



IOETI

International Obesity Exercise Training Institute

International Obesity Exercise Training Institute (IOETI): Hybrid Interval Training Specialist

SUMMARY : The translation of science into practical application regarding the effectiveness of a high-intensity circuit integrated neuromuscular training program on body composition, performance, health, behavior regulation in exercise and vitality in sedentary adults suffering from obesity.

PURPOSE: The translation of science into practical application regarding the effectiveness of a high-intensity circuit integrated neuromuscular training program on body composition, performance, health, behavior regulation in exercise and vitality in sedentary adults suffering from obesity.

PRESENTER : Alexis Batrakoulis,

MS, PhD(c), CSCS, RCPT*E; ACSM-EP, CPT; NASM-CES, PES; ACE-CHC, CPT

- Personal Training Education Director, Greek Athletic & Fitness Training School (GRAFTS)
- Professional Standards Committee Member & Technical Experts Group Leader, EuropeActive
- Subject Matter Expert & International Master Trainer, American Council on Exercise (ACE)
- Exercise is Medicine Credential Committee Member, American College of Sports Medicine (ACSM)
- 2018 IDEA Personal Trainer of the Year Award
- 2020 NSCA Personal Trainer of the Year
- 2021 PFP Trainer of the Year



LEARNING OBJECTIVES

- Meet the latest research demonstrating that exercise intervention programs with a hybrid structure based on functional fitness, circuit and interval training can be an effective way to train for weight loss.
- Understand how to design and execute a novel exercise programming relating the worldwide top trends in the fitness industry with a focus on beginner clients with overweight or obesity.
- Design, modify and instruct creative, time-effective and progressive integrated neuromuscular training routines from lab to gym for a variety of client abilities and fitness levels.





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COURSE OUTLINE (8 contact hours)

- Introduction
- Examining interval training as a fitness trend
- Defining all types of cardiovascular exercise
- Analyzing all types of interval training
- Continuous endurance training vs. HIIT
- HIIT for health in real clients
- HIIT for performance in real clients
- HIIT for well-being in real clients
- Concurrent training vs. hybrid training
- Traditional HIIT protocols vs. alternate HIIT-type programs
- Integrating HIIT and functional fitness in the gym setting
- Designing hybrid-type HIIT protocols
- Integrating fundamental movement patterns into hybrid interval training
- Exploring research on hybrid-type training protocols in the fitness setting
- Practice in pairs or small groups
- Case studies
- Recap quiz
- Summary

Course Accreditations

ACE 0.8 CECs

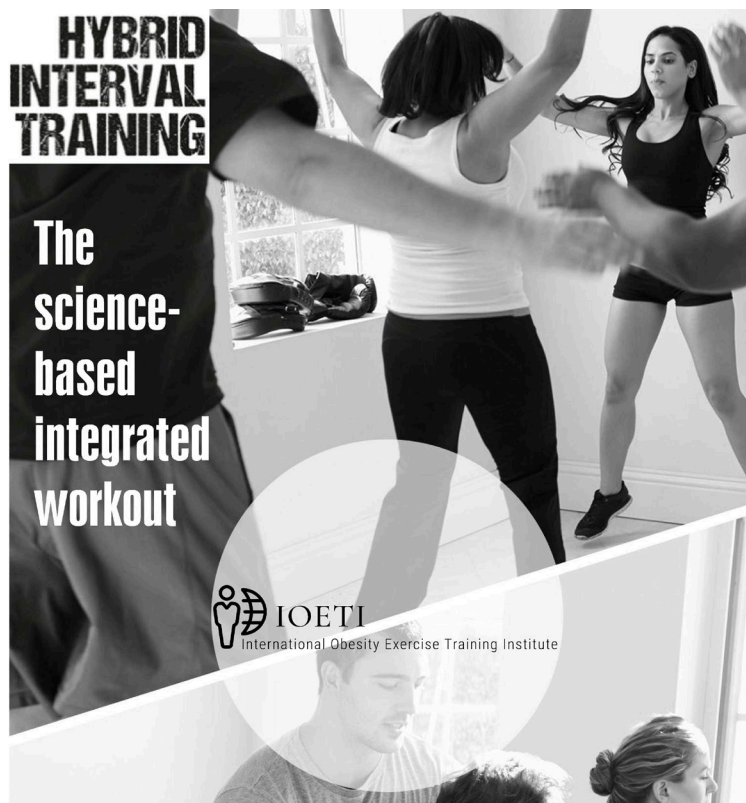
ACSM 8.0 CECs

AFAA 8.0 CEUs

NASM 0.8 CECs

EREPs 8.0 LLP points

IPTFA 3.0CEUs





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Enrollment Criteria	Age 17 or above
Lecturer Profile	Alexis Batrakoulis, MS, PhD(c), CSCS, RCPT*E; ACSM-EP, CPT; NASM-CES, PES; ACE-CHC, CPT
Language	English
Course Duration	1 days
Class Population	Maximum of 40 (First come first served basis)
Course Fees	HK\$ 3,400 / US 436
Venue	Online (Zoom meeting)
Application	Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to [INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY] to INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY, Unit C, 2/F, Right Time Building, 21-27Playing Field Road, Mong Kok, Kowloon, HK
Registration & Enquiry	Tel: 2345 6286 Fax: 2345 1236 E-mail: info@iptfa.com Website: www.iptfa.com
Notice	<ul style="list-style-type: none"> • The use of synchronized video (live) teaching allows students at home to study at the same time, arrange homework, online exercises or pre-class preview. • Ask students to download the "Zoom" program • It can be used across platforms such as smartphones, tablets and computers.
Continuing Education Units	3 CEUs
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA





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(ENROLLMENT FORM)

Course Code	Course Name : International Obesity Exercise Training Institute (IOETI): Hybrid Interval Training Specialist
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Photo

Personal Information

Name:					
Date of Birth:	mm/dd/yy	Identify ID./ PassportNo.			
Sex :		Age :		Occupation :	
Address :					
Tel No.:	Day-time Night-time				
Mobil :		E-mail :			
Related work experiences and current certificates:					

Information Source ☐ web-site ☐ Friend recommend ☐ Post ☐ Others E.G.: _____

All the personal data will keep confidential and will only be used in the application procedure of the events organised by our Academy. For any change of your personal data, please contact IPTFA.

Payment : Cash, EPS, Cheque, and T/T, Please do inscribe: "International Personal Trainers & Fitness Academy ", T/T account no. **(SCB : 33782-05697-8; BOC : 012-698-0-000764-4)**

Declaration

I, _____, declare that all the personal data are true and correct. I am aware that my participation in the International Personal Trainers & Fitness Academy event(s) exposes me to a risk of personal injury and I agree to hold harmless International Personal Trainers & Fitness Academy, their Directors, employees and subsidiaries, the presenters and all the event staff from any and all liability arising from this course including, but not limited to, muscle strains, tears, pulls, broken bones, death and any and all illness, ailments or loss of personal property.

I understand the risks arising from the participation of this course and attest that I am in sound physical condition. I also understand that I may be videotaped, audio taped and photographed during the course and International Personal Trainers & Fitness Academy may use my images for any and all uses without my prior consent. I further agree to all conditions of registration, including but not limited to, the no refund policy.

Signature: _____ Date: _____

For Official Use Only

Amount: _____ Received Date: _____
☐ Cash ☐ Cheque _____ Bank _____
Issued by: _____ Refer to: _____

