



GluckerKolleg

LIZENZ

License Trainer for EMS

for

Lefteris Theodorakis



During the training course „Trainers for EMS“ at the Gluckerkolleg, in cooperation with miha bodytec, lasting more than 2 days, 20 teaching units took place, which contained the following priorities in both theory and practice:

- Definition Training EMS
- History of EMS Training
- Target groups and how to take a stand on the market
- Working out contraindications and risks
- Operating instructions of miha bodytec and practical training
- Performing test trainings with potential clients
- Performing fitness training units with clients
- Physiology regarding EMS Training
- Training athletes, taking golf as an example
- Marketing and how to find cooperative partners
- Definition of the own business on the market
- Training back problems with miha bodytec
- Special nutrition tips for the training with EMS
- Writing individual training plans

The training course finished with a practical and theoretical exam, lasting one hour each, as well as with a personal conversation. The license is accepted by miha bodytec and the Gluckerkeretwork.

The exam for this license has been passed on december the 18th, 2016 and is valid till december the 18th 2018

Kornwestheim, december the 18th 2016

Lefteris Theodorakis

GluckerKolleg

training management

GluckerKolleg
 Ausbildung zum/zur
 geprüften Personal
 Fitness Trainer/in und
 KdDR-Rückenschul-
 lehrer/in sowie
 Weiterbildungen

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