

# F2T 101



## FITNESS PRINCIPLES AND PRACTICE PEER FITNESS TRAINER CERTIFICATE

Designed using the latest research on fire fighter wellness and fitness, exercise science and behavioral change, this introductory **F2T** course emphasizes **ASSESSMENT**, **DESIGN**, and **IMPLEMENTATION** and **LEADERSHIP**. It is taught by industry leaders using a combination of teaching styles, interactive small and large group activities, case studies and hands-on exercise sessions.

### ASSESSMENT

**F2T** 101 will provide students with tactics and strategies to better understand the demands (needs and wants) and capacity of their peers so they can establish a target and direction for training. Communication skills will also be emphasized.

### IMPLEMENTATION

Building on the design process, **F2T** 101 highlights factors that influence the choices, actions and behaviors of fire fighters to assist with program delivery. Opportunities will be provided to coach and give/receive feedback in small and large group settings.

### DESIGN

**F2T** 101 will provide students with an opportunity to critically evaluate and design exercise sessions that suit a number of short- and long-term objectives. Principles will be discussed to guide the selection of exercises and fitness parameters.

### LEADERSHIP

The successful implementation of any wellness and/or fitness program requires influential leadership. **F2T** 101 will provide students with several strategies to engage, inform, empower, and challenge all stakeholders within their organization.

# WHAT WILL I LEARN?



**F2T 101** introduces an integrated approach to the physical preparation of fire fighters for **WORK, LIFE** and **PLAY**. The central tenet of this approach is that every fire fighter, regardless of age, experience, fitness or job status, needs the **CAPACITY** to meet the **DEMANDS** of their life. The framework and principles taught will help students establish exercise recommendations for peers with diverse needs and interests.

## **F2T 101 CURRICULUM**

Each **M**odule includes a practical experience that serves to reinforce the concepts taught

- M01:** Program Framework
- M02:** Movement Fundamentals
- M03:** Coaching and Feedback
- M04:** The F.I.T.T. Principle
- M05:** Program Design Principles
- M06:** Assessing Demands (Communication)
- M07:** Assessing Physical Capacity
- M08:** Energy Systems
- M09:** Warm-up and Recovery
- M10:** Exercise Selection

## **F2T 101 LEARNING OBJECTIVES**

Upon completing this course, students will have improved their ability to:

- > Apply the demands-capacity framework (work, life, play)
- > Observe, assess and interpret the movement patterns of others within work, life and exercise environments
- > Design exercise sessions that suit a range of objectives, interests and physical abilities
- > Perform, demonstrate and coach a variety of simple and complex exercises
- > Communicate, ask questions, and give and receive feedback (constructive and positive reinforcement)
- > Think critically, problem solve and work with others

## **PEER FITNESS TRAINER (PFT) CERTIFICATE**

Every student who successfully completes the **F2T 101** course will be certified as a PFT by the IAFF

**Certification** requires >70% on Virtual Exam (to be completed 1 month following the course)

**Recertification** requires 8 CECs (≥50% must come from **F2T** Courses and Workshops) and 1 **F2T** Challenge in 2-year period (January to December)

# DELIVERY OPTIONS



**F2T 101** is offered in-person and virtually to accommodate the unique needs of **ALL FIRE FIGHTERS**. While the learning objectives and Certificate exam are identical, both experiences offer unique benefits that may appeal to different learning styles.

## IN PERSON

4 days + virtual exam

25 - 35 students

Coordinated by host

Lectures and small/large group activities

Online 'exam' posted 1 month following course

Min 3000 sq/ft open space  
Screen + seating for 35

Computer and high speed internet for exam

USD\$999 / student registration and certificate

**F2T** T-shirt (student)  
Equipment package (host)

## COURSE SCHEDULE

## MAX / MIN ENROLLMENT

## COURSE FORMAT

## LEARNING ASSESSMENT

## RECOMMENDED SPACE

## REQUIRED TECHNOLOGY

## COURSE FEES

## COURSE PACKAGE

## VIRTUAL

6 weeks + virtual exam

1 - 140 students  
Individual registrants

Video lectures and Zoom small/large group activities

Online 'exam' posted 1 month following course

25 sq/ft open space  
Viewable on camera

Computer, internet, camera, mic, for all sync activities

USD\$899 / student registration and certificate

**F2T** T-shirt, kettlebell, resistance bands

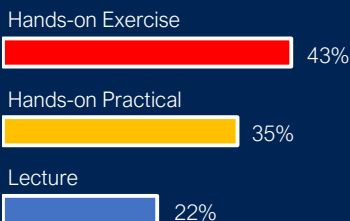
# IN-PERSON DELIVERY



The in-person **F2T** 101 course is taught by IAFF instructors using interactive small and large group activities, case studies and hands-on exercise sessions. It 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.

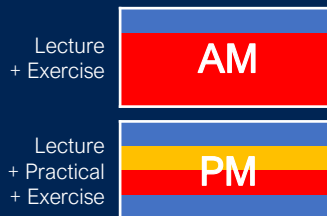
## WHAT TO EXPECT

Hands-on experiential learning in small and large group activities. Be prepared for an active and engaging experience!



## HOW IT IS TAUGHT

In-person over 4 days (8am-5pm). All students must also complete an online exam 1-month following the in-person experience.



## WHO CAN ATTEND

Anyone who is employed by a fire department. Prior exercise experience is advantageous but not required.

Have taught fire fighters from

**7** Provinces

**50** States



## CAN WE HOST A COURSE?

Yes, you can host a course! Please contact us at [F2T@iaff.org](mailto:F2T@iaff.org) to learn more

- > Can accommodate 25-35 students, USD\$999/student
- > Will require a minimum of 3000 sq/ft open space, a screen/projector and seating for 35
- > As the host you will receive an equipment package (to keep!) to assist with course delivery

### FOR THE HOST!

Equipment package to outfit 3 stations!  
(Bumper plates, barbells, benches, kettlebells, dumbbells, mats, bands)

### FOR STUDENTS!

**F2T** T-shirt, course manual, PFT Certificate, 2-year **F2T** membership

# ON-LINE DELIVERY



The 6-week on-line **F2T** 101 course is delivered asynchronously (on your own time) and synchronously (with IAFF instructors) using interactive small and large group activities, case studies and virtual exercise sessions. It 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

Prior to each of the first 4 weeks, students will be given access to a series of videos and learning activities that detail each of the associated modules.

In total, students can expect to spend approximately 2 hrs/week on these learning activities

All students must also complete a formal online exam 1-month later



## SYNCHRONOUS ACTIVITIES

Students will participate in 11, 2-hr online group activities over the 6-weeks to reinforce the course material. Multiple scheduling options are available!

**Section A**  
Mon AM  
Wed AM

**Section C**  
Tue AM  
Thu AM

**Section B**  
Mon PM  
Wed PM

**Section D**  
Tue PM  
Thu PM

1	AB	CD	AB	CD	
2	AB	CD	AB	CD	
3	AB	CD	AB	CD	
4	AB	CD	AB	CD	
5	AB	CD	AB	CD	
6			AB	CD	

## WHO CAN ATTEND?

Anyone affiliated with a fire department! Learn more or register now at [performanceredefined.ca](http://performanceredefined.ca).

- > Register yourself or a group from your department (1-140 students), USD\$899/student
- > Students will need a computer with a microphone, speakers and camera, and high speed internet
- > Every student will receive a personalized equipment package to assist with course delivery

### FOR STUDENTS!

Equipment package that includes a kettlebell and resistance bands

### PLUS!

**F2T** T-shirt, course manual, PFT Certificate, 2-year **F2T** membership

# F2T PFT CERTIFICATE



In launching the Peer Fitness Trainer (PFT) Certificate in 2002, the IAFF made a commitment to improving the health, performance and quality of life of all uniformed personnel. Since that time, more than 10,000 members have become ambassadors for fire fighter wellness and fitness. The **F2T** program will advance this mission by assuming oversight of the PFT Certificate and expanding access to education, training, support, and mentorship.

## WHY THE PFT CERTIFICATE

Throughout the United States and Canada, the PFT Certificate identifies fire fighters who have demonstrated the knowledge and skills to design and implement exercise programs and improve the wellness and fitness of their peers. It differs from other Personal Training credentials because of the unique physical, psychological and social aspects of firefighting. Training is also provided **FOR FIRE FIGHTERS, BY FIRE FIGHTERS.**

## HOW TO BECOME A PFT

Any fire fighter-EMS provider employed by a fire department can become a PFT by successfully completing the IAFF's introductory Fitness Principles and Practice course (**F2T 101**). Delivered in person over 4 days or online over 6 weeks this course details the principles to make exercise matter for fire fighters in work, life and play. Students must achieve >70% on an online exam.

## MAINTAINING YOUR PFT CERTIFICATE

Your PFT Certificate is valid for two years. To maintain your Certificate, you must complete 1 **F2T** Challenge (contribution to the firefighting community) and earn 8 continuing education credits (CECs) in every two-year reporting period. At least 50% of your CECs must come from **F2T** Courses or Workshops. All PFTs have the same reporting/renewal period regardless of their original Certificate date.