

FREE

2012
SEMPER FIT

COMBAT FITNESS WORKSHOPS

COMBAT FITNESS TRAINING {CFT}

This 2-day course focuses on combat readiness for performance based on functional strength concepts. Course includes classroom and practical application. Hands-on training includes TRX, Olympic lifting, functional training, dynamic movements, power, agility, coordination, CFT field set up and monitoring, and more. A certificate of completion is given to all participants.

SCHEDULE

21-22 MAR

20-21 JUN

22-23 AUG

24-25 OCT

PHYSICAL TRAINER COORDINATOR COURSE {PTCC}

Course includes lectures pertaining to hands-on training and workouts

- Components of Physical Fitness
- Basic & Sports Nutrition
- Human Anatomy & Movement
- Five Components of Fitness
- Exercise Prescription
- Flexibility
- Circuit Training
- Swimming Programs
- Injury Prevention
- Periodization
- General Nutrition/Nutrition for Weight Management
- Developing Effective Running Programs
- Foot Typing & Shoe Selection
- Safety in the Weight Room
- Functional Training
- Group Assessment Testing
- Running Programs
- Pulling It All Together & Goals

SCHEDULE

13-17 FEB

21-25 MAY

17-21 SEP



ADVANCED PHYSICAL TRAINER COORDINATOR COURSE {APTCC}*

- Additional Training Techniques
- Advanced Theory of Strength Training
- Practical Application of Theories and Movement
- Group vs. Individual Training
- Designing a PT Program
- Nutrition Education

* Participants must first attend the Combat Fitness Training Course and the Physical Trainer Coordinator Course. Participants must bring most current PFT and CFT scores to class.

SCHEDULE

25-26 APR

7-8 NOV

REGISTER EARLY! CLASSES FILL UP QUICKLY.

To register, please send an email to brookstm@usmc-mccs.org and include: last and first name, rank, email address, company, battalion, command, and OIC name and phone number. The course is free and open to all Active Duty Service Members, especially those who prepare, train, and execute the CFT.

