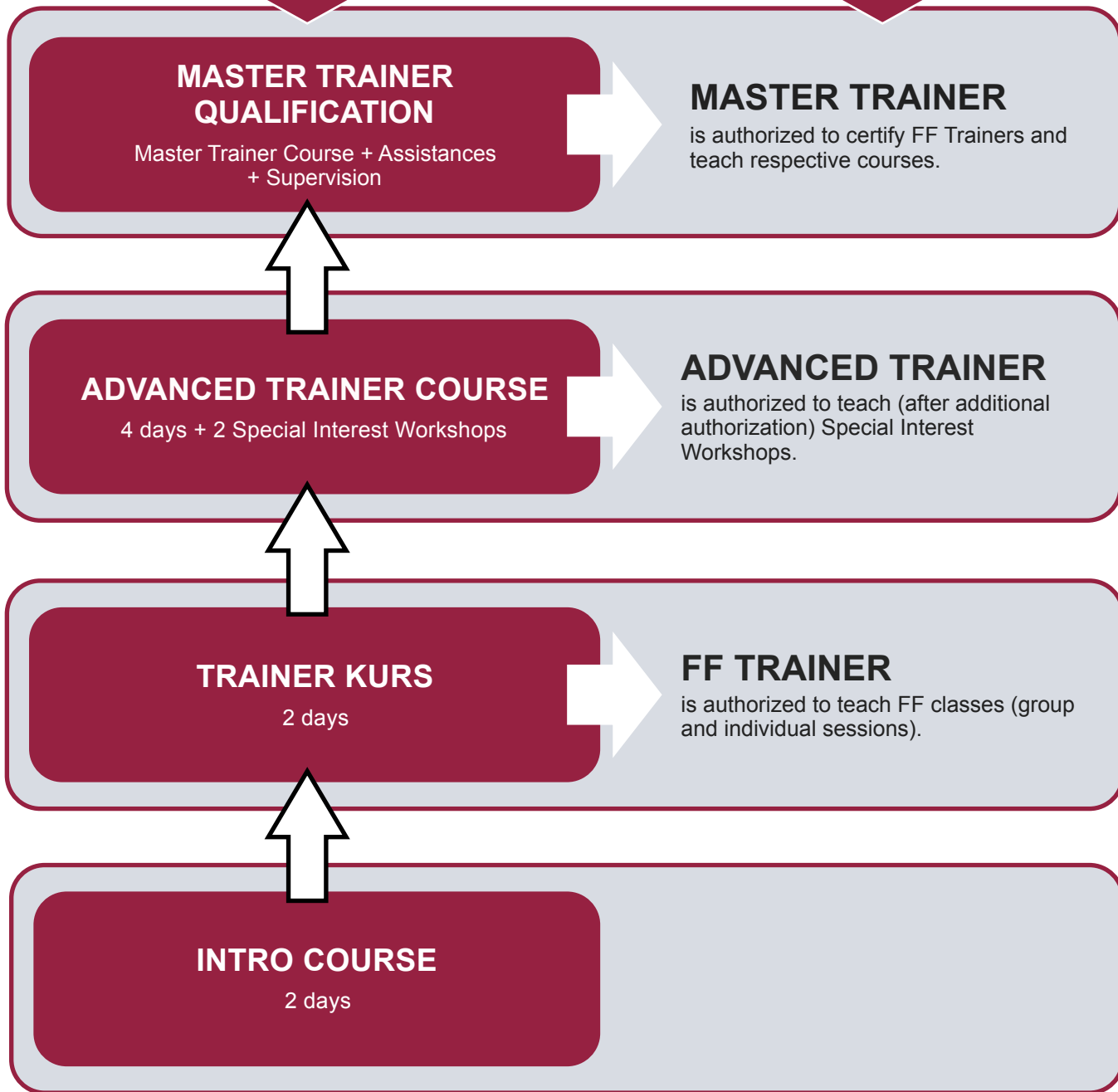


**COURSE CONTENT**

**LEVEL OF CERTIFICATION**



**SPECIAL INTEREST WORKSHOPS**  
Open workshops on specific topics

<b>KURSE</b>	<b>VORAUSSETZUNG</b>	<b>ABSCHLUSSPRÜFUNG</b>	<b>INHALTE THEORIE &amp; PRAXIS</b>
<b>INTRO COURSE</b>	None	None	<b>Basic Theory &amp; Basic FF exercises for</b> <ul style="list-style-type: none"> <li>• Rebound Elasticity</li> <li>• Fascial Stretch</li> <li>• Fascial Release</li> <li>• Sensory Refinement</li> </ul>
<b>TRAINER COURSE</b>	Completion of Intro Course	Brief written multiple choice test	<b>More on theory &amp; practice</b> <ul style="list-style-type: none"> <li>• Additional FF exercises</li> <li>• FF for specific user groups (athletes, yoga, rehabilitation, etc.)</li> <li>• Incorporation of weights and tools</li> <li>• More specific scientific background</li> <li>• Contraindications and cautions</li> </ul>
<b>ADVANCED TRAINER COURSE</b>	Completed Certification as FF Trainer	Brief written multiple choice test	<ul style="list-style-type: none"> <li>• Preparation of workshops and how to get a workshop accredited as "Special Interest Workshop"</li> <li>• Diagnostics: hyper-/hypomobility, tissue tonicity</li> <li>• Support for communication with media</li> <li>• Resources for academic and professional exchange</li> <li>• Networking within the FF field</li> </ul>

<b>TITLE</b>	<b>PREREQUISITES</b> This is requested to achieve this title	<b>PRIVILEGES</b> This is what you can do after you get the title
<b>FF TRAINER</b>	<ul style="list-style-type: none"> <li>• Completion of Intro + Trainer Course</li> <li>• Documented prior training completion (of a training program accredited by us of at least 300 hrs)</li> <li>• Certification: Application Fee € 30,-</li> </ul>	<ul style="list-style-type: none"> <li>• You may use the FF logo and brand for individual work as well as for group sessions.</li> <li>• <u>Not yet authorized</u> to allow others to use the label „Fascial Fitness“</li> <li>• Trainer profile on the website of the FFA</li> <li>• Access to our online resource data bank containing exercises, teaching material, graphics, literature, etc. (free for the first 6 months, subject to an annual membership fee afterwards)</li> </ul>
<b>ADVANCED TRAINER</b>	<ul style="list-style-type: none"> <li>• Completion of Advanced Trainer Course</li> <li>• Reaudit of Intro or Trainer Course</li> <li>• After completion of Trainer Course: Participation in at least 2 different "Special Interest Workshops"</li> <li>• Certification: Application Fee € 30,-</li> </ul>	<ul style="list-style-type: none"> <li>• Can apply for accreditation of workshop as "Special Interest Workshop", which can be listed on FFA website</li> <li>• Can apply to teach existing "Special Interest Workshop" formats</li> <li>• Preference for choice as assistants in Intro and Trainer Courses</li> <li>• Inclusion in coaching &amp; trainer discussions (via online or personal meetings / lectures)</li> </ul>

**The application for certification must be submitted within 2 years after the course participations!**

For further information, please contact our office.

**To maintain certification an update is necessary every 2 years. There are three options for this:**

1. Designated Recertification Course
2. Reaudit / retake of an Intro or Trainer Course with a designated Master Trainer
3. Recertification Online Course

<b>MASTER TRAINER</b>	<ul style="list-style-type: none"> <li>• Certification as Advanced FF Trainer</li> <li>• Successful Completion of Master Trainer Course</li> <li>• Assistance in several courses (at least one Intro Course and one Trainer Course); all together with at least two different instructors</li> <li>• Making a contribution to shared resources of faculty group (e.g. improvement of parts of the course material, publication of an article in a specialist journal or other)</li> <li>• Appointment by existing faculty after successful exam</li> </ul>	<ul style="list-style-type: none"> <li>• Teaching of Intro Course and Trainer Course, plus possibly other courses, depending on level of certification</li> </ul>
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## EXPLANATION & DETAILS

<p>REAUDITS</p>	<p>Every participant can repeat a previous Intro or Trainer Course, in case the according course is not fully booked. The course fee for reaudits is one third of the normal full course price.</p>
<p>WRITTEN MULTIPLE CHOICE TEST</p>	<p>This simple test contains 10-15 questions and takes place at the last day of the course. Content relate to written course material.</p>
<p>APPLICATION FEE MEMBERSHIP FEE (optional) ROYALTIES to FFA</p>	<ol style="list-style-type: none"> <li>1. <b>Application Fee:</b> This fee is used for the processing and evaluation of the application of a candidate by the current faculty team. This team will decide upon the application and inform the candidate in writing about their decision.</li> <li>2. <b>Membership Fee:</b> Members have access to the internal resource database (intranet) containing exercises, literature, videoclips, access to online meetings and other advantages. Free for the first 6 months, afterwards € 60,- per year.</li> <li>3. <b>Royalties to FFA:</b> Advanced and Master Trainers are obliged to contribute a certain amount of their course income to the FFA. The FFA uses these contributions for the office organization and maintenance of website and other marketing tools. Furthermore, a certain amount is transferred to the Fascia Research Group at the University of Ulm, Dr. Robert Schleip, in order to actively support relevant research in the field of FF.</li> </ol> <p><b>Please refer to the FFA Royalties Model (available in the FFA Intranet) for further information.</b></p>
<p>CONTRIBUTION TO SHARED RESOURCES OF FACULTY GROUP as requirement for becoming a Master Trainer</p>	<p>This could be an article on FF in public media, a significant contribution to the course manuals, a video element, a slide presentation, which can be used by others, or something similar.</p>
<p>PRIOR TRAINING PROGRAM ACCREDITED BY US as prerequisite for FF Trainers</p>	<p>Licensed physiotherapists, physicians, osteopaths, naturopaths, chiropractors, ergotherapists, cert. PMA Pilates Instructors, cert. bodybliss Trainers, massage therapists from a COMTA certified school, Bachelor degree or similar in a sports or health education related field. German „Trainer/Übungsleiter Lizenzstufe B“. Completion of trainings program accredited by IASI, ISMETA, Alexander Technique Internat., or consistent with the internat. Feldenkrais® Training Accreditation Policy.</p> <p><b><i>Additional training programs can be accredited for this purpose upon request.</i></b></p>