



Strength Training for Fat Loss

Short Course



Duration: 3 Months



5 REPSSA ENDORSED CPD POINTS



Admission 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



Registered: REPSSA



Modes of delivery: Online



Some course content:

- ▶ Benefits of Fat Loss
- ▶ Strength Training and Fat Loss
- ▶ Nutrition for Fat Loss
- ▶ Circuits
- ▶ Combinations
- ▶ Complexes
- ▶ Body-Weight Training
- ▶ Warm-Ups and Cool-Downs for Fat Loss
- ▶ Fat-Loss Workouts
- ▶ Fat-Loss Training for Life



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



**Other courses you
might be interested in**

- ▶ **Fitness Instructor**
- ▶ **Development of Speed**
- ▶ **HIIT fundamentals and Programming**