

FITNESS STUDIES 2019-20

Officially approved by the Ministry of Education (Center for Lifelong Learning, No. 2101163)













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Why choose Base Training?

Base Training's collaboration with the European Certification Europe Active (EREPS Level 4) gives you the competitive edge as a fitness professional.

In addition, the international certification of Base Training has been officially approved by the Ministry of Education (Center for Lifelong Learning Level 1, No. 2101163). Furthermore, it is certified with ISO Plus 9001:2015 for the quality of its services to its students.

A certified professional of Base Training along with his passion and the official certificates of Base Training school, has secured the key to success and the establishment in the fitness industry!











certification number as 18.0

Below you will find some of the reasons why you should choose Base Training:

- It has 10 privately-owned gyms where most graduates do their internship as well as working under actual gym conditions in order to prepare them for their next career step.
- Has close cooperation with the majority of gyms and sports facilities in Greece (over 60).
- World Health and Exercise Organizations have been working together with Base Training in Greece and abroad.
- It has over 70 specialized and modernly equipped training positions where the potential trainers practice for better specialization.
- The most famous machines, technology, nutrition and clothing companies choose Base Training to collaborate in Greece (Under Armour, Garmin, etc.).
- We create, develop and promote our own gym training systems and Training Projects in Greece, the Balkans and the Middle East
- The Base Training team is engaged daily in the absorption and promotion of graduates in the labor market, an initiative in which P. Balatsinos, General Manager, personally participates.
- Collaborates with special technical groups such as lawyers, accountants, economists, civil engineers, and architects who consult the graduates free of charge that want to create their own fitness studio.
- Base Training has the most unique seminars brought to Greece, just a few days after being presented abroad.

With us you will always have an experienced consultant next to you, at any time in your career you need it. All our graduates can confirm this to you.



Base Training

Do you want to become a fitness professional with a state certificate or are you a TEFAA graduate and you would like to enrich your knowledge according to the latest trends in the field of fitness?

If the answer is yes, then, Base Training is what you are looking for.

Base Training creates the most comprehensive curriculum giving its students the competitive advantage in job hunting.

Why should someone be educated in

Personal Training?

Because it is the most famous and necessary educational program for anyone who wants to achieve maximum results. All the trainers in the world are engaged in Personal Training and personalized training, through which, the trainee has unique results in his physical condition.

Start your specialization and watch your career change!

Detailed Description of the Curriculum

A certified trainer by Base Training student can have a successful career with a good salary. We feel confident for the success of our graduates due to the reason is the methodology of teaching we use, which is based on 100% visible and measurable results. Our graduates improve their physical condition and appearance which helps them attract more potential customers.

As a result, they build a clientele that rapidly increases and gives them satisfaction for having graduated from our school.

Change your life, become a Personal Trainer, and obtain professional rights through the 2 years educational program that we offer with IEK studies.









Why Pilates Certification is essential to a trainer?

The most attractive type of training for those who love the right posture and the well-being during exercise. Pilates is one of the most well-rounded fitness programs that doesn't exhaust the muscles and eliminates the possibility of injury during exercise.

It was initially preferred by dancers, but each year more and more athletes are engaged in training through the specialized machinery and modern Pilates accessories.

PILATES

Detailed Description of the Curriculum

Base Pilates Module I & II is a series of seminars designed for those who want to study Pilates. Through the Pilates system, you will familiarize yourself with its philosophy and practice its exercises at the basic / intermediate level in the mat and props, reformer, chair, tower & Cadillac. With exercises that even physicians suggest to their patients with musculoskeletal imbalances, this method rounds out perfectly a fitness program.

During this 5-month training you will learn how to teach with all the current teaching methods and handle all the equipment.

You will manage Personal & Group Classes as you will complete all the training methods.

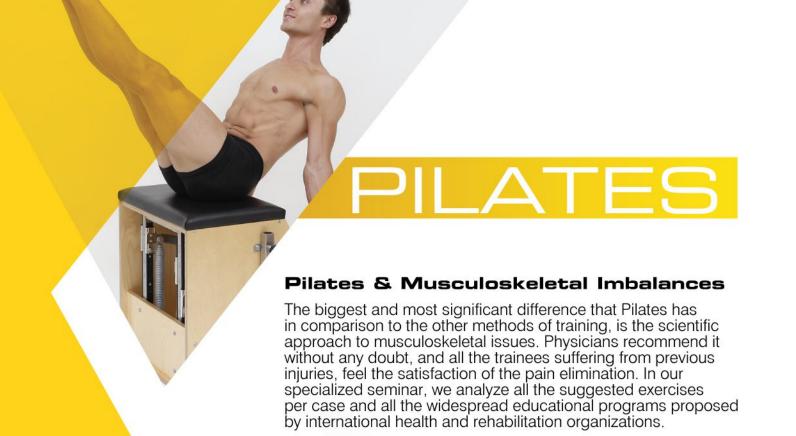
Finally, you will get deeper into issues of musculoskeletal imbalances.

Course content:

- Pilates method, theory and historical review.
- Power House activation breaths and exercises.
- Correct technique in Pilates Basic, Intermediate & Advanced exercises.
- Pilates principles and exercise case by case.
- Learning to perform a course for a personal training.
- Pilates language: Basic concepts and vocabulary of the method.
- Learning how to teach a group course with safety and efficiency.
- Anatomy and kinesiology associated with the method.
- Proper transitions, design and implementation of different courses according to the equipment.
- Specialization and course adaptation.
- Learning how to teach a group class.



MATWORK (LEVEL 1 & 2) At Matwork Pilates Level 1 & 2 the basic exercises and their variants are taught also the trainer can adapt them to the needs of the trainees either in a personal or a group lesson. This is the Pilates method basis and everyone needs to know the basic exercises and teaching techniques before they are trained in the Reformer. PILATES REFORMER (LEVEL 2) In this educational program are taught all the basic principles and proper use of the Reformer instrument. With the tutorial exercises, the trainer can teach basic, intermediate and advanced classes, either for personal or group classes. The Reformer is the most well-known machine of the method which a lot of fanatical users combine it with other fitness methods. Our school is deeply involved in teaching all the necessary elements that a professional Pilates Instructor needs to know in order to create a large clientele of happy trainees. Are you going to miss this? More Info www.basetraining.org



PILATES CHAIR (LEVEL 2)

Only a few exercise machines offer the workout capabilities of this highly versatile Split-Pedal Stability chair.

In this seminar, the participants will explore the features of the chair including handles and pedal operation.

All the functional exercises are taught focusing on arsenal and regional resistance from various positions such as upright, seated and oblique. You will discover a great number of exercises offered by the split-pedal feature.

CADILLAC (LEVEL 2)

Pilates Seminar is not complete without the analysis of the Cadillac - Trapeze machine. In this interactive workshop you will familiarize yourself with using Cadillac either to create complete Cadillac workouts or to use it as a complement to Matwork and Reformer workouts. You will trained in a range of exercises, such as the Roll-Down Bar, the Push-Thru Bar, the Trapeze, the Leg and Arm Springs.

It is given emphasis to the goals of the exercises, to the industrial and the alignment, as well as to the improvement of safety and efficiency.



CROSS FUNCTIONAL

Description of the Seminar

The most well-rounded and innovative Cross Functional seminar ever!

We analyse in depth all the fundamental factors that define the term CROSS FUNCTIONAL and all the related researches.

From the theory to practice and from practice to the action plan for participating trainers.

The best exercise combinations for Fitness and Performance, aerobic and anaerobic training, balance and agility, maximum strength and speed with the training protocols.

Course content:

- Cross Functional Theory.
- Famous training techniques.
- Training systems and their objectives.
- Analysis of exercises with free weights.
- Exercises with resistance bands.
- Exercises with stability balls.

- Kettlebells.
- Exercises with equipment, exercise strapsTRX alike & BOSU.
- Success during group class training.
- Adaptation to personal training.
- Variations and combinations of exercises.





SPORTS NUTRITION SPECIALIST

Base Training has the ideal and most specialized seminar about nutrition.

Through our exclusive collaboration with the ISSN (International Society of Sports Nutrition), each participant of the Sport Nutrition Seminar has the opportunity to receive the certificate of Base Training and the official book by the ISSN as Sports Nutrition Specialist.

The specialized seminar has topics related to the basic, applied and athletic nutrition and analyzes all the parameters regarding the nutrition per sport and according to each trainee's goal.

Course Content:

- Nutrients overview
- Balance of energy
- Metabolism of energy substrates
- Nutrition and evaluation methods
- Obesity & body weight adjustment
- Label Reading
- Interactive workshops with high-level athletes.

- Food Pyramid
- Nutrition in the stages of life
- Nutritional needs of athletes
- Overview of ergogenic aids dietary supplements.
- Diet structure / Calorie value analysis.
- Eating Disorders / Female athlete triad



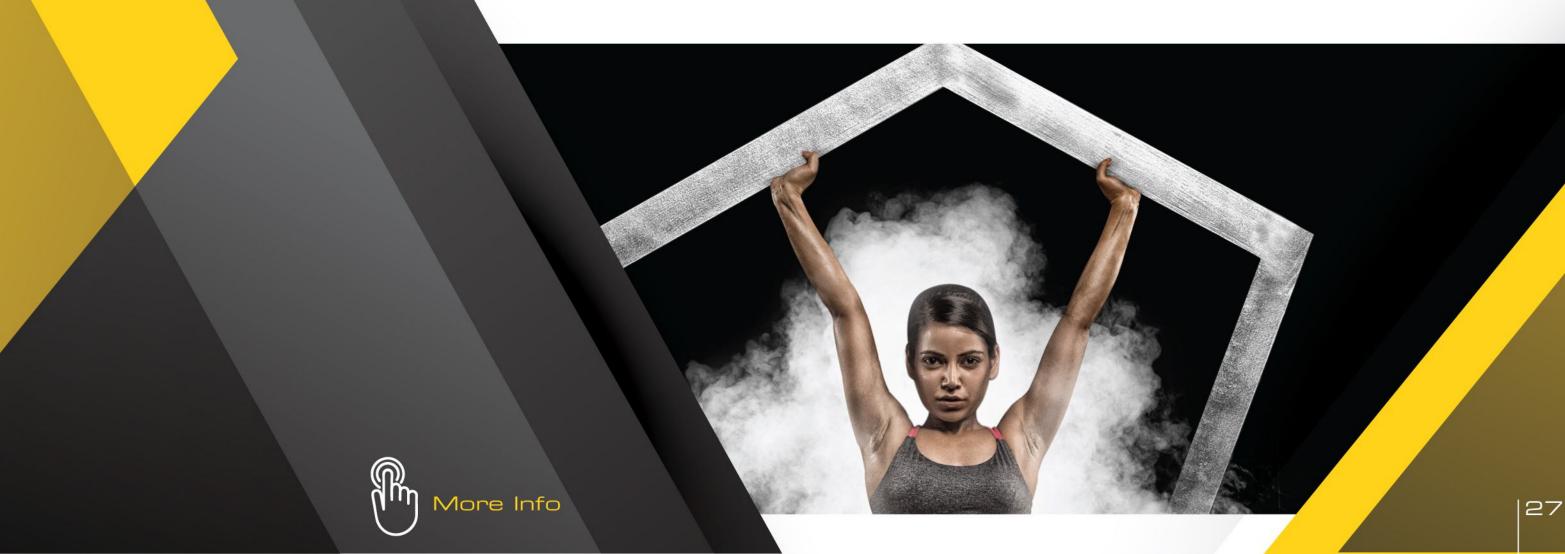


What does the international certification EREPS offer me?

EREPS certificates the skills and the qualifications of the fitness professionals and provides an important guarantee to the employers that their trainer is suitably qualified.

The EREPS:

- It is a recognised license for professional coaches throughout Europe.
- All EREPS members are listed in the list of accredited professionals registered on the official site.
- Requires members to comply with an EREPS Practice Code of Conduct that defines the rights, responsibilities and authority of a professional coach.
- Covers the needs of its members on their professional development in the European fitness industry...



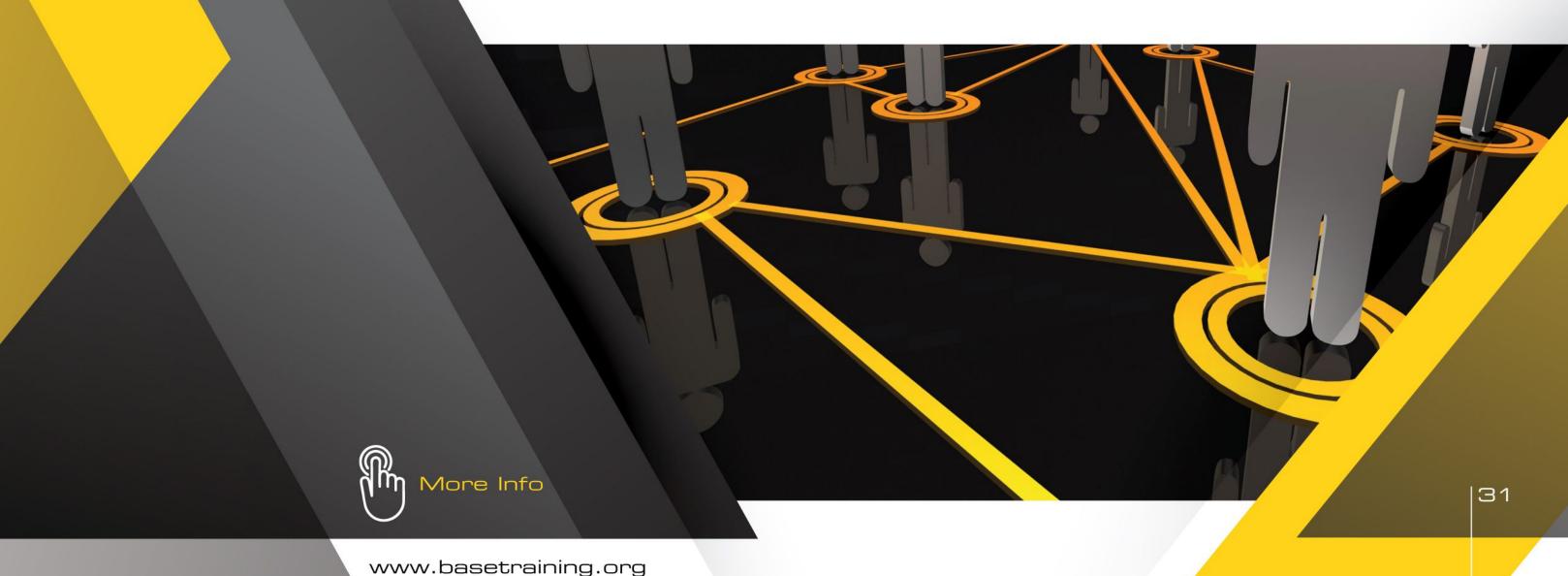


Career & BASE TRAINING

The fitness industry worldwide is booming at all levels. Employment is increasing and the creation of new and modern areas of exercise and health is a reality.

Compared to all the choices that someone can find on the web, no other school of seminars across Europe ensures so many job choices as Base Training does for its graduates.

With over 10 privately-owned gyms and other 45 partner venues in Athens and the rest of Greece, Base Training is confident that it will show you the way to a successful professional career.



Listen to your heart when you choose the profession that you want,

so you will never have to "work".

Think logically before you start with us ...



IMPORTANT NOTE:

The program of the seminars as well as the CVs of the lecturers can be found on our website. www.basetraining.org

Base Training

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