

F2T 110



FITNESS FUNDAMENTALS

F2T EDUCATION

Designed using the latest research on fire fighter wellness and fitness, exercise science and behavioural change, this introductory **F2T** course emphasizes fundamental principles related to **ASSESSMENT, DESIGN, IMPLEMENTATION** and **LEADERSHIP**. It is delivered exclusively online using a series of asynchronous activities so students can navigate the material at their own pace.

ASSESSMENT

F2T 110 will outline a framework to better understand the demands (needs and wants) and capacity of fire fighters. This information can be used to establish a target and direction for training. Communication skills will also be emphasized.

IMPLEMENTATION

As an extension of the design process, **F2T** 110 highlights factors that influence the choices, actions and behaviours of fire fighters to assist with program delivery. Opportunities are provided to reflect on the coaching skills of others.

DESIGN

F2T 110 will provide students with an opportunity to critically evaluate and design exercise sessions that suit multiple short- and long-term objectives. Principles will be shared to guide the selection of various fitness parameters.

LEADERSHIP

The successful implementation of any wellness and/or fitness program requires influential leadership. **F2T** 110 will provide students with several strategies to engage peers and family members who may be motivated by different factors.

WHAT WILL I LEARN?



The utility of any exercise program will depend on the target population and how it is administered, promoted and/or performed. For this reason, the ability to **THINK CRITICALLY** is paramount to the success of any fitness professional. Often, 'it depends' is the most appropriate response to describe the utility of a particular intervention. However, it is the ability to know why "it depends" that distinguishes exceptional professionals who impact lives from those who design good workouts. **F2T 110** will highlight several fundamental principles critical to the design and implementation of any exercise program.

F2T 110 CURRICULUM

The course is separated into 3 **M**odules, each of which includes multiple topics and a series of online learning activities to reinforce the concepts taught

M1 Program

Framework

Demands and Capacity
Guiding Principles
Motivation and Adherence
Shaping Behaviour

Improve your ability to:

- > Apply the demands-capacity framework to work, life and play
- > Identify factors that influence attitudes, choices and behaviours

M2 Movement

Fundamentals

Coaching and Feedback
Goal Setting
Learning to Move
Accommodating Diversity

Improve your ability to:

- > Observe, assess and interpret the movement patterns of others
- > Establish specific and relevant goals in the short and long term

M3 Program Design

Principles

The F.I.T.T. Principle
The S.A.I.D. Principle
Defining Objectives
Energy Systems

Improve your ability to:

- > Design exercise sessions that suit a range of objectives and interests
- > Adapt exercise sessions based on observations made to suit performers

DELIVERY OPTIONS



F2T 110 is only delivered online. As an abbreviated version of **F2T 101**, this course aims to make fitness **ACCESSIBLE** to all fire fighters through a combination of video lectures and online learning activities.

COURSE SCHEDULE 12 weeks at own pace, on own time

MAX / MIN ENROLLMENT No limit to enrollment
Individual registrants

COURSE FORMAT Video lectures and online learning activities

LEARNING ASSESSMENT Short online activities following each module

RECOMMENDED SPACE Not applicable
Online activities only

REQUIRED TECHNOLOGY Computer and internet for all online activities

COURSE FEES USD\$99 / student registration

COURSE PACKAGE Electronic access to 12 module summaries

ON-LINE DELIVERY



The **F2T** 110 course is delivered asynchronously (on your own time) and will take approximately 4 hours to complete. Video lectures, case studies and interactive assessments will be used to reinforce the course material. The course is designed specifically for fire fighter-EMS providers who are employed by a fire department and involved in the administration of their wellness-fitness program.

ASYNCHRONOUS ACTIVITIES

During this online course, students will be given access to a series of videos and learning activities that detail each of the associated modules.

Students can expect to spend 1-2 hours on each of the three modules. Of this total time, approximately 60% will be spent watching, while 25% and 15% will be spent reading and working through the practical activities, respectively.

There is no exam in this course; however, students must receive a grade of 70% on the learning activities to receive their certificate of completion.

WHO CAN ATTEND?

Anyone affiliated with a fire department! Learn more or register now at performanceredefined.ca.

- > Register yourself or a group from your department USD\$99/student (membership fee not included)
- > Students will need a computer with speakers and high speed internet
- > PFTs and FPSs will receive 4 **F2T** CECs. This course can also be used to obtain an **F2T** WFA certificate.



FOR A LIMITED TIME!

Any previously certified PFT who completes **F2T** 110 before December 31, 2022 will automatically be awarded a PFT certificate and receive 50% off (\$49) their **F2T** membership through December 31, 2024.