



FA Fitness Trainer (Part 1)

Course Introduction

The course extends over a two year period.

Each year consists of distance learning modules, combined with a nine-day residential period at The Football Association's Medical and Exercise Science Department, based at Lillleshall National Sports Centre. Participants complete over 130 hours of predominantly practical training. In addition, specialist lecturers are invited to deliver the theory elements that are designed to complement the practical components during the residential training.

This course is designed to expand on the knowledge and skills gained from selected training courses, focus on these elements and directly relate them to the specific needs and demands placed on players by Association Football up to an elite level.

Course Objectives

- To refresh candidates' knowledge and understanding of the physical, physiological and nutritional needs and demands of football in relation to a player's daily lifestyle, training and requirements for competitive games
- To provide candidates with the skills to evaluate the demands placed on individual players and determine the physical, physiological and nutritional requirements
- To enable candidates to identify individual players' strengths and weaknesses through an evaluation of structural and functional needs in relation to the demands of the game
- To make candidates familiar with the process surrounding the formulation of individual, group and team training and nutritional programmes, following the assessment of current practices
- To equip candidates with the knowledge and understanding of the physical, physiological and nutritional demands of the game in order to deliver conditioning programmes to suit individuals and teams of all ages
- To present candidates with the know-how of recording, monitoring and analysing the effects of training programmes and nutritional regimes
- To present candidates with knowledge and understanding relating to the re-evaluation and modification of training programmes and nutritional regimes.