

PHYSICAL FITNESS AND SPORTS TRAINING INSTRUCTOR CERTIFICATION SEMINAR



At the beginning of the year in 2007, Loren Cunningham received a vision from the Holy Spirit to present professional and high level "Physical Fitness and Sports Training" Instructor Trainer Certification Programs on all five continents by the end of 2009. Within this vision, the Holy Spirit told him that Tim "Coach" Powers was to be the person to spearhead this global initiative. Coach Powers has been involved in the Physical Fitness and Sports Training industry professionally for over 37 years.

Together with his wife Rebecca, Coach has strategically designed a four week, 120 hour instructor trainer certification that will not only equip the individual to offer individual, group, DTS and whole teams the state-of-the-art in physical fitness and athletic enhancement training, but more importantly to gain an in-road to furthering the cause of Christ and sharing his Gospel with all peoples and all nations.

In attending this program and successfully achieving certification, you become an ambassador of promoting the importance of presenting our bodies to the Lord as holy and living sacrifices for his glory and purpose. You will also become a leader in emphasizing that as followers of Jesus we are triune beings in spirit, soul and body. This initiative needs you to be part of the effort in helping our brothers and sisters in the Lord to restore and maximize their vitality in the goal of ordaining their destinies and furthering the cause of Christ.

Not only does the Physical Fitness and Sports Training Instructor Training Certification program help you become a Physical Fitness Evangelist but it is a 120 hour academic and hands-on training program that will qualify and credential you in four primary areas that include:

- Personal Trainer
- Group Fitness Instructor
- School Physical Education and Sports Training Instructor
- Athletic Enhancement Specialist (including sport speed development).

See Back for more details.

Dates

March 1 - March 26, 2009

Estimated Fees

\$1990.00

(Price is subject to change.)

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This course is not for softies. We will train and condition three hours per day in a variety of workout concepts. You will also need to score at least a 70% on both the written and competency examinations. These are University of the Nations accredited courses, so you will receive credits for attending.

Students will participate in at least three (3) hours of high-level training per day, Monday through Friday. This training will include and incorporate general physical fitness, aerobic conditioning, functional strength development, linear/lateral speed, agility, quickness, explosive power development and endurance.

Academically, students will also participate in three (3) hours of academic classroom study a day that will include topics that include:

- Physical fitness from a Biblical basis.
- Understanding the scientific basis of physical fitness.
- Learning the ten (10) integrated systems of the human body.
- The components of physical fitness.
- Success factors in improving physical fitness.
- Bioenergetics and biomechanics.
- Functional strength development.
- Cardiovascular/respiratory endurance and efficiency.
- Joint flexibility and body elasticity.
- Reducing and maintaining a low body fat percentage.
- Realistic nutrition.
- Injury prevention and analysis.
- Motivational strategies and sports psychology.
- Physical fitness program design.
- Sport speed development.

The objectives of this training certification program are most importantly to share Jesus' commands and teachings through this medium. In addition to this overall priority, the program objectives are to establish physical fitness and sports training programs on every major YWAM base worldwide. Full time staff would be able to be part of ongoing DTS and outreaches, provide resource instruction and support for all YWAM schools and present daily, weekly and monthly fitness program and design for all staff and students.