

## The basis: Basic Fitness Trainer

BSA-Akademie was founded in 1983 and has since then established a standard for trainer qualifications with the “Basic Fitness Trainer”. It is the ideal course for everyone who wants to optimise their own training or turn their hobby into a career.



Participants of the first course meet Albert Busek and Arnold Schwarzenegger



### 1983: BSA-Akademie launched: the first course

In 1983 Albert Busek, who had already discovered Arnold Schwarzenegger and took him from Munich to the US, had a simple but revolutionary idea: Wide and overall acceptance of fitness training. He knew that this could only be achieved, if gym trainers are qualified. Through skilled and knowledgeable trainers, he wanted to turn fitness training into an activity for health and wellbeing.

This idea led to founding the BSA-Akademie in 1983. Shortly afterwards the first “Basic Fitness Trainer” course took place at the Busek Sports Centre in Munich. The participants in this first course also met Arnold Schwarzenegger who at that time had just started his international film career.

Since then the “Basic Fitness Trainer” has been constantly developed and adapted to the needs of the market. With 40 years of experience and expertise, the “Basic Fitness Trainer” is still the perfect qualification for everyone who wants to turn their passion into a career. It offers applicable and extensive knowledge not only to those who want to optimise and understand their own training but also to those who want to set foot in the fitness industry.

### Studying in the gym: the first study programme

Building on the experiences of BSA-Akademie, in 2002 the first study programmes were offered especially for the future market health promotion, fitness, sport and information technology. Whereas back then there were around 150 students who started the first programme in “Fitness Economics”, there are currently over 8,400 students registered at the state-recognised German University for Prevention and Health Management (DHfPG).

There is now a choice of seven dual Bachelor, four Master degrees, a post-graduate programme and numerous university-based ongoing training courses. For the dual Bachelor programmes, each student is also an employee at one of over 4,300 training companies that work with the university.



### 40 years of BSA-Akademie: 40 years of Basic Fitness Trainer

Over 275,000 course participants have acquired skills and expertise from BSA courses since 1983. For many of them, this was their entry into a part-time or full-time commitment to the health and fitness industry which is still a growing market with over 11 million clients in Germany. These health and fitness experts support people take responsibility for their health and well-being.



## Basic Fitness Trainer

You conduct all activities for personal training management including the planning of fitness-oriented strength, endurance and flexibility training. You support clients with different training objectives and performance conditions in a competent and professional manner.



★★★ basic qualification

### Objective

The "Basic Fitness Trainer" course qualifies the participants to plan and implement fitness-oriented strength, endurance and flexibility training whilst taking into account the requirements for optimal fitness training management. The course participants are able to create individual training plans, instruct the fitness customers in the planning steps and exercises in the training plan and make corrections if necessary. In addition to the training qualifications they are also qualified to make recommendations on needs-led nutrition. With these comprehensive skills the course participants are able to advise and support clients who are undertaking health-oriented fitness training in a targeted manner.

### Target group/prior education

The course is aimed at interested parties who want to complete a basic qualification with foundational skills and abilities for the targeted control of fitness-led strength, endurance and flexibility training or optimise their own training. We urgently recommend practical experience in fitness training for participation in this course.

### Description

In many fitness and leisure companies, the training area continues to be at the heart of the facility. However, this training area has seen massive changes over the years. When the fitness industry was becoming established, the customers' primary goal was classic body building but today's fitness trainers are confronted by an extremely wide range of customer desires and requests. Comprehensive training science, sports medicine and sports teaching requirements are provided to people working in the training area of a fitness and leisure company today. The "Basic Fitness Trainer" course enables participants to expertly and professionally support the individual fitness training of the clients entrusted to them. The course contents align with current sports science knowledge and convey a wide range of basic knowledge relating to training theory, sports medicine, device handling and an accompanying basic knowledge of nutrition. The course is the basis for all higher-level courses related to fitness/personal training.

### Content

1. Principles of training theory
  - Motor skills
  - Adaptations from training
  - Training principles
2. Fitness training management
  - Training management tasks
  - Five-stage model for training management
3. Structure of a training unit
  - Aims and content of warming up and cooling down
  - Designing the main part of a unit
4. Applied training theory
  - Principles of strength training
  - Principles of endurance training
  - Principles of flexibility training
5. Equipment handling/exercise instructions
  - Didactic, methodological process of instructing people to undertake exercises
  - Measures for correcting movement
6. Principles of anatomy/physiology
  - Active and passive movement system
  - Cardiovascular system
  - Energy metabolism
7. Physiological nutrition principles
  - Recommendations for consuming macro and micro-nutrients
  - Recommendations for consuming liquid

### Qualification

Basic Fitness Trainer

### Duration

Approximately 6 months.

Set your own learning pace from anywhere in the world with the digital-only teaching format

### Fee

EUR 1,398.00; in 2 instalments of EUR 699.00 or EUR 170.00 per month in 9 instalments; total: EUR 1,530.00

### Registration

Scan QR-Code



### Examination

#### Admission

Participation in the online course

#### Type

Online test after course completion