

ONLINE



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## entry requirements

**If you hold a fitness qualification or exercise science qualification you will:**

Receive a certificate of achievement | Be able to use this qualification to train clients

**If you do not hold a fitness qualification or exercise science qualification you will:**

Receive a certificate of attendance | Not be able to use this qualification to train clients

## course overview

As an innovator in the field of human performance and training, Nick Tumminello now gives everyone access to his elite training program with Strength Training for Fat Loss. Offering a scientifically based plan for melting fat, Tumminello provides over 150 exercises and nearly 30 ready-to-use workouts to help readers begin transforming their bodies.

This course is science-based programming using sensible strategies, and a guarantee that your clients will see results.

In Strength Training for Fat Loss, Nick Tumminello, renowned trainer and innovator in the field of human performance, explains how to use the 3 Cs of metabolic strength training—circuits, combinations, and complexes—to accelerate your metabolism, maximize fat loss, and maintain muscle.

Includes:

- More than 150 exercises using barbells, dumbbells, resistance bands, machines, and body weight

- Realistic nutrition recommendations for staying healthy, maintaining muscle, and regulating your metabolism
- Step-by-step instructions, photos, and advice for performing and sequencing the most effective fat-loss circuits, combinations, and complexes
- Warm-up and cool-down exercises that include stretches and self-massage techniques to activate or restore muscles
- Home-, gym-, and body-weight-based workouts along with comprehensive programming for losing fat quickly and keeping it off

Whether you're a beginner looking for a step-by-step guide to fat loss or a seasoned fitness professional looking for new exercises to spice up existing routines, Strength Training for Fat Loss is the safe programme that produces results

**If you would prefer a hard copy textbooks, they are available upon request (additional courier charges will apply). Please request your hard copy upon registration.**

## campuses/study modes

ONLINE

Study anytime, anywhere

## course resources

- HFPA Online Learning Platform
- Online lessons and assessments
- X10 online lessons
- X1 online summative assessment
- Downloadable Human Kinetics textbook (e-book)

## subjects & modules

### STRENGTH TRAINING FOR FAT LOSS CHAPTERS

This book is set up so that each chapter can be used as a stand-alone resource for training concepts and techniques that you can keep coming back to.

- 1 **Benefits of Fat Loss** - presents a number of reasons for losing fat that go far beyond just looking better
- 2 **Strength Training and Fat Loss** - the three Cs of metabolic strength training-complexes, combinations, and circuits
- 3 **Nutrition for Fat Loss** - Everything you need to know (and nothing you don't) about how to eat in a simple, sensible and realistic way to stay healthy and accelerate your metabolism in order to maximise fat loss and keep your muscle
- 4 **Circuits** - covers what a metabolic strength training circuit is, how to use the various types of fat-loss circuits, and how to perform a multitude of exercises using barbells, dumbbells, kettlebells, cables, and machines.
- 5 **Combinations** - metabolic strength training combinations and a multitude of combination exercise applications using barbells, dumbbells, and kettlebells
- 6 **Complexes** - metabolic strength training complexes and a look at various complex exercise sequences using barbells, dumbbells, kettlebells, and Olympic weight plates
- 7 **Body-Weight Training** - how body-weight training can be used for fat loss by providing a variety of body-weight exercises, combinations, and complexes
- 8 **Warm-Ups and Cool-Downs for Fat Loss** - a variety of warm-up sequences and self-massage drills you can use to bookend your workouts and make your training well rounded
- 9 **Fat-Loss Workouts** - body-weight and gym-based beginner workout programs and intermediate workout programmes to develop your training base is provided.
- 10 **Fat-Loss Training for Life** - rest and recovery, cross-training options, and the general rules of training safety and exercise selection to ensure you continue to achieve the best training results for a long time to come is discussed.

## accreditation

- 5 REPSSA endorsed CPD points
- HFPA Certificate of Achievement/Completion

## learning outcomes

Successful learners will be able to:

- Make informed decisions when providing dietary advice to athletes
- Apply the knowledge in your own training regimen
- Learn more about nutrition in relation to sports performance

## learning pathways

- Nutrition Advisor
- Advanced Diploma in Nutritional Therapy
- Advanced Diploma in Nutritional Consultancy

## description of modes of delivery

### ONLINE PROGRAMME

- Students study online using the HFPA Online Learning Platform
- Students are assigned to an Online Tutor who will assist for the duration of the course

## contact details

Enquiries: [info@hfpa.co.za](mailto:info@hfpa.co.za)

Accounts: [accounts@hfpa.co.za](mailto:accounts@hfpa.co.za)

National Contact Centre: 0861 777 010