

smovey®
COACH
Basic Training

The two-day smoveyCOACH training includes the basics of all smoveyMOVEMENT-PROGRAMS with all conceivable smoveyTARGET-GROUPS. In connection with the smovey LICENSE-PARTNERSHIP, it enables you to hold basic courses as well as smoveyINFO lectures, smoveyWALKS or the design and implementation of extremely varied smoveyMOVEMENT-PROGRAMS for various target groups such as schools, kindergardens, all health and recreational athletes, company fitness, retirement homes, health resorts, clubs of all kinds, tourism companies and regions and much more. In self-employed (commercial) activity.

With existing qualifications there is also the possibility to get in touch with the following clients or groups with the corresponding clinical pictures such as Parkinson's disease, diabetes, rheumatism, overweight and to move them with the smovey.

Fitness / competitive athletes should only be coached with previous knowledge (with proof) in the areas of sports and health, or correspondingly suitable areas.

Procedure:

1st day: smoveyWALKING guide 199€

2nd day: smoveyCOACH training 199€ = smoveyCOACH total 398€ (549 CHF)

Costs per module: 199€ (275 CHF)

Get the lower basic price and register in time BEFORE the registration deadline!

Registration closes 10 calendar days before the event. Later registrations will be accepted for a surcharge of 25€ for the additional organizational effort.

Graduates of the smoveyWALKING guide training have the opportunity within 12 months to attain the smoveyCOACH certificate by attending the second day of the smoveyCOACH training.

1) Theoretical part and organizational matters:

extensive knowledge in theory (development, mode of operation, company)

Information on the organizational process and tips on starting your own exercise groups (promotion, course fee, etc.)

smoveyBUSINESS

Guarantee and warranty on the product

Versatile application possibilities

2) Practical part:

- smovey - the versatile exercise programs for all target groups
- Basic posture, correct swing (wrist, elbow, gripping the smovey)
- Corrections for incorrect handling
- Technical training Basic, Advanced, exercises while standing, sitting and on the floor
- smoveyWALK
- Relax (rolling)
- Performance assessment in theory and practice (2nd day)

Recommendation:

Visit our smoveyBUSINESS-Day after the basic training, to expand your field of activity with smovey enormously.