Certified Pain-Free Strength Coach

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Description: The Pain-Free Strength Coach Certification is a well-rounded program that teaches coaches how to properly train their clients without injuring them, but also increasing their performance. The ultimate goal is to increase a person's quality of life through strength, which will allow them to significantly decrease their injury rate and give them the freedom to do the things they want to do. The reason why CPSC was created is because coaches need more of a hands on approach to learning how to properly interact with clients and give them proper instruction and feedback. Learning from a book is not enough. Our approach is to engulf the classroom instruction, with the hands on instruction, with real time feedback. This approach will properly train you and prepare you to confidently go out and start serving your clients, immediately.

Learning Outcomes: Students will be able to demonstrate knowledge of proper communication with clients and/or future clients, use of verbal cues/tactile cues to demonstrate exercises and correct exercise form, and how to manage a training session. At the end of the course, after the completion(80% or above) of a comprehensive exam, the student will receive a certificate for a **Certified Pain-Free Strength Coach (CPSC)**

Course Materials:

- **Brett Bartholemew:** https://artofcoaching.com/
- **Nick Winkelman:** Book: The Language of Coaching-available on Amazon
- **Mike Boyle:** Book: Functional Training series, Advances in Functional Training, Strength and Conditioning Coaching- all available on Amazon
- **Kevin Carr/Mary Kate Feit**: Functional Training Anatomy-available on human kinetics
- **Ignite Fitness and Performance YouTube:** https://www.youtube.com/@ignitejcmo

Assessment Types:

- **Informal Assessments:**
    - Weekly assessments: you will teach the instructor and peers how to perform exercises. You will be evaluated on: session set up, client placement, starting cues, cues during exercise, correcting cues, demonstrations, tactile feedback, movement during the session, and transitions
- **Formal Assessment:**
    - Final, comprehensive exam on the entire program. The comprehensive exam will include 50 questions from all three categories: The Art of Coaching; Exercise Demonstration, Execution, and Correction; and Logistics of Running a Session. The exam will be a virtual test. You must pass the exam with an 80% or higher to receive your certification.

Prerequisites:

- **Recommended:**
    - Associates or Bachelors degree related to the health care industry
    - Physical Therapy Assistant, Licensed Massage Therapist, Chiropractic background
    - Other personal training/nutrition certification
- **Required:**
    - None

Course Layout:

- 10 weeks: optional 2 weeks extended(practical)
- In person, hands-on training, classroom instruction, virtual education
- 5-10 hours/week
- Hours include: shadowing training sessions, in person meetings/workshops, education, workouts

Week	Tasks
Week 1	• Introduction to entire program: meetings, classroom instruction, shadowing, Pike13 setup, tours of gyms, types of programs, Ignite SOPs, workouts, educational material, expectations • Classroom instruction: definitions, constants, the "why" 4 Basic Movements • Hands on meeting with Chad to go over four basic movements again(Squat, Deadlift, Push Up, IV Row) • Identify how warm up relates to workout • Take notes on exercise cues, layout of workouts, session management.
Week 2	• Classroom instruction: definitions, constants, the "why" Neuromuscular Activation and Mobility. • Hands on meeting with Chad to go over first 2 phases of Warm Up: Neuromuscular Activation and Mobility • Teach instructor and other students how to coach these first 2 phases. You will be given 4 exercises to coach. Feedback from instructor after your coaching session. • Session layout: pre-session, when session starts, how to start and end this section, type of session, verbal/tactile cues,

	regressions, progressions
Week 3	• Classroom instruction: definitions, constants, the "why" of Anti-Rotation, Anti-Extension and Carries. • Hands on meeting with Chad to go over Core exercises • Teach instructor and other students how to coach Core exercises. You will be given 4 exercises to coach. Feedback from instructor after your coaching session. • Session layout: pre-session, when session starts, how to start and end this section, type of session, verbal/tactile cues, regressions, progressions
Week 4	• Classroom instruction: definitions, constants, the "why" of Hip Stability and when to use Mobility • Hands on meeting with Chad to go over Hip Stability exercises • Teach instructor and other students how to coach Hip Stability exercises. You will be given 4 exercises to coach. Feedback from instructor after your coaching session. • Session layout: pre-session, when session starts, how to start and end this section, type of session, verbal/tactile cues, regressions, progressions • Coach Core sections of workouts- in classes
Week 5	• Classroom instruction: definitions, constants, the

	"why" of Shoulder Stability and when to use Mobility • Hands on meeting with Chad to go over Shoulder Stability exercises • Teach instructor and other students how to coach Shoulder Stability exercises. You will be given 4 exercises to coach. Feedback from instructor after your coaching session. • Session layout: pre-session, when session starts, how to start and end this section, type of session, verbal/tactile cues, regressions, progressions • Coach Core sections of workouts- in classes
Week 6	• Classroom instruction: 4 Power categories, definitions, constants, the "why" of Upper Body Power • Hands on meeting with Chad to go over Upper Body Power • Teach instructor and other students how to coach Upper Body Power exercises. You will be given 4 exercises to coach. Feedback from instructor after your coaching session. • Session layout: pre-session, when session starts, how to start and end this section, type of session, verbal/tactile cues, regressions, progressions • Coach Core sections of workouts- in classes
Week 7	• Classroom instruction: definitions, constants, the "why" of Lower Body Power

	• Hands on meeting with Chad to go over Lower Body Power • Teach instructor and other students how to coach Lower Body Power exercises. You will be given 4 exercises to coach. Feedback from instructor after your coaching session. • Session layout: pre-session, when session starts, how to start and end this section, type of session, verbal/tactile cues, regressions, progressions
Week 8	• Classroom instruction: 4 Strength categories, definitions, constants, the "why" of Upper Body Strength • Hands on meeting with Chad to go over Upper Body Strength • Teach instructor and other students how to coach Upper Body Strength exercises. You will be given 4 exercises to coach. Feedback from instructor after your coaching session. • Session layout: pre-session, when session starts, how to start and end this section, type of session, verbal/tactile cues, regressions, progressions
Week 9	• Classroom instruction: definitions, constants, the "why" of Lower Body Strength • Hands on meeting with Chad to go over Lower Body Strength • Teach instructor and other students how to coach Lower Body Strength exercises. You will be given 4 exercises to coach. Feedback from

	instructor after your coaching session. • Session layout: pre-session, when session starts, how to start and end this section, type of session, verbal/tactile cues, regressions, progressions
Week 10	• Classroom instruction: definitions, constants, the "why" of Blood Flow/ Conditioning • Hands on meeting with Chad to go over Blood Flow/ Conditioning • Teach instructor and other students how to coach Blood Flow/ Conditioning exercises. You will be given 4 exercises to coach. Feedback from instructor after your coaching session. • Session layout: pre-session, when session starts, how to start and end this section, type of session, verbal/tactile cues, regressions, progressions • Coach Warm Up, Core, and Strength sections of workouts-in classes • Comprehensive Study for exam
Week 11-12 (Optional)	• Coach Warm Up, Core, and Strength sections of workouts-in classes with feedback from Instructor • Comprehensive Study for exam