

BodyFly Fitness® 2025 Course Outline

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0. Introduction

BodyFly Trainer Certification is offered by **BodyFly, Inc.** a Nevada corporation that operates the BodyFly Institute which is an online-only certifying course. **BodyFly Institute** was developed in June of 2020 and this Certification has been updated in late 2024.

Challenge yourself, finish and grow every day.

There is never going to be the perfect time. When it comes to building a better future for yourself and those you care about, there's no time like right now. With adult and childhood obesity at its highest levels in years, the role of qualified and knowledgeable fitness professionals is more important than ever. Over the past 20 years, the number of certified personal trainers continues to rise to meet the demand of the Health and Fitness industry.

Receiving certification as a personal trainer is necessary to work in almost any fitness, wellness or health care facility. Although helpful, a degree in exercise science or physiology is not needed as a prerequisite for most certifications. Once you complete this certification check out the programs **BodyFly Institute** offers. Before you know it, you'll have your Certification ID and the pride that comes with taking charge of your life.

1. Staff

| Position | Name | Email | Times & Locations | Contact Details |
|----------|---------------|------------------------------|-------------------|-----------------|
| Conveyor | BodyFly, Inc. | Contactus@BodyFlyFitness.com | Online | 619-693-6599 |

2. Course information

Units of credit:

Prerequisite(s): In order to become a **BodyFly Certified Trainer**, you must possess a valid certification from one of the following NCCA accredited certification courses:

- ACE or the American Council on exercise
- NASM or the National Academy of Sports Medicine
- NSCA or the National Strength and Conditioning Association
- ACSM or the American College of Sports Medicine
- NETA or the National Exercise Trainers Association
- NFPT or the National Federation of Professional Trainers
- NESTA or the National Exercise and Sports Trainers Association
- NCCPT or the National Council for Certified Personal Trainers
- NCHCEC or the National Commission for Health Education Credentialing
- NCSF or the National Council on Strength and Fitness
- IFPA or the International Fitness Professionals Association

- TW-CC or the Training and Wellness Certification Commission

Recertification: Every 2 years the certification expires and **BodyFly Institute** requires a fee of \$69.

2.1 Course summary

Our online school proudly offers advanced, state-of the art education for aspiring exercise professionals, wellness coaches, yoga instructors, exercise physiologists and all other fitness professionals. All of our courses are online and are thoughtfully developed to provide the most comprehensive and well-rounded education and training. Learn conveniently at your own pace. We welcome all students with a wide variety of goals and aspirations.

2.2 Course aims

The overall aim of this course is to enable you to develop and gain further understanding of the BodyFly Cable System. Certified BodyFly Trainers will be able to apply demonstrated principles found in the curriculum to apply in real-world situations that utilize this innovative fitness equipment.

Another goal of the **BodyFly Institute** is to provide students with the skills necessary for a career as a Certified BodyFly Trainer, and to prepare fitness professionals to take the certification exam. A BodyFly Trainer is someone who will use BodyFly products for their lifestyle and goals, and encourage others to reach their goals. Some trainers choose to help others get started with their own BodyFly business. Our team has mentored hundreds of people, to help them not only hit their fitness goals but financial ones as well.

2.3 Course learning outcomes (CLO) At the successful completion of this course you (the student) should be able to:

1. Company history and overview of the innovation that will assist fitness professionals to help their community.
2. Recognize the benefits of resistance training, and determine safety concerns and appropriate weight loads.
3. Understand how fitness affects physical and mental well-being, assess current fitness, plan goals and recognize opportunities in the fitness field.
4. Identify fitness program designs based on warm-up, cool-down, aerobic, and strength-training components, and know how a fitness instructor can cue clients during and between workouts.
5. Identify the anatomy of, and the work done by, various muscles and muscle groups; recognize tests that determine overall fitness, muscle strength, and flexibility; and identify the typical components of a fitness workout.
6. Identify the major structures of the upper body, understand the advantages of having a fit upper body, and identify various programs and exercises to enhance upper-body fitness.
7. Identify the major structures of the lower body, understand the advantages of having a fit lower body, and identify various programs and exercises to enhance lower-body fitness.
8. Identify how carbohydrates, fats, proteins, fluids, vitamins, and minerals fit into a healthy eating plan. Distinguish the ingredients needed to prepare healthy menus; analyze recipes and menus for calories, fat, protein, carbohydrate, sodium, and fiber content.

9. Identify muscles, connective tissues, bones, and joints, and identify their roles in movement; understand the physiology of muscle contraction and the relationship between muscular fitness and overall well-being
10. Recognize the benefits of increased flexibility, compare individual flexibility needs, and ascertain the components of a flexibility training program
11. Identify how core muscles help to keep the entire body fit, and recognize exercise routines for core fitness for functional training.

3. Strategies and approaches to learning

3.1 Learning and teaching activities

This course enables students to develop BodyFly skills that will enhance your practice as a Certified BodyFly Trainer. It reflects a view that professional practice within the field will require advanced levels of fitness to support ongoing development as a fitness professional. The course is designed to have a very practical orientation. Learning in this field requires students to demonstrate BodyFly training principles. The course is delivered in a blended format, consisting of tutorials with pre-recorded online lectures. The online component will enable you to experience training at your own pace and provide you the opportunity to become a BodyFly Certified Trainer!

3.2 Expectations of students

An integral part of this course is engagement in class activities as well as the online component. You must complete all set work to a satisfactory standard as discussed in class and in the course outline.

4. Course schedule and structure

This course consists of 4 hours of online class. You are expected to take an additional seventy-five questions to complete the assessments, readings and exam.

| Intro | Program Overview | <ul style="list-style-type: none"> ○ About the Instructor ○ Resources |
|-----------|----------------------|---|
| Module I | BodyFly Program | <ul style="list-style-type: none"> ○ Company History ○ Company Partners |
| Module II | The Fitness Industry | <ul style="list-style-type: none"> ○ Exercise Psychology |

| | | |
|------------|-------------------|--|
| | | |
| Module III | Muscle Anatomy | <ul style="list-style-type: none"> ○ Exercise Physiology ○ Tools of Trade |
| Module IV | Muscles System | <ul style="list-style-type: none"> ○ Muscular Focus |
| Module V | Nutrition | <ul style="list-style-type: none"> ○ Digestion/Absorption ○ Weight Management |
| Module VI | Injury/Prevention | <ul style="list-style-type: none"> ○ Preventing Injuries ○ Clients w/ Special Conditions |

5. Assessment

BodyFly Institute policy states that assessment practices will:

- Play a pivotal role in focusing learning and teaching efforts on intended learning outcomes and the development of designated graduate capabilities.
- Promote active student engagement in learning through assessment.
- Enable students to develop their knowledge, skills and capabilities in meaningful disciplinary, professional and personal contexts.
- Recognize and accommodate student diversity.

5.1 Submission of assessment tasks

BodyFly Institute requires all assessments to be submitted online with no paper versions submitted. 6 modules will be completed with a final 75-question Certification exam. Upon passing you will be notified immediately and sent an electronic certificate along with next steps.

6. Readings and resources

Provide a list of required and/or useful resources.

- material accessible online (including mobile device or web browser via BodyFly App).
- recommended videos, <http://www.youtube.com/BodyFlyFitness>

- Facebook community, www.facebook.com/BodyFlyFitness
- Functional Training information, <https://www.muscleandstrength.com/workouts/tactical-physique-strength-conditioning-workout>

7. Administrative matters

Include information on:

- **BodyFly Institute** is operated by *BodyFly, Inc.*
- Contact information, www.BodyFlyFitness.com or contactus@BodyFlyFitness.com.

8. Additional support for students

Include information on the following student support services and check links to keep them updated:

- TeleMedicine: https://www.business.com/articles/what-is-telemedicine-telehealth/?utm_source=notification
- The Current Students Gateway: <https://student.unsw.edu.au/>
- Academic Skills and Support: <https://student.unsw.edu.au/academic-skills>
- Student Wellbeing, Health and Safety: <https://student.unsw.edu.au/wellbeing>
- Disability Support Services: <https://student.unsw.edu.au/disability-services>
- UNSW IT Service Centre: <https://www.it.unsw.edu.au/students/index.html>