

المستوي الاول	المستوي الثاني
Fitness Coach	Group-Exercise-Training

1	1
Anatomy 1	Preliminary Exam
Anatomy 1 Exam	

2	2
Anatomy 2	Group Preliminary
	Preliminary group exercise Coach

3
Anatomy 3

4
Basic Physiology

5
Exercise Physiology

6
Endocrinology

7
Biomechanics

8
Exercise Psychology

9
Sport Psychology

10
Suspension Training

11
Myofascial release

12

Mobility

13

Pilates

14

Weightlifting

15

Powerlifting

16

Bodybuilding

17

Odd Objects

18

Kettlebells

19

CrossFit

20

Arm Wrestling

Course

21

Preliminary

This is Fitness Coach preliminary

المستوي الثالث	المستوي الرابع
Strength & Conditioning	Rehabilitation-Coach

1	1
Plyometrics	Preliminary Exam

2	
Agility	1
	Corrective exercise

3	
Power	2
	NKT

4	
Strength	3
	Z-Health

5	
Speed	4
	Neural Hacking

6	
Cognitive Performance	5
	Kinesio Taping

7	
Testing	6
	Rehab Trainer

8	
Strength Preliminary	7
Preliminary Strength & Conditioning	PDTR

8
Manuel Therapies

9
Rehab Preliminary
Preliminary rehab coach