

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.

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.

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.

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.



F2T | FIT TO
THRIVE

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 online exam (to be completed 4 weeks following the course)

Recertification requires 8 CECs (≥50% must come from **F2T** Courses and Workshops)



F2T | FIT TO THRIVE

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 + online exam

COURSE SCHEDULE

VIRTUAL

6 weeks + online exam

25 - 35 students
Coordinated by host

MAX / MIN ENROLLMENT

1 - 140 students
Individual registrants

Lectures and small/large
group activities

COURSE FORMAT

Video lectures and Zoom
small/large group activities

Online 'exam' posted
4 weeks following course

LEARNING ASSESSMENT

Online 'exam' posted
4 weeks following course

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

RECOMMENDED SPACE

25 sq/ft open space
Viewable on camera

Computer and high speed
internet for exam

REQUIRED TECHNOLOGY

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

USD\$999 / student
registration and certificate

COURSE FEES

USD\$799 / student
registration and certificate

F2T T-shirt
(each student)

COURSE PACKAGE

F2T T-shirt (optional
equipment package + \$150)



F2T | FIT TO THRIVE

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!

Hands-on Exercise



Hands-on Practical



Lecture



HOW IT IS TAUGHT

In-person, 4 consecutive days. All students must also complete an online exam 4 weeks following the in-person experience.

Lecture
+ Exercise

AM

Lecture
+ Practical
+ Exercise

PM

WHO CAN ATTEND

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

Have taught
fire fighters from

8 Provinces

50 States



CAN WE **HOST** A COURSE?

Yes, you can host a course! Please contact us at info@fittothrive.ca 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 must secure the requisite equipment to assist with course delivery

FOR THE HOST!

Flexibility with scheduling and opportunity for large group (30+ students) savings on renewal fees)

FOR STUDENTS!

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



F2T | FIT TO
THRIVE

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 4 weeks 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 fittothrive.ca.

- > Register yourself or a group from your department (1-140 students), USD\$799/student
- > Students will need a computer with a microphone, speakers and camera, and high speed internet
- > Student can opt in to an equipment package to assist with course delivery (\$150)

FOR STUDENTS!

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

OPTIONAL

Equipment package that includes a kettlebell and resistance bands (\$150)



F2T | FIT TO THRIVE

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 maintaining 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 to receive their PFT Certificate.

MAINTAINING YOUR PFT CERTIFICATE

Your PFT Certificate is valid for two years. To maintain your Certificate, you must complete 8 continuing education credits (CECs) in every two-year reporting period. At least 50% of your CECs must come from **F2T** education. All PFTs certified by **F2T** within a particular year will have the same reporting/ renewal period regardless of their original Certificate date.



F2T | FIT TO THRIVE