

The Art of Exercise & Science

Introduction

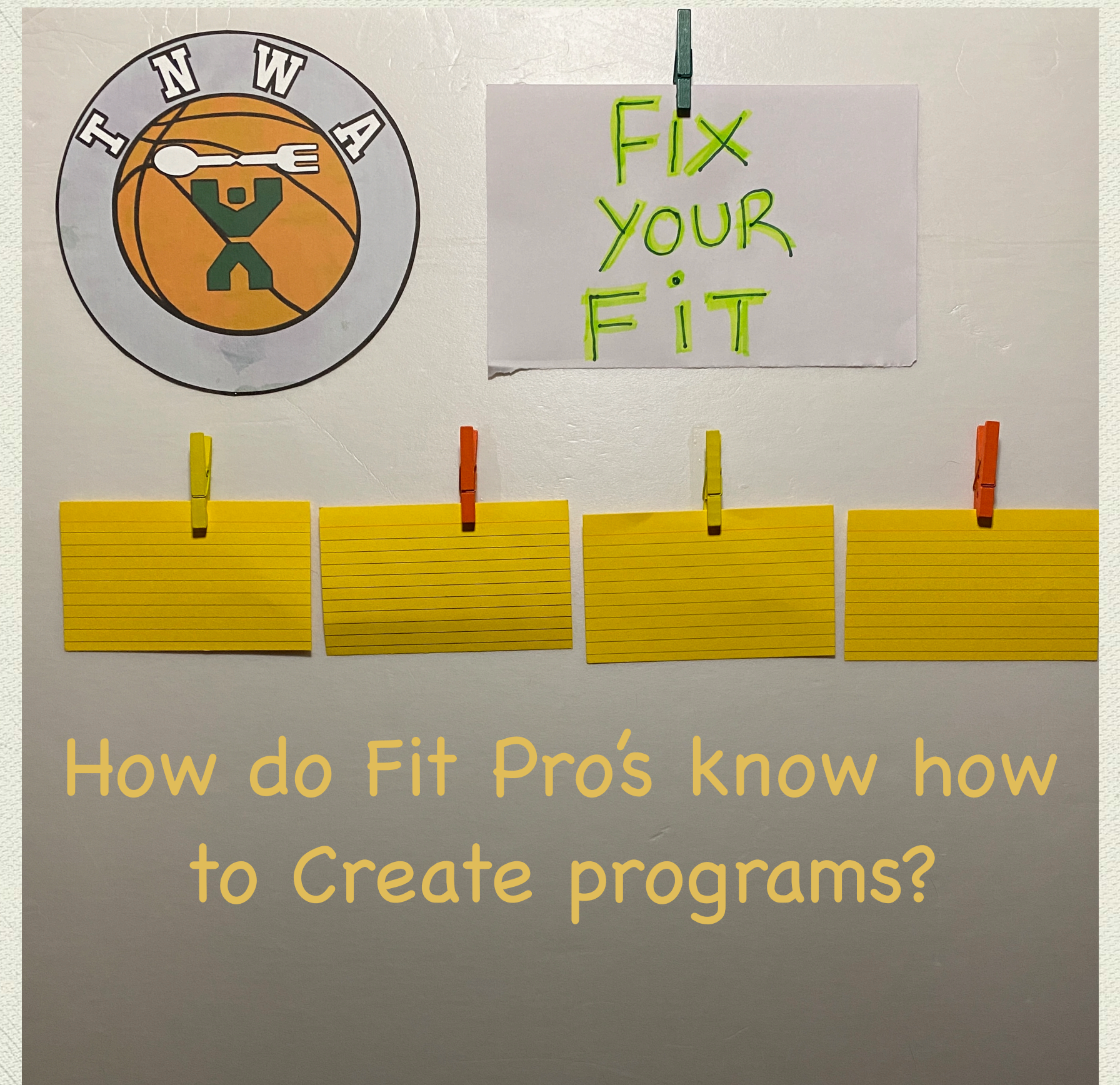
"What does everyone on the planet have in common?"

Program Author: Kim Bond

Why these classes?

- ◆ Learn to exercise with knowledge and confidence
- ◆ Prepare for an exercise science Fit Pro industry exam
- ◆ Refresh your knowledge & collect cec's

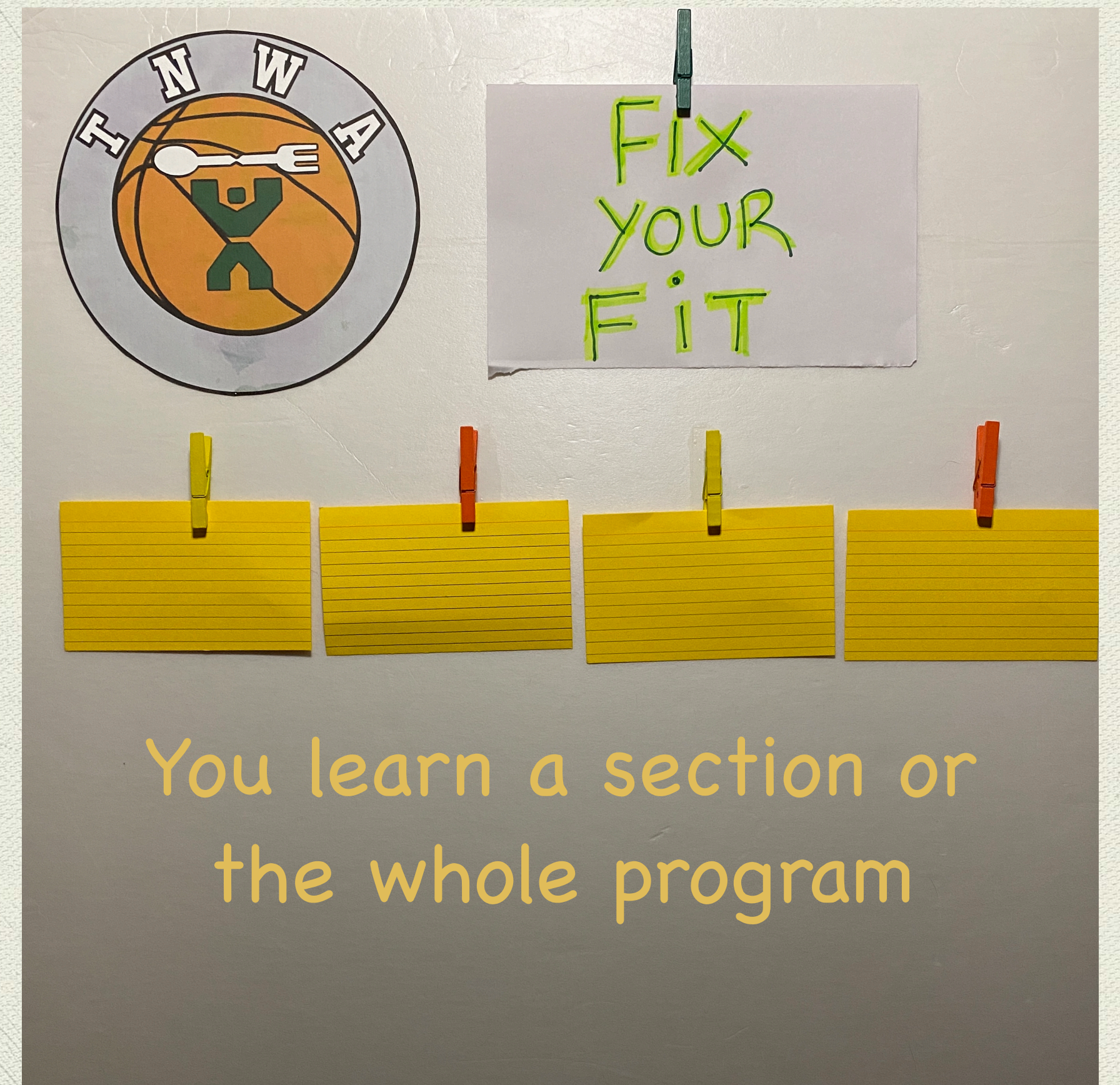
"A body!"



How do I participate?

- ◆ Read section content
- ◆ Watch short videos
- ◆ Attend Lecture (or #replay)
- ◆ Complete workbook section
- ◆ Complete quiz

"How many bones are in the body!"



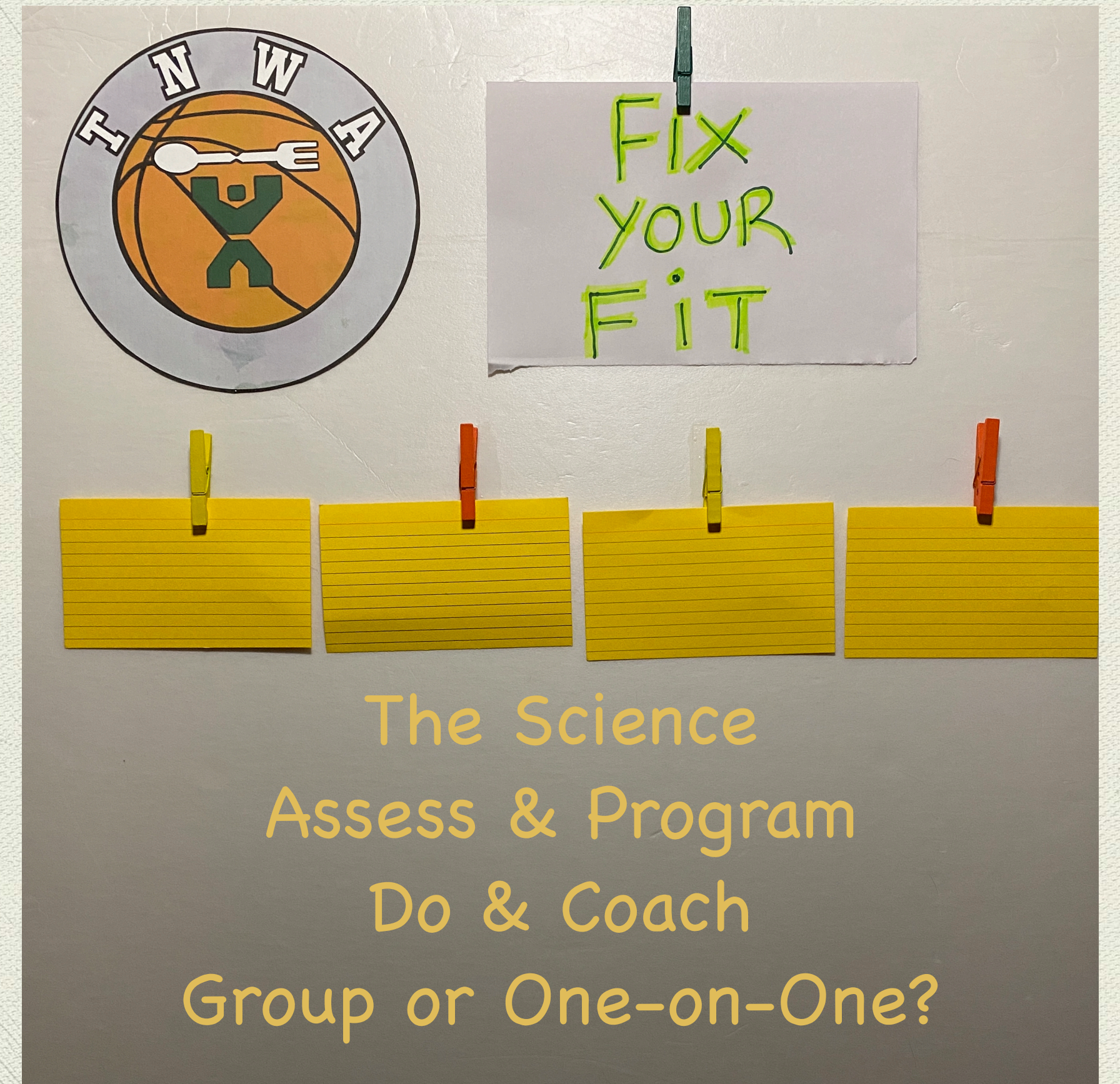
You learn a section or
the whole program

What do I learn in the program?

Three Sections

- A. The Theory of Exercise
- B. The Design of Exercise
- C. The Application of Exercise

"206"



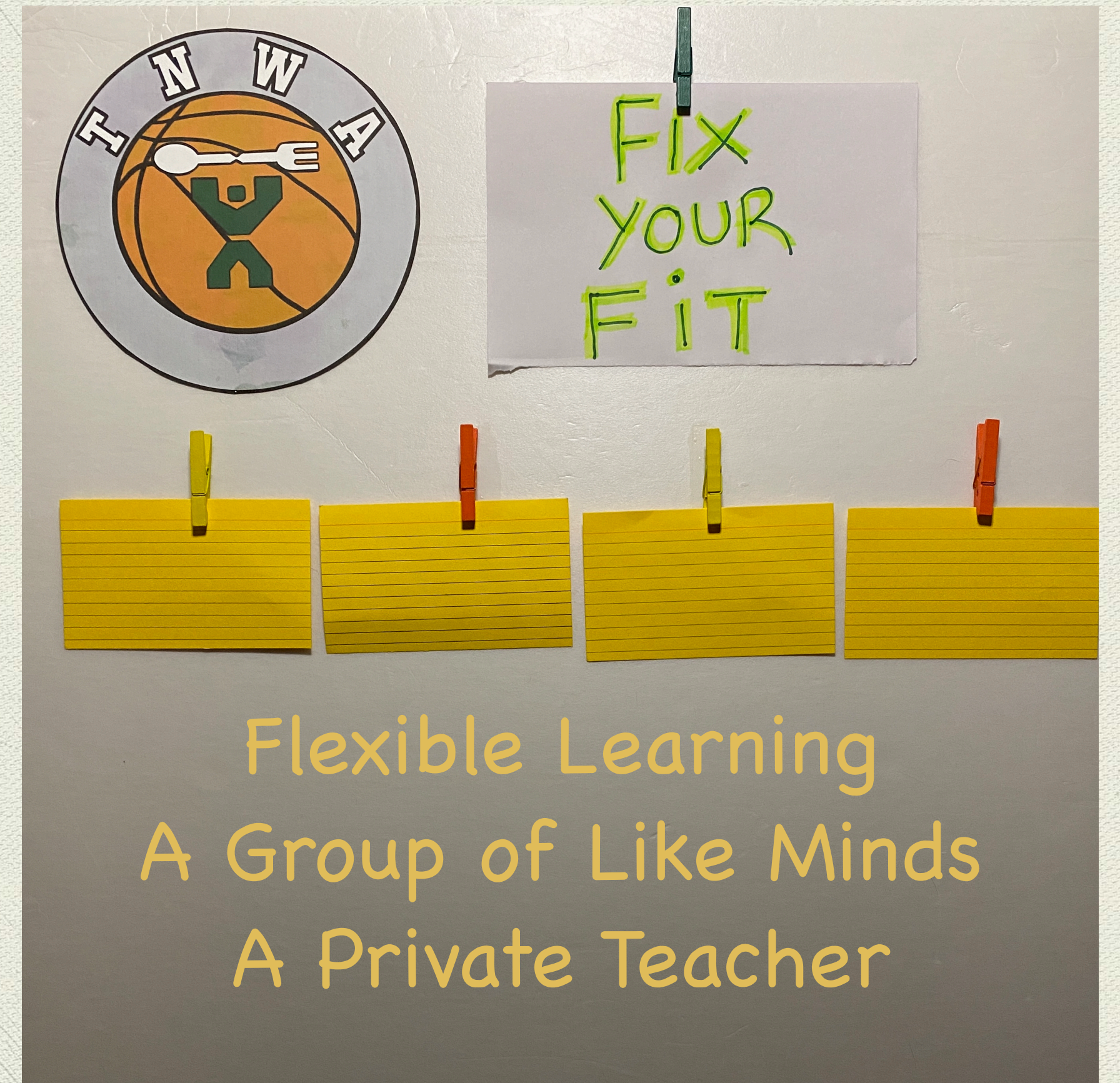
How is the program delivered?

Online:

A. Lectures **LIVESTREAM**

B. Classroom – **Social Platform**

C. Content – **Website** Private Access



"How many muscles are in the body?"

What is the program goal?

My Why:

- A. Develop an **education platform**
 - B. **Increase mentorship** for passionate FIT PRO's
 - C. **Spread the word of HEALTH & WELLNESS**
- "OVER 600"*

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