



Cycling & Bicycle Maintenance

Course 01: Cycling Training

- How to Buy a Cycle
- Fitting and Accessories
- Road Skills
- Cycling in the Real World
- Cycle Maintenance
- Getting the Most Out of Cycling

Course 02: Bicycle Maintenance Course

- Know Your Bike
- Must-Haves for Your Toolbox
- Regular Bike Maintenance
- Tyre
- The Wheels
- The Brakes
- The Saddle
- The Chain
- The Steering System
- The Gears
- Pedals and Drivetrain
- Suspension

Course 03: Stretching For Beginner

- Intro & Beginning Concepts
- The Secret Of Nerve Flossing
- Stretching Techniques
- Special Tools
- Additional Content

Course 04: Core Stability

- Course Speaking
- Anti-Extension Easy
- Anti-Extension Hard
- Anti-Extension Medium
- Anti-Rotation Easy
- Anti-Rotation Hard
- Anti-Rotation Medium
- Bear Crawl Exercises
- Hip Easy
- Hip Hard
- Hip Medium
- Scapula Easy
- Scapula Medium
- Testing

Course 05: Functional Skills - Fitness

- Introduction
- Benefits Of Functional Fitness
- Functional Fitness Training Areas
- Conclusion to Functional Fitness Training

Course 06: Motivation For Weight Loss & Mindset

- Introduction
- How To Set Weight Loss Goals
- How To Create Effective Weight Loss Habits
- How To Create The Right Environment For Weight Loss
- How To Build Self-Discipline
- How To Overcome Common Weight Loss Problems

Course 07: Sports Nutrition Training Level 3

- Introduction to Nutrition
- The Role of Nutritionist
- The Digestive System
- Nutrients for Life – Macronutrients
- Nutrients for Life – Micronutrients
- Nutrition Requirements for Adults and Various Groups
- Healthy Dieting
- Weight Control Management
- Weight Loss Management
- The Day of Competition
- Replacing Nutrients After Competition

Course 08: Manual Handling Level 2

- Introduction, Legislation and Guidance
- Manual Handling Hazards and Injuries
- Manual Handling Risk Assessments
- Controlling and Reducing the Risks
- Safe Lifting Techniques

Course 09: PUWER

- Provision and Use of Work Equipment Regulations
- Selection and Conformity of Work Equipment
- Safe Functionality of Work Equipment
- Monitoring and Evaluation of Work Equipment
- Maintenance of Work Equipment

Course 10: First Aid Trainer Course

- Introduction to First Aid Training
- Classifications and Abbreviations
- Primary Survey
- Secondary Survey
- Incidents
- Management
- Basic First-Aid Techniques
- Dealing with Minor Injuries
- Dealing with Major Injuries
- Dealing With Fractures and Dislocations
- Call for an Emergency
- Sports First Aid
- First Aid at Work Place
- First Aid for School
- First Aid for Mental Health
- First Aid Trainer as a Career

Course 11: Personal Hygiene

- Introduction to Personal Hygiene and a Brief History
- Looking Clean, Smelling Clean
- Improving and Maintaining Oral Health
- Care of the Eyes
- Ear Care Secrets
- Foot & Nail Care in Personal Hygiene
- Hair Care Hygienic Ways
- Hygienic Approach to Skin Care
- Maintain Good Toilet Hygiene
- Potential Hygiene Guidelines
- Personal Hygiene During Coronavirus Pandemic



Thank You