, trapezius, rhomboid)
- Bent Over Lateral Raise**
(Muscles involved: infraspinatus, teres major, rear deltoid, trapezius, rhomboid)
- Cable Crossover**
(Muscles involved: pectoralis major, anterior deltoid, coracobrachialis, serratus anterior, pectoralis minor)
- Cable Crunch**
(Muscles involved: rectus abdominis, internal obliques, external obliques, transverse abdominis)
- Close Grip Bench Press**
(Muscles involved: anterior deltoid, pectoralis major, upper and lower trapezius, serratus anterior, triceps brachii)
- Concentration Curl**
(Muscles involved: Biceps brachii, brachialis, brachioradialis)
- Deadlift**
(Muscles involved: pectoralis major, pectoralis minor, coracobrachialis, anterior deltoid, serratus anterior, triceps brachii)
- Decline Bench Crunch**
(Muscles involved: rectus abdominis, external oblique, internal oblique, rectus femoris, iliopsoas)
- Decline Barbell Press**
(Muscles involved: pectoralis major, anterior deltoid, coracobrachialis, triceps, serratus anterior, pectoralis minor)
- Decline Dumbbell Press**
(Muscles involved: pectoralis major, anterior deltoid, coracobrachialis, triceps, serratus anterior, pectoralis minor)
- Dumbbell Kickback**
(Muscles involved: triceps medial head, triceps lateral head, triceps long head, rear deltoid, latissimus dorsi)
- Dumbbell Preacher Curl**
(Muscles involved: biceps brachii, brachialis, brachioradialis, pronator teres)
- Dumbbell Shrug**
(Muscles involved: trapezius, levator scapulae, rhomboid)
- Dumbbell Wrist Curl**
(Muscles involved: flexor carpi ulnaris, flexor carpi radialis, palmaris longus)
- Flat Bench Dumbbell Flye**
(Muscles involved: pectoralis major, serratus anterior, coracobrachialis, anterior deltoid)
- Flat Bench Dumbbell Press**
(Muscles involved: pectoralis minor, pectoralis major, serratus anterior, coracobrachialis, anterior deltoid)
- Front Dumbbell Raise**
(Muscles involved: trapezius, pectoralis minor, pectoralis major, serratus anterior, coracobrachialis, anterior deltoid, middle deltoid, biceps short head)
- Front Pull Down**
(Muscles involved: pectoralis minor, pectoralis major, teres major, trapezius, rhomboid)
- Good Morning**
(Muscles involved: gluteus maximus, biceps femoris, semitendinosus, semimembranosus, erector spinae)

- Hack Squat**
(Muscles involved: gluteus maximus, biceps femoris, semitendinosus, semimembranosus, erector spinae, vastus lateralis, vastus medialis, rectus femoris)
- Hammer Curl**
(Muscles involved: biceps brachii, brachialis, brachioradialis, pronator teres)
- Hanging Knee Raise**
(Muscles involved: pectineus, rectus abdominis, rectus femoris, external obliques, iliopsoas)
- Incline Barbell Press**
(Muscles involved: pectoralis major and minor, trapezius, serratus anterior, anterior deltoid, triceps brachii)
- Incline Dumbbell Flye**
(Muscles involved: pectoralis major, anterior deltoid, middle deltoid, coracobrachialis, serratus anterior, pectoralis minor, trapezius)
- Incline Dumbbell Press**
(Muscles involved: pectoralis major, anterior deltoid, biceps short head, coracobrachialis, serratus anterior, pectoralis minor, trapezius)
- Lateral Head Raise**
(Muscles involved: trapezius, erector spinae, scaleni, sternocleidomastoid)
- Leg extension**
(Muscles involved: rectus femoris, vastus intermedius, vastus medialis, vastus lateralis)
- Leg press**
(Muscles involved: rectus femoris, vastus intermedius, vastus medialis, vastus lateralis, gluteus maximus, biceps femoris, semitendinosus, semimembranosus)
- Leg press Calf Raise**
(Muscles involved: gastrocnemius, soleus)
- Lying Leg Curl**
(Muscles involved: gastrocnemius, semitendinosus, semimembranosus)
- Oblique Crunch**
(Muscles involved: external oblique, internal oblique, rectus abdominis)
- One arm dumbbell row**
(Muscles involved: rear deltoid, trapezius, latissimus dorsi, teres major and minor, infraspinatus, rhomboid)
- Overhead Lateral Raise**
(Muscles involved: rear deltoid, trapezius, serratus anterior, infraspinatus, levator scapulae)
- Peck deck flye**
(Muscles involved: pectoralis major, anterior deltoid, coracobrachialis, serratus anterior, pectoralis minor)
- Preacher Curl**
(Muscles involved: biceps brachii, brachialis, brachioradialis)
- Pull Up**
(Muscles involved: pectoralis major, teres major, coracobrachialis, subscapularis, pectoralis minor, latissimus dorsi, biceps triceps, rhomboid)
- Reverse Grip Bent Over Row**
(Muscles involved: rear deltoid, trapezius, latissimus dorsi, teres major, rhomboid)
- Reverse Crunch**
(Muscles involved: rectus abdominis, external obliques, internal obliques)
- Reverse Grip Pressdown**
(Muscles involved: triceps lateral head, triceps medial head, triceps long head, anconeus)
- Reverse Lunge**
(Muscles involved: gluteus maximus, biceps femoris, semitendinosus, semimembranosus, vastus lateralis, vastus medialis, rectus femoris)
- Reverse Pec Deck Flye**
(Muscles involved: rear deltoid, trapezius, teres minor, infraspinatus, rhomboid)
- Romanian Deadlift**
(Muscles involved: erector spinae, gluteus maximus, biceps femoris, semitendinosus, semimembranosus)
- Rope Pressdown**
(Muscles involved: triceps brachii lateral head, triceps medial head, triceps long head)
- Seated Barbell Press**
(Muscles involved: deltoid, trapezius, supraspinatus, levator scapulae, rhomboid, triceps, serratus anterior)
- Seated Cable Row**
(Muscles involved: triceps long head, teres major, latissimus dorsi, pectoralis major, middle trapezius, rear deltoid, rhomboid)
- Seated Calf Raise**
(Muscles involved: gastrocnemius, soleus)
- Seated Dumbbell Curl**
(Muscles involved: biceps brachii, brachialis, brachioradialis, pronator teres)
- Seated EZ Bar French Press**
(Muscles involved: Triceps brachii medial head, Triceps brachii lateral head, Triceps brachii long head, Anconeus)
- Seated Leg Curl**
(Muscles involved: gastrocnemius, semitendinosus, semimembranosus, biceps femoris)
- Seated Machine Press**
(Muscles involved: pectoralis major, anterior, posterior and middle deltoid, triceps brachii, serratus anterior, pectoralis minor)
- Seated one arm overhead Extension**
(Muscles involved: Triceps brachii medial head, Triceps brachii lateral head, Triceps brachii long head)
- Seated Overhead Dumbbell press**
(Muscles involved: upper and lower trapezius, anterior and middle deltoid, supraspinatus, triceps, serratus anterior, rhomboid, levator scapulae)
- Smith Machine Back Squat**
(Muscles involved: gluteus maximus, biceps femoris, semitendinosus, semimembranosus, vastus lateralis, vastus medialis, rectus femoris)
- Smith Machine Front squat**
(Muscles involved: gluteus maximus, biceps femoris, semitendinosus, semimembranosus, vastus lateralis, vastus medialis, rectus femoris)
- Standing Barbell Curl**
(Muscles involved: Biceps brachii, brachialis, brachioradialis, pronator teres)
- Standing Calf Raise**
(Muscles involved: gastrocnemius, soleus, plantaris, tibialis posterior, flexor digitorum, flexor hallucis longus, peroneus longus)
- Standing Leg Curl**
(Muscles involved: biceps femoris, semitendinosus, semimembranosus)
- Standing Overhead Press**
(Muscles involved: trapezius, anterior and middle deltoid, upper pectoralis major, supraspinatus, triceps, serratus anterior, rhomboid, levator scapulae)
- Stiff Legged Deadlift**
(Muscles involved: biceps femoris, semitendinosus, semimembranosus, erector spinae, rhomboid, gluteus maximus, trapezius)
- Straight Arm Pull down**
(Muscles involved: pectoralis minor, pectoralis major, teres major, latissimus dorsi, rhomboid)
- T bar row**
(Muscles involved: rhomboid, trapezius, teres major, latissimus dorsi, rear deltoid)
- The Arnold Press**
(Muscles involved: triceps brachii, coracobrachialis, supraspinatus, serratus anterior, pectoralis major, trapezius, anterior and middle deltoid)
- Toe Raise**
(Muscles involved: tibialis anterior, extensor digitorum longus, peroneus tertius)
- Two arm High cable curl**
(Muscles involved: Biceps brachii, brachialis, brachioradialis, pronator teres)
- Upright Row**
(Muscles involved: biceps brachii, levator scapulae, supraspinatus, serratus anterior, pectoralis major, trapezius, anterior and middle deltoid, pectoralis major)

8. Operation of Gym equipment

Free Weight Equipment

Barbells
Dumbbells

Benches

Degree Leg Press
Seated Calf
Olympic Flat Bench
Olympic Incline Bench
Olympic Decline Bench
Preacher Curl
Back extension Bench
Multi Adjustable Bench
Flat Bench
Decline Bench
Utility Bench

Racks

Pair Dumbbell Rack
Barbell Rack
Accessory Rack
Smith Machine
Squat Rack

Selectorised Stack Machines

Leg Press
Chest Press
Pectoral Fly
Shoulder Press
Lateral Raise
Rear Delt/fly
Lat Pulldown
Seated Row
Arm Curl
Seated Dip
Triceps Extension
Abdominal
Abdominal Crunch
Back extension

Rotary Torso
Dip Chin assist
Leg extension
Leg Curl
Hip Adductor
Hip Abductor
Rotary Hip
Calf Press
Cable Cross Over

Cardio Machines

Treadmill
Stepper
Rower
Elliptical
Cycle

Internship Form

(Application for credits)

for students aiming to obtain the Professional Practicing Diploma in Body Building and Fitness.



DECLARATION

I _____ (student full name) certify that I have interned under the supervision of a qualified* trainer _____ (trainer full name), in the premises of _____ (Gym establishment name) for at least three months between _____ (dd/mm/yy) and _____ (dd/mm/yy) and I have mastered all of the aforementioned subjects and exercises as described throughout the IFBB Academy Program material that I have studied thoroughly.

I understand that providing false or misleading information on this form, may lead to suspension or termination of my IFBB Academy membership and revocation of all certifications.

By signing this form I certify that the information on this Internship Form is complete, true and accurate.

Signatures

Student

Qualified* trainer

Gym owner/manager

Date

We certify that all the information given regarding the Internship requirements is complete and correct. We understand that providing false or misleading information on this form, may lead to suspension or termination of the student's IFBB Academy membership and revocation of all certifications.

Gym manager/owner

Full Name		
Gym establishment name		
Address		
Telephone		
Email		
Signature	Date	

Qualified* Trainer

Full Name		
Address		
Telephone		
Email		
Signature	Date	

Student

By signing this form I certify that I have interned under the supervision of a qualified* trainer in the premises of a professional gym establishment between during the noted time period and I have mastered the all the necessary tasks and exercises as described in the IFBB Academy Program material. I understand that providing false or misleading information on this form, may lead to suspension or termination of my IFBB Academy membership and revocation of all certifications.

Full Name:		
Address:		
Telephone:		
Email:		
Signature	Date	

PLEASE FILL AND RETURN THIS INTERNSHIP FORM TO:
Secretary of IFBB Educational Committee
257, Strovolos Avenue
2051 Strovolos
Nicosia, CYPRUS

For official use

Date received:
Name and signature of receiver:

Approved
Rejected
Incomplete

Certification Form

Application for the Professional Practicing Diploma in Body Building and Fitness



In order to obtain the **Professional Practicing Diploma in Body Building and Fitness** you need to **submit** a **copy** of the following certificates and diplomas, alongside a filled and signed version of the required forms.

DOCUMENT CHECKLIST

- | | | | |
|---|--------------------------|---|--------------------------|
| 1. Basic Nutrition Certificate | <input type="checkbox"/> | 7. Practical Training Form (filled and signed) | <input type="checkbox"/> |
| 2. Advanced Nutrition Certificate | <input type="checkbox"/> | 8. CPR (cardiopulmonary resuscitation) certificate* | <input type="checkbox"/> |
| 3. Personal Trainer Certificate | <input type="checkbox"/> | 9. First Aid certificate* | <input type="checkbox"/> |
| 4. Advanced Body Building and Fitness Trainer Certificate | <input type="checkbox"/> | 10. AED (automated external defibrillator) certificate* | <input type="checkbox"/> |
| 5. Onsite Course Certificate 1 | <input type="checkbox"/> | 11. Internship Form (filled and signed) | <input type="checkbox"/> |
| 6. Onsite Course Certificate 2 | <input type="checkbox"/> | 12. Application fee (€250) | <input type="checkbox"/> |

* These certificates can be individual or combined in one certificate. All certificates should have an expiration date of at least three months following the date of submission of this form. Please note that it is your own responsibility to renew these certificates once they have expired.

By signing this form I certify that all the information I have provided regarding the requirements of the **Professional Practicing Diploma in Body Building and Fitness** is complete, true and accurate. I understand that providing false or misleading information, may lead to suspension or termination of my IFBB Academy membership and revocation of all certifications.

Full Name:

Address:

Telephone:

Email:

Signature

Date

PLEASE FILL AND RETURN THIS CERTIFICATION FORM TO:

Secretary of IFBB Educational Committee
257, Strovolos Avenue
2051 Strovolos
Nicosia, CYPRUS

For official use

Date received:

Name and signature of receiver:

Approved

Rejected

Incomplete