



RESISTANCE BAND TRAINING CERTIFICATION

COURSE SYLLABUS

Course Title

Resistance Band Training Certification for Fitness Professional and Coaches

Description

This Resistance Band Certification is designed to teach participants “why” and “how” to implement resistance band training into fitness based exercise programs designed to improve functional movement efficiency, strength, and power.

This course includes this extensive training manual that will cover training methodology, progressions, setups, training principles, and program design. To supplement the training manual there will be over 5 hours of instructional video for participants to view that will also enhance their overall learning experience. Together these two resources will guarantee a successful competency for how to safely and effectively implement resistance band training into a fitness program.

Objectives and Competencies

The objectives of this comprehensive entry level certification are thorough and broad. The number one priority will be to ensure that the fitness professional or coach learn, understand, and demonstrate via a written exam the ability to safely progress and implement resistance band training methodology and exercises.

Upon successful completion of this course, the professional should be able to:

1. Identify the three rules that govern functional movement and how Resistance Band Training impacts all three of these rules
2. Understand the rationale behind Resistance Band Training as a functional strength training modality
3. Identify the top 10 mistakes often seen with Resistance Band Training
4. Understand why deceleration control is the #1 key to staying functionally fit and why bands are unmatched at achieving that

5. Identify the top 6 resistance band setups
6. Understand how to care for bands and protect bands from being damaged or torn during training sessions
7. Understand the 6 principles that govern resistance band training progressions
8. Learn how to choose the correct band for training
9. Know how to implement resistance bands into a private, semi-private, or group training environment
10. Demonstrate the ability to design progressive “resistance band only” circuit-based workouts using multiple training variables
11. Acquire the knowledge to effectively teach clients how to perform an integrated ground-based total body circuit workout using only resistance bands
12. Identify the top three 3 base of support options
13. Understand and implement a basic resistance band flexibility routine
14. Understand how to develop a reactive core strength program using flat resistance bands
15. Identify 3 upper torso movement options
16. Identify the 5 steps to learning how to safely train multi-directional locomotion in resistance bands
17. Implement simple “partner attached” and “attachment free” band training workouts

Course Tools

Course Manual

The course manual will serve as one of the primary tools utilized in the course. Answers applicable to all questions for the course final exam may be found either explicitly or implicitly in the course manual.

Course DVD

The course DVDs have also been provided. The 7 DVDs provide samples of most primary exercises, as well as simple progressions and regressions of such movements.

Examination

Exam & Content

The examination for this course is comprehensive in nature and consists of 50 multiple choice/true false questions derived from the course materials. The exam is housed on-line and in order to successfully complete the course, participants must earn a 70% or better on the exam (35/50).

The examination has been constructed around the primary units for the course and is weighted as follows:

- Bandology 101 - 13 Questions
- Training Guidelines and Set-up – 7 Questions
- Program Design – 5 Questions
- Dynamic Stretching and Mobilization – 3 Questions
- Exercise Index: 14 total questions
 - Trunk – Hip – Scapula – 6 Questions
 - Attachment Free – 4 Questions
 - Band Attached – 4 Questions
- Partner Training – 8 Questions

The test questions follow the written material in sequence to assist with completion.

Suggested Plan for Study

Please read the following two pages before beginning your certification training.

What you will want to have to maximize your learning experience:

1. At least one pair of red or black bands
2. A place to attach bands to or a band utility strap to attach bands into a door
3. A countdown timer or RBT exclusive sound tracks
4. A portable DVD player or lap top computer

Recommended Optional Items:

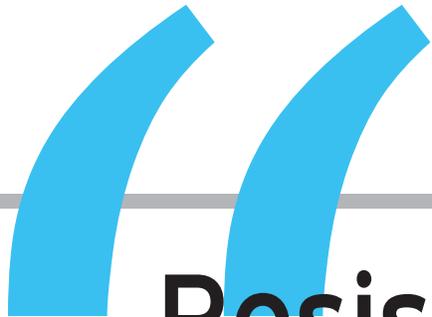
1. One pair of training handles

The following is my step by step recommendation on how to optimally approach learning the information in this certification.

- **Step 1** - Print out test questions before starting to learn the material. The test questions follow the written material in sequence to assist with completion. Therefore once you have completed all the material in the manual and on the DVDs, you will hopefully have completed the test and will only need to fill in the online answer key.
- **Step 2** - Read through Bandology 101 before reviewing Bandology 101 DVDs A and B. Specifically make sure you go through and familiarize yourself with each band setup during the video review.
- **Step 3** - Read through the Dynamic Stretching and Mobilization section in the manual before reviewing Dynamic Stretching and Joint Mobilization DVDs A and B. Take time to perform the stretching exercises by stopping the video after each specific exercise has been discussed.
- **Step 4** - Read through Program Design and familiarize yourself with principles and concepts of band training. You will need to continually review this as you begin to create your own training programs. Bandology DVDs A and B are the supporting videos for this section.

- **Step 5** – Watch the Free Band Training DVD while taking notes in the manual area. The DVD and manual should mirror each other when it comes to going through the exercises. Once you have completed a specific exercise section, take time to review and perform the primary exercises. It is important to try and develop a good understanding of regressions and progressions for each exercise.
- **Step 6** – Establish an attachment site for your bands and begin to view the Attached Training DVD. Again after reviewing specific exercise sections stop and perform the primary exercises. Attempt to create at least 3 different variations of each exercise using the program design principles discussed.
- **Step 7** - When going through locomotion training, setup a double linked up station and attempt each primary movement for 30 seconds with a 30 second rest. This hopefully will allow you to acquire an appreciation for the degree of difficulty and band tension when attempting to run in bands.
- **Step 8** - If possible invite a friend or family member to assist you with the partner based training. As you review the Partner Band Training DVD, perform each exercise with specific focus on holding and transitions between partners. Understand that any attached or unattached exercise can be done in a partner based fashion so feel free to attempt other attached exercises not discussed on the Partner Band Training DVD. Just make sure to review holding recommendations.
- **Step 9** - Take time to review the 4 different training templates I provide and develop 1 workout for each template. Then perform the workout yourself to get an appreciation for exercise flow and difficulty.
- **Step 10** – At this point you should have been able to complete the exam questions. Double check to make sure no questions were left blank before submitting the test answers online.

If you have any questions along the way feel free to email us at: Support@resistancebandtraining.com. We attempt to answer all certification questions within 24 hours.



Resistance Band Training

is all about improving function first and then
reaping the benefits that come with improved
functional movement.

