



## Advanced Periodisation Techniques

This comprehensive online workshop goes beyond the basic principles of periodisation and explores the underpinning mechanistic theories of periodisation and how to apply these methods for clients with a variety of health and fitness goals.



### Workshop Overview:

- Developing the Annual Training Plan (including Multi-Year planning).
- Planning the Macrocycle, Mesocycle and Microcycle.
- Planning the Training Day.
- Planning the Training Session.
- Planning the Training Units.
- Advanced Periodisation Methodology, including:
  - Block Periodisation
  - Daily Undulating Periodisation
  - Flexible Non-Linear Periodisation
- Self-paced online course over 3 months.

### Pre-requisite:

Participants must have completed the Certificate IV in Fitness and be registered as a Personal Trainer to be eligible to attain Fitness Australia CECs from this course.

Upon completion of this course, Fitness Australia Registrants are eligible to have the Strength and Conditioning delivery knowledge and skill areas recognised on their registration profile.

**For more information contact Australian Fitness Academy on 1300 AFA FIT (232 348).**

To enrol complete details below and email to [info@afa.com.au](mailto:info@afa.com.au) or fax to 03 9532 9044.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: (H): \_\_\_\_\_ Phone (M): \_\_\_\_\_ Phone (W): \_\_\_\_\_

Fitness Australia Registration Number: \_\_\_\_\_ Date: \_\_\_\_\_

Course Cost: \$200

Visa    Mastercard    Cardholder's Name: \_\_\_\_\_ Card Number: \_\_\_\_\_

Expiry:    /    CSV: \_\_\_\_\_



I, \_\_\_\_\_ (name), have read, clarified and understand each of the following:

- Payment Terms & Conditions - including the Payments, Cancellations, Refund and Deferment Policies.
- Student Handbook - including the course information, online learning requirements, participation and assessment requirements, code of conduct, privacy policy and student support services.

I understand that Australian Fitness Academy must be supplied with my Unique Student Identifier (USI) before I am eligible to receive official outcomes of my studies, including a Statement of Attainment, Statement of Results or a Testamur Certificate.

I understand & agree to the terms, conditions and policies outlined in these documents and on the website.

I verify that the information provided above is true and correct.

Name:

Signature:

For Office Use Only:

Careers Consultant Signature:

Careers Consultant Name:

Date:  /  /