

b a s e
training
Fitness - Sports - Medicine

FITNESS STUDIES 2019-20

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



Erasmus+



certification number qs.18.011



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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 qs.18.011



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.

*"If you want to develop your capabilities,
write your dreams on a piece of paper
and follow the words "
P. Balatsinos*



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.



More Info

www.basetraining.org



GYM INSTRUCTOR (LEVEL 1)

In order to work at a gym and provide all the necessary conditions for its smooth operation, it is necessary for a trainer to attend this educational program. The creation of an integrated program, the evaluation and the calculation of the fitness level and the implementation of the most appropriate exercises are just some of the abilities of a Gym Instructor pro.

Enter dynamically the fitness industry dynamically, setting the foundation for a remarkable career as a Personal Trainer (Level 2) & Health Specialist (Level 3).

In this level we analyze the necessary knowledge, of all the modern scientific methods of training and all the subjects related to the gym industry and the training studio.

Course content:

- Anatomy
- Kinesiology
- Physiology 1
- Physiology of Exercise 1
- Training 1
- Exercises with dumbbells
- Exercises with machines
- Exercises with bars
- Exercises with resistance bands
- Exercises with balls
- Training Systems
- Active Stretching



More Info

PERSONAL TRAINING (LEVEL 2)

All the characteristics below describe a trainer who is aiming for a development of his own clientele or run his own business in the fitness industry. All the advanced training protocols are combined with the most effective methods of selling and high-quality fitness services are analyzed.



Course content:

- Physiology 2
- Physiology of the exercise 2
- Training 2
- Advanced exercises with dumbbells
- Advanced exercises with machines
- Advanced exercises with resistance bands
- Advanced training systems
- Cross training exercises
- Introduction to holistic training systems
- Sports performance systems
- Polyarticular exercises
- Functional Training
- Trainer's attitude during training
- Promotion of personal pursuits in the training area
- Marketing Planning
- Passive Stretching and their function
- Advanced strength training machines
- Cross training equipment and its use
- Outdoor training and ideal methodology during training
- Training systems on stadium
- High Intensity Interval Training (HIIT)
- Promotion of Personal training service in the gym



More Info



ELITE EXERCISE SPECIALIST (LEVEL 3)

The level of education that includes the most wanted specialties for a trainer. Legitimate physicians prescribe the exercises and suggest their patients exercise with qualified trainers with the appropriate certification. This seminar is the passport to a successful career without limits.

Sports Performance & Sports Medicine specialties are included.

Course Content:

- Improvement of sport performance and the factors that affect it.
- Exercises for football, basket, tennis, martial sports, cardio sports.
- Preparation of the most famous sports.
- Exercises that aim for sports improvement and gym performance.
- Speed and strength improvement, plyometric, agility, reaction.
- Comprehension and analysis of the term: Exercise for Medicine & Corrective Exercise.
- Musculoskeletal problems and trainer's approach.
- Rehab exercises after injuries.
- Strengthening with orthopedic and physiotherapist guidance.
- Exercise during and after pregnancy.
- Exercise and Cancer.
- Special Populations and the most appropriate methods of their training per disease.
- Nutrition and exercise. How the supplements affect the performance.
- Ergometrics and their proper use.
- Researches and answers to the most famous questions worldwide
- 3rd age exercise.
- Osteoporosis and appropriate exercise.
- Functional training for better performance of all types of trainees.



More Info

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.



More Info

www.basetraining.org



PILATES

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.

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





PILATES

Pilates & Musculoskeletal Imbalances

The biggest and most significant difference that Pilates has in comparison to the other methods of training, is the scientific approach to musculoskeletal issues. Physicians recommend it without any doubt, and all the trainees suffering from previous injuries, feel the satisfaction of the pain elimination. In our specialized seminar, we analyze all the suggested exercises per case and all the widespread educational programs proposed by international health and rehabilitation organizations.

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.



More Info



Why should I be trained in Cross Functional?

Because it is the most famous training system that is based on body movement and not in machines. All the trainers worldwide use the exercises which are analyzed in this tutorial.

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 straps TRX alike & BOSU.
- Success during group class training.
- Adaptation to personal training.
- Variations and combinations of exercises.



More Info



What does the Nutrition Seminar offer me?

Nowadays, a trainer apart from his training skills should have knowledge regarding nutrition. A trainer, who has basic knowledge on nutrition and the supplements, not only provides better results to his/her trainee's effort but is also considered more competitive. How many times have you wondered what is the right guidance about nutrition?

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



More Info



BUSINESS LEADING CERTIFICATION

The ultimate Certification for Specialization in Organization & Administration (Business Administration) where the most experienced trainers with knowledge both in financial data management and in dealing with complex situations teach. They will lead you to understand both theoretical and practical issues that arise in modern business management

The seminar is necessary if you see yourself in administrative and organizational positions. It is suitable not only for those who work in the fitness industry, but for everyone who wants to boost their sales performance, take important decisions, select and manage staff and run a business. Close your appointment and we will inform you in detail about the possibilities to find a position that suits you in a constantly evolving world of investments and opportunities.

The modern business world doesn't seem to forgive mistakes and moderate performance. What should I do in order to achieve my goals and evolve my career?

Evolution passes through knowledge and exploration of the unknown. It is characterized by systematically engaging in learning new data, practicing in a suitable environment and then applying it to real working conditions. Base Training guarantees that you will learn everything you need and you will improve your performance and confidence in yourself.

Course Content:

- Communication
- Sales Skills
- Body Language
- Customer Service
- Ultimate Customer Experience
- Sales process & Marketing Skills
- Basic IT & Social Media Skills
- Human Resource Management
- Team Leadership.
- Problem Solving.
- Crisis Management.
- Project Management.
- Time Management.
- Basics in Finance.
- Basics in Accounting.



More Info



What does the international certification EREPS offer me?

EREPS certifies 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..



More Info





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.



More Info

www.basetraining.org

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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