

Trust your heart when choosing your future profession  
and you'll never have to work again.

Think smart when making your decision about Base.

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## International Certifications

#### IMPORTANT NOTE:

Find out more about starting dates and course duration at  
[info@basetraining.gr](mailto:info@basetraining.gr) & [www.basetraining.org](http://www.basetraining.org)

Base Training Athens

info@basetraining.gr  
www.basetraining.org



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## International Certifications

# PURE KNOWLEDGE GUIDE 2025-26



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## WHY CHOOSE BASE TRAINING INTERNATIONAL CERTIFICATIONS?

Base is the most reliable choice for continuous improvement seminars in the field of Personal Trainers and Fitness Education. Since 2009, more than 3,000 students have trusted our seminars and workshops.

The most renowned administrative and scientific team of base training is here to support you and is waiting for you to become the next Fitness, Sports, Personal and Pilates trainer.

Aiming to provide the highest quality and an active partner of EREPS European Certificate (European Register of Professionals of Training)...

EQF 3 - Fitness Instructor

EQF 4 - Personal Trainer

EQF 5 - Health & Exercise Specialist

Base Training Academy has gained official approval by the Ministry of Education as a Recognized Lifelong Learning Center (Level 1, Number 2101163).

As part of our ongoing development, Base Training has also been certified with the ISO PLUS 9001: 2015, ensuring our commitment to high quality services, providing the highest level of education.



Erasmus+



certification number qs.18.011



certification number qs.18.011

«If you want to reach your full potential, put your dream on paper. Write it down, read it. Then follow your own words»

Panos Balatsinos

Base Training CEO

## 10 REASONS WHY YOU SHOULD JOIN BASE

- Base Training is proud for its innovative educational systems and teaching material.
- Our teaching system combines both practical application as well as audiovisual material, which makes the educational process becomes productive, fun and interesting!
- Our academy owns and collaborates with more than 10 local and international gyms and studios, holding a strong position in the fitness market.
- Base collaborates with the most popular and well-known gym network at a global level.
- Our method is based on modern audiovisual media and interactive classes.
- We work with the latest and most advanced training equipment, providing our students real time working conditions.
- Our academy offers a unique variety of courses, seminars and workshops in the local and the international market.
- Our team of experts and professionals in every field are dedicated to advice and guide students towards their goals.
- Our administrative team is always eager to guide and assist students and graduates throughout the whole educational process.
- More than 4.000 fitness graduates are our proof of excellence and can share their Base Experience with you!





## Base Training

Are you dreaming about becoming a fitness professional?  
Are you searching for a significant boost to move on to the next levels and kick-start your career as a personal trainer?  
Join our "Personal Training Certification" course and make it happen!



30+  
CLASSIFIED TEACHERS

25+  
COOPERATING COMPANIES

3.000+  
GRADUATED STUDENTS

13  
YEARS OF EXPERIENCE

## Become a Personal Trainer

Whether you are an entrepreneur, a fitness enthusiast, fitness owner / manager that seeks to further evolve or a fitness & sports coach (graduates of Physical Education & Sports Science School) seeking to enrich your knowledge and get specifically certified in personal training, we know the way. We are your base and that's official!

**Start your career and watch your life change!**

Our academy aims to enhance the knowledge around the fitness and exercise field and help our graduates broaden their horizons. All Base Training lecturers and administrators constantly support every participant in their effort to gain experience. Dreams and goals are to be fulfilled! And that's our main principle.



## PERSONAL TRAINING CERTIFICATION (LEVEL 1)

**PART A : FITNESS INSTRUCTOR (EQF 3)**

**PART B : ADVANCED PERSONAL TRAINING (EQF 4)**

Personal Training Certification is the first and most fundamental level of education and is completed by attending two consecutive units: "Fitness Science" and "Advanced Personal Training". "Fitness Science" combines both theoretical and practical lessons that will help you start your journey in the fantastic world of fitness. Advanced Personal Training is the 2nd unit of our Personal Training certification course. Students will learn advanced exercise and coaching protocols, combined with the most effective marketing tools in order to be able to deliver high-quality fitness services. Upon completion of the program, students will also get certified by Europe Active, E-reps level 4, which is a prerequisite in every European country for employment.

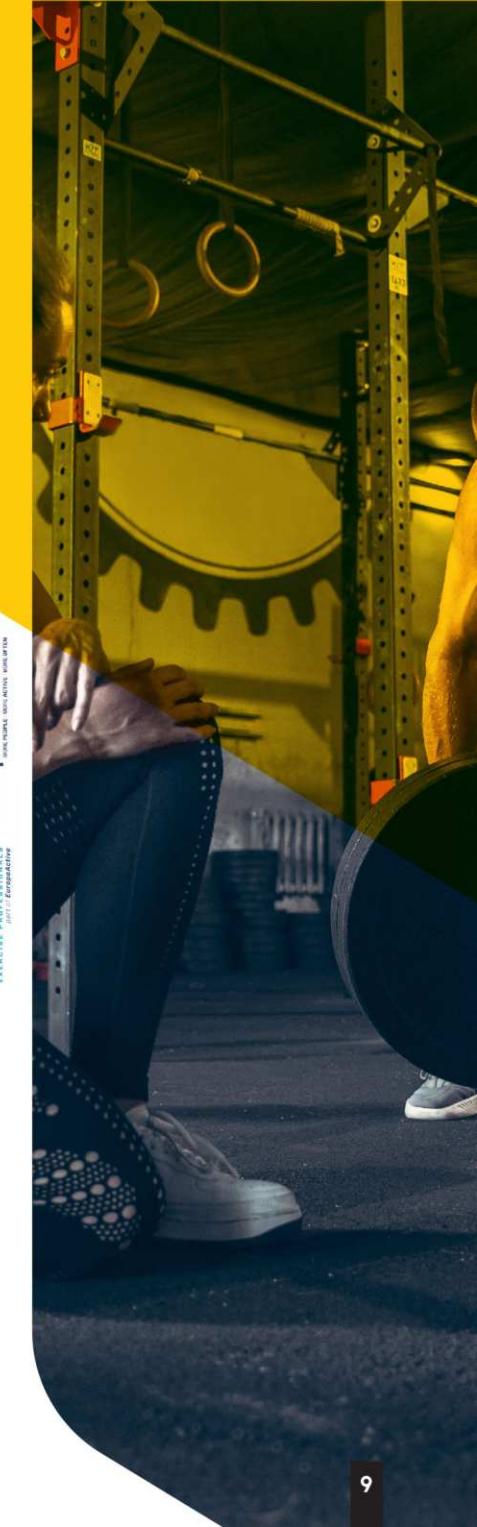
More specifically, participants will:

- be able to evaluate a trainee's physical condition and needs
- be able to design workout plans according to your assessment
- know how to ensure the proper implementation of exercises
- learn all the important elements related to the gym environment
- check and learn manners & techniques, ensuring that each exercise is performed correctly
- learn modern and advanced training systems
- learn techniques for outdoor activities
- learn guidelines for creating customized training programs
- practice the most effective methods of sales and marketing
- test the most advanced training methods and equipment
- perform techniques for outdoor activities

Teaching  
subjects:

Duration: 4 months:

- Anatomy
- Kinesiology
- Physiology
- Physiology of Exercise
- Training
- Nutrition
- Exercises with Dumbbells
- Advanced Physiology
- Advanced training systems
- Use of Machines
- Barbells
- Resistance bands
- Fitball / Medball Training
- Training systems
- Stretching
- Advanced Nutrition
- Advanced exercise with machines
- Advanced training with bars
- Marketing Planning
- Combo exercises
- Introduction to special populations
- Sports performance systems
- Advanced strength training machines
- Advanced dumbbell training
- Multi-joint exercises
- Functional Training
- Cross Training equipment
- Outdoor Field Training
- High Intensity Intense Training (HIIT)





# HEALTH EXERCISE SPECIALIST (LEVEL 2)

(EQF 5)

Health and Exercise specialist certification provided by Base Training Academy is the 2nd and most advanced level of the Personal Training Course. Participants are provided with all the necessary theoretical and practical material needed to become health and exercise professionals.

Theoretical and practical expertise is provided both in terms of evaluation and the design of an appropriate training program concerning Special Populations.

The categories to be studied include exercise related to diabetes, cancer, cardiovascular diseases, respiratory diseases, metabolic diseases and obesity. Additionally, participants will have the opportunity to enroll in Base Training's specialized training section Sports Performance Pro.

Teaching subjects:

- Exercise is Medicine – Introduction
- Exercise & 3rd age
- Exercise & Cancer
- Exercise & Diabetes
- Exercise & Cardiovascular Disease
- Exercise & Chronic respiratory diseases
- Exercise & Obesity
- Exercise & Metabolic Syndrome
- Exercise & Osteoporosis

## SPORTS REHABILITATION

Injuries and sports injuries are a common occurrence in sports. This section will discuss the factors and causes leading to such cases. Through an understanding of the factors that cause an injury or injury, it will be possible to define guidelines for evaluating the injury and design a rehabilitation plan.

Teaching subjects:

- Sports Injury - Introduction
- Rehabilitation of sports injuries
- Therapeutic upper limb exercise
- Lower limb therapeutic exercise
- Therapeutic exercise MS
- Common injuries by sport

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## SPORTS PERFORMANCE PRO

Sports Performance provided by Base Training Academy is a special, advanced – level educational course regarding subjects of athletic performance improvement and the affecting factors. Aspects of speed development, strength, power, plyometry and agility maximization – while reducing the chances of injury- will be thoroughly analyzed.

More specifically, participants will study:

- Strength training
- Endurance training and neuromuscular system activation training
- Functional training for performance maximization
- A detailed discussion of combat sports
- Training protocols on the characteristics of each sport
- Combination training and how different, personalized techniques can be applied according to the symmetries or asymmetries of each trainee
- The benefits and limitations of each training system
- Ways of designing training programs based on the training needs and limitations of each trainee



## PILATES INSTRUCTOR CERTIFICATION

Participants are provided with all the necessary theoretical and practical material needed to become professional Pilates instructors. Through 3 comprehensive modules, consisting of "Pilates Matwork & Props", "Pilates Reformer" and "Pilates Pro", you will have the opportunity to learn the philosophy, techniques and benefits of Pilates.

### 6+1 Reasons why you should choose the Pilates Instructor Certification at the leading provider of base training:

- You will have the opportunity to learn every aspect of Pilates in depth from the best Pilates Instructors, with international certifications, from leading training organizations (PMA - Pilates Method Alliance)
- Hands on experience on the most modern equipment, so you can learn your favorite method properly and comprehensively
- Intensive classes and complete the seminar cycle quickly and comprehensively are included
- You will learn teaching techniques to make your class more interesting and effective.
- You will get exclusive manuals, online classes and notes with scientific methods & techniques, just for you.
- By completing your training, you also have the opportunity to obtain the EREPS European Certificate, which makes you eligible to teach Pilates in fitness facilities abroad.

## PILATES MATWORK & PROPS

Pilates Matwork & Props seminar addresses basic principles of anatomy and kinesiology, exercise combination and preparation for the mat class. More specifically, participants learn: posture correction techniques, correct spine & hip ratio, effective communication skills, functional use of props (ring, rubber band, mini & fit ball).

Once completing the Matwork syllabus, students will have conquered the techniques and foundation of the method and will be able to move forward practicing on the Reformer bed and the rest of the Pilates equipment.

Teaching subjects:

Duration: 6 Weeks

- Anatomy & Kinesiology
- Spine posture evaluation
- Evaluation of musculoskeletal imbalances
- Syllabus and method vocabulary
- Introduction to breathing techniques
- Appropriate preparation before exercise
- Level 1 Matwork exercises
- Exercise development during workout
- Communication skills
- Props implementation
- Exercise combination and lesson flow
- Program design for personal training
- Group Training program design
- Evaluation of different types of training
- Teaching and communication
- Advanced use of props (ring, rubber band, mini and fit balls)
- Complete Matwork workout





## PILATES REFORMER

Pilates Reformer is the second level of the Pilates certification following the Pilates Matwork. Participants have already gained fundamental knowledge and techniques of the Pilates method, after completing the first level of certification (Matwork).

Pilates Reformer involves classical Pilates exercises using the reformer bed, which adds resistance and intensity to the workout. Students will learn: kinesiology and movement of the body using the Pilates method Level 2 Pilates exercises using the reformer bed, rehabilitation exercises, effective communication skills, teaching techniques and building block exercises for a class with continuous flow.

Teaching subjects:

Duration: 6 Weeks

- Reformer Machine description and analysis
- Historic background
- Use of Reformer accessories
- Basic Reformer machine variations
- Proper placement based on trainee and muscle group
- Basic Level 1 exercises
- Advanced Level 2 exercises
- Variations & compound exercises
- Preparation exercises for legs and upper body
- Exercise set for musculoskeletal imbalances, peculiarities and health issues
- Movement and exercises for the upper body
- Upper body workout and body control
- Preparation for personal training
- Mobility assessment and the proper exercise set
- Exercises for recovery after injury
- Athletic performance exercises
- Organizing a group Reformer class
- Communication during teaching
- Proper way to correct mistakes

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## PILATES EQUIPMENT

After assimilating the Pilates Matwork and the Pilates Reformer seminars, the course continues to the last section "Pilates Equipment".

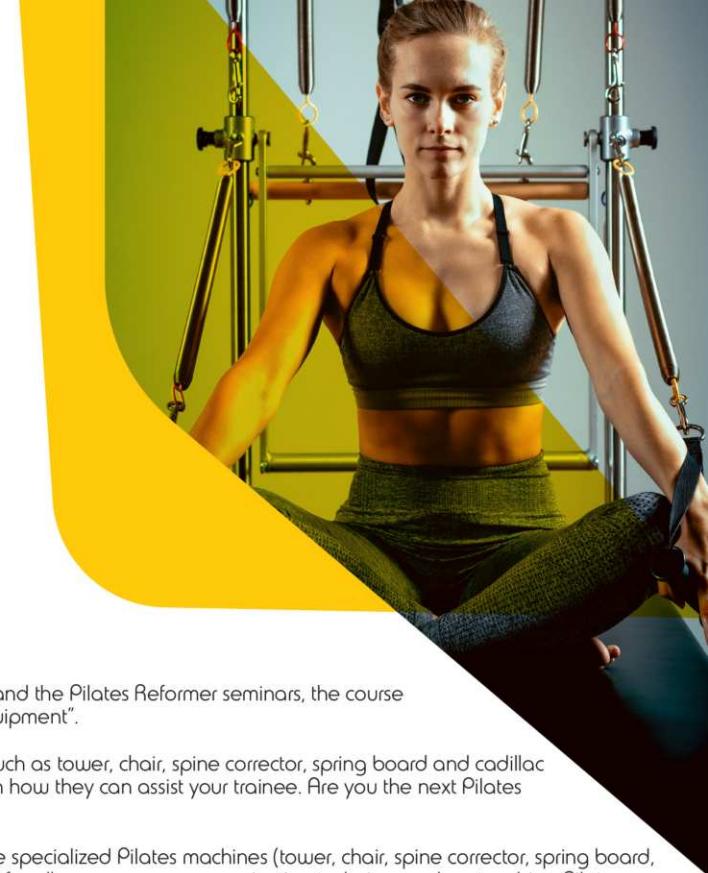
Specialized Pilates training machines, such as tower, chair, spine corrector, spring board and cadillac will become your allies, as you will learn how they can assist your trainee. Are you the next Pilates Equipment expert?

In this seminar you will learn: how to use specialized Pilates machines (tower, chair, spine corrector, spring board, cadillac) in detail, preparation exercises for all age groups, communication techniques when teaching Pilates, exercise set for people who face diseases and peculiarities.

Teaching Subjects:

Duration: 3 Weeks

- Description and analysis of each machine
- Historical background
- Use of special components
- Basic level 1 exercises
- Main variations of machines
- Advanced level 2 exercises
- Proper placement per trainee and muscle group
- Variations and combined exercises on all machines
- Preparation exercises for all muscle groups
- Exercise set for musculoskeletal imbalances, peculiarities and diseases
- Movements and variations above and below the machines
- Training and appropriate body control
- Preparing for a personal training course
- Mobility assessment and corresponding exercise set
- Recovery exercises after injury
- Organization of a group lesson
- Communication during teaching
- Proper way to correct someone in small groups





## CLINICAL PILATES

"Clinical Pilates" seminar is addressed to Pilates instructors and exercise professionals that wish to enhance their knowledge, techniques and direct the Pilates method towards a therapeutic approach. It involves:

- Proper posture
- Treats musculoskeletal problems
- Works therapeutically in chronic and autoimmune problems
- Improves flexibility, muscular strength and endurance
- Improves well-being and psychology of participants

Teaching subjects:

Duration: 2 months

- Musculoskeletal Disorders and Pilates (scoliosis, lordosis, kyphosis, low back pain)
- Multiple Sclerosis and Pilates
- Seniors & Pilates
- Chronic Respiratory Pulmonary Disease and Pilates
- Development & training of children and Pilates
- Exercise Prescription
- Weight loss Management

## Pilates & Pregnancy

The 'Pilates & Pregnancy' workshop aims to successfully prepare Pilates instructors and provide them with all the necessary knowledge and tools they need to guide women during pre and post natal periods. Specialized material, lectures, exercises and techniques, as well as updated medical research are available. The workshop includes: Power point presentations and bibliography (all lectures are recorded and available to the students after class).

Teaching subjects:

Duration: 2 months

- Physiology of pregnancy
- Childbirth
- Trainee evaluation
- Working along with the doctor
- Body changes per trimester
- Return to exercise after childbirth
- Matwork exercises with body weight per trimester
- Exercises with props
- Adapted exercises
- Designing a personal training course
- Exercises for relaxation





## KIDS PILATES

The Pilates Kids seminar incorporates both physical activity and the pedagogical process. Exercises and teaching techniques taught in this seminar are adapted and oriented entirely towards children.

As children are nowadays engaged in a more "digital", sedentary lifestyle, from smartphones and social media, to TV and tablet-based education, the need to increase physical activity levels is imperative.

The educational process of this workshop uses both pedagogical games and easy exercises through which the muscular condition of the child develops and improves. In fact, for the first time, a complete training is provided that combines pedagogical elements, so that young children can be included in the methodology of the effective Pilates method.

Join Base Training's "Kids Pilates" workshop and be the inspiration that every child needs!

Duration: 2 months

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## PILATES PROGRAM DESIGN

The Pilates program design seminar aims to offer professional Pilates tutors additional scientific knowledge on the design, implementation, guidance and evaluation of exercise programs in every age group.

- More specifically, the aim of this seminar is to learn:
- General syllabus instructions
- Safety and instructions according to age group
- Exercises and techniques per age group
- Effective improvement techniques
- The exercise program should be re-evaluated and adapted according to the needs of an individual. This way, exercise will continue to be effective and fun, leading to improved physical ability and a closer relationship with the trainee.

Duration: 2 months

## PILATES CERTIFICATION & VOCATIONAL REHABILITATION

Our modern facilities, the most qualified & friendly teachers and our renewed methodologies are our most important traits. With 5 privately owned PILATES STUDIOS, our students can start their practice as Pilates trainers in real working conditions.

By having important partnerships and networking with a large number of studios, our graduates are able to take their next professional step!

Every piece of knowledge and every experience from base training can help you lead the way!



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## SPECIALTIES



## MAGIC BOOTS CERTIFICATION

Are you a fitness instructor or a personal trainer?  
Are you searching for fun new ways to exercise?  
If your answer is yes to any of the above, then it's time to join Base Training and wear your "Magic Boots".

Book your place now in our upcoming 2-day seminar and become the next certified Magic Boots instructor!

## MAGIC BOOTS INSTRUCTOR (LEVEL 1)

In the first level, you are introduced to all basic Magic Boots techniques for safe teaching and correct combination of the musical rhythm with the corresponding steps. You learn the connection between time and intensity of the exercises and ways to formulate a fun choreography in Latin, jazz, hip hop and commercial tones. More specifically, in addition to the practical part of the exercises and apart from our teachers' guidance and exclusive textbooks, you will learn:

- All the techniques to teach Magic Boots safely
- Ways to make training more fun
- Methods to exercise every part of the body
- The link between the duration and intensity of exercises
- How to positively influence your trainees





## MAGIC BOOTS MASTER TRAINER (LEVEL 2)

Magic Boots Master Trainer seminar incorporates choreography and boot camp learning techniques. Whether you wish to create a program focusing on dancing and fat burning or a cross training and dynamic program, our new seminar is here to show you the way to succeed in the fitness market.

Learn everything about your favorite fitness trend, alongside the best instructors in the fitness industry!

The Magic Boots Choreography seminar includes:

- All the techniques to teach Magic Boots safely
- Tips to properly teach how to combine music and steps
- Ways to create a fun choreography in Latin, jazz, hip hop and commercial tones
- The connection between the duration and intensity of the exercises
- Tips to design your own cross training, fat burning or boot camp workout program
- Detailed instructions to create your own choreographed exercise book
- Educational tips that will help you become a positive influence for your trainees, whether you are a personal trainer or a group instructor

### PART A : MAGIC BOOTS CHOREOGRAPHY

Music is a global common language! We just have to move and that is enough to convey our mood and our positive vibes! Upon designing a group dance class, the melody and rhythm, the metrics and the beat are just some of the key factors needed for a successful outcome.

Magic Boots Choreography seminar teaches you how to combine music with the corresponding Latin, Hip Hop, Jazz and commercial moves & steps, in order to properly design a fun but also effective choreography with your boots on, that will leave your trainees wanting for more!

Teaching subjects:

- Steps
- New teaching techniques
- Jazz, Latin and Hip hop choreography styles Στυλ χορογραφίας Jazz – Latin

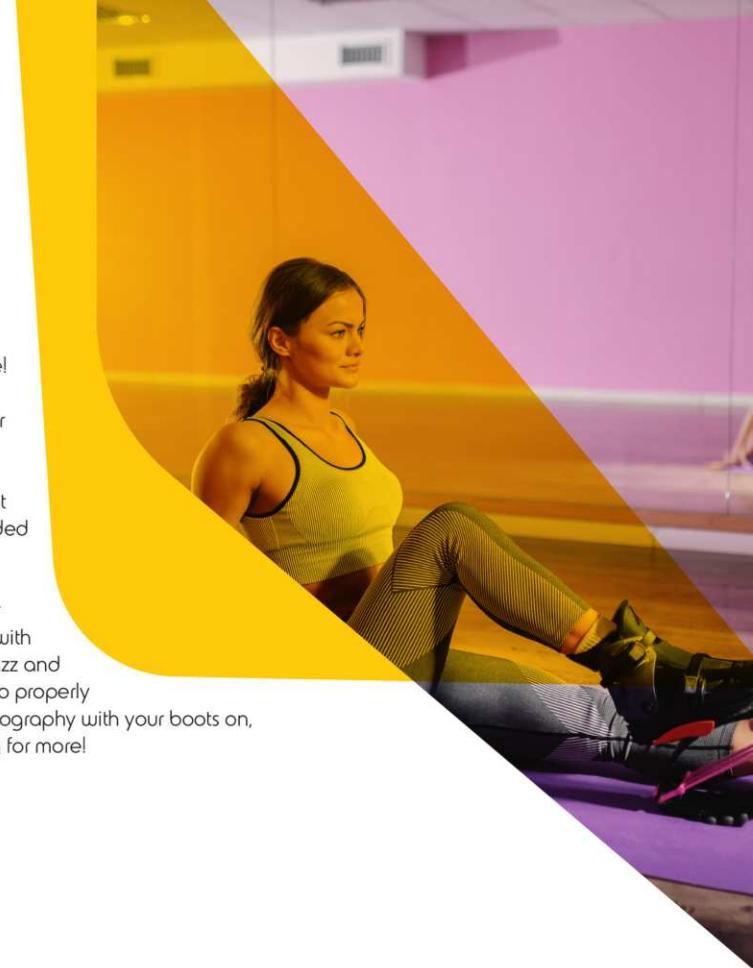
### PART B : MAGIC BOOTS BOOTCAMP

Design the most dynamic group lessons with your magic boots on and "take off" your training with the top cross training, boot-camp and fat-burning systems. Learn how to add cross training elements to your dance routine, burn fat and guide your trainees towards their best potential through dynamic boot camp workouts.

Learn from the best and be one of them!

Teaching subjects:

- New training systems
- Dynamic Choreography
- Equipment





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## CROSS TRAINER CERTIFICATE

Cross Training Certification is the most innovatively designed course of Base Training! In this seminar, all fundamental factors of Cross Training are analyzed in depth along with practical aspects of training. At the Cross – Functional Training Seminar you will have the opportunity to learn very important and useful techniques and information regarding functional training.

### In particular, the subjects analyzed in depth are:

- The key factors that define Cross training.
- All the research about Cross Training and its effect on the body.
- Fitness & Performance combinations to achieve the best workout results.
- Aerobic & Anaerobic Training Techniques.
- Training protocols to achieve maximum physical strength.

Teaching  
subjects:

- Introduction to Cross Training & Functional Training and the whole scientific approach
- Body Weight Exercises
- Specialized exercises with Rubbers and Medicine Balls
- Exercises with Bosu, Trx, Kettlebells, Agility ladder
- Combination and multi-joint exercises with dumbbells/bars/extral equipment
- Cross Training systems & ready-to-use training protocols
- Exercises with a variety of equipment that you will receive on video, relevant to Cross training
- Approach to Functional Training programs
- Training mindset in classes or personal training
- Full training in Weightlifting techniques

## FUNCTIONAL TRAINING

The most complex exercises aimed at functional efficiency are the ones used by the most successful coaches. Kinesiological and biomechanical analysis, understanding the role of gravity, and external loading are the essential areas along with the execution of exercises that will expand our laboratory.

Teaching  
subjects:

- Theory of functional training
- Analysis of free weight exercises
- Exercise routine with tires
- Exercise plan with TRX straps
- Exercise plan with balance balls
- Exercises with BOSU equipment
- Kettlebells





## WEIGHT LIFTING SPECIALIST

The "Weight Lifting Specialist" seminar is specifically designed to help you reach your weightlifting goals. The most up to date scientific evidence and fitness techniques are at your disposal, in order for you to take your workout sessions to the next level.

By participating in this educational program, you will gain all the necessary knowledge needed to reach your peak performance. You will also get the chance to know how to avoid injury while lifting.

After completing this seminar, you will:

- Be able to coach and train individuals in weight lifting
- Be able to prevent injury
- Will know the kinesiology and anatomy of lifting
- Have a complete guide with tips on how to avoid extreme overload
- Know suitable equipment for each workout
- Learn contest preparation techniques

Teaching subjects:

- Weight Lifting History
- Lifting Analysis
- Trainer's role
- Anatomy
- Kinesiology
- Energy Systems
- Training elements
- Biomechanical assessment
- Technical characteristics of lifting
- Resistance training
- Special Recovery
- Important training mistakes
- Goal setting
- Periodization
- Designing a training program
- Training systems
- Psychological boost
- Safe training
- Training equipment
- Competition preparation
- Nutritional support

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## INDOOR CYCLING

Indoor cycling seminar includes all training techniques related to cycling. Through this course, participants will have the opportunity to focus on every muscle group, incorporating the guidelines for proper posture, work-to-rest ratio & intervals and proper workout intensity. Book your Indoor Cycling course spot in base training and become one of the best indoor cycling instructors in the fitness market!



More specifically, you will learn:

- Proper posture
- Work to rest ratio
- Appropriate training intensity, according to the trainee
- Ways to make your class more enjoyable and effective
- Points of attention to avoid injuries
- Techniques to maximize benefits



## GROUP TRAINING

Group Training Seminar is ideal for aerobic exercise and choreography enthusiasts. Students will learn how to choreograph a workout and create intensive aerobic workouts!

Teaching subjects:

- Rhythm Comprehension
- Learning of basic steps
- Creation of a simple choreography
- Learning of coaching procedure
- Class Communication
- Hi-Low aerobic
- Dance Moves

## KIDS ATHLETICS

In this detailed and complete kids' athletics seminar, you will learn how you can contribute to the proper development of a child through physical activity.

Through the Kids Athletics Seminar, participants learn how exercise, physical activity and sports socialization can set the right foundation for a child's development.

The development of a child is not just a matter for experts. It is an important matter for parents and trainers, as well as educators and the whole society.

- More specifically, at Kids Athletics you learn:
  - A series of entertaining games that a trainer can use
  - Activities performed with or without equipment (ball)
  - Scientific data on exercise and children
  - Activities that enhance children's sense of rhythm
  - Techniques to enhance the child's socialization and self-confidence





## AERIAL SPECIALIST CERTIFICATION

The Aerial Specialist method includes acrobatics, stretching and flexibility exercises. It combines some classical Pilates exercises along with resistance training elements, balance and core training while at the same time promoting body & mind connection.

The Aerial method emphasizes on a three-dimensional body movement, through swings, rotations, functional movement and flexibility. Every move is performed on a 5 – meter long – 2.5 meter – wide hammock.

If you wish to be a part of a challenging experience and become the next Aerial Specialist, join our seminar. It consists of three separate modules that focus on strengthening, flexibility, rehabilitation and relaxation, that will lead to the ultimate aerial experience.

### Teaching subjects:

- Acquaintance – History – Philosophy
- 2 Completed 1.5 hour lessons (1 Aerial Yoga + Aerial flexibility)
- Placement of the hammock
- Basic hammock position principles combined with Props
- Responsibilities of an Aerial teacher
- Equipment maintenance
- Exercise analysis
- Benefits
- Contraindications
- Safety rules
- Correct posture
- Handles – Possible errors
- Exercise analysis



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## AERIAL STRONG

Aerial Strong is a hybrid, functional, full body strengthening program, practiced on a hammock, that functions as a swing belt. It is a differentiated form of training that increases the degree of difficulty and gives different dynamics to all fundamental movements.

The hammock is used to support and suspend the body to work with its own weight against gravity.

### Purpose:

To be able to enter and exit from any position safely  
To be able to strengthen the torso, legs, arms  
Understanding handles and positions  
Be able to teach complete courses

## AERIAL PILATES YOGA

Aerial Yoga-Pilates is based on breathing technique, control and movement coordination. Participants will be taught all yoga asanas with the help of the hammock, aiming to improve posture, flexibility and balance, as well as the technique for creating aerial flows.

### Purpose:

To be able to perform any movement safely and effectively  
To be able to guide and give variations depending on the level of the trainee  
Improve posture and strengthen the torso  
Be able to teach complete Aerial Pilates and Yoga

## AERIAL NATAL - KIDS - SENIORS

Base Training introduces the "Aerial Natal – Kids-Seniors" seminar, a complete stretching program aiming to improve flexibility, balance and proper posture. This program focuses on strengthening the body through passive stretching, incorporating the Pilates and Yoga method techniques, that can be adapted to all ages, kids, seniors and also pregnant women.

### Purpose:

To be able to perform all movements safely  
To improve proper posture  
To understand handles and positions  
To teach Aerial Pilates and Yoga and flexibility lessons  
To be able to design individualized programs



## SPORTS NUTRITION

Base Training created the Sports Nutrition seminar, which is a comprehensive guide on the field of human nutrition, healthy lifestyle and maximum athletic performance. Every successful instructor / personal trainer should be aware of fundamental nutrition guidelines and be in a position to share nutrition tips with their clientele.

Sports Nutrition is divided in 3 Levels. **Level 1** studies human body composition, nutritional assessment methods as well as micro and macro nutrients. In **level 2**, different types of dietary interventions as well as principles of sports nutrition are analyzed. **Level 3** addresses clinical nutrition topics including Diabetes, Eating disorders and Obesity.

Five extra workshops are also included in the course including:

- Diet planning for optimal athletic performance
- Weight loss & weight control
- Nutrition support design
- Food supplements
- Nutritional intervention in endurance sports

### INTRODUCTION TO SPORTS NUTRITION (LEVEL 1)

Sports nutrition is starting with an induction into the science of human nutrition. Subjects including the Food pyramid as well as nutrient exchange are discussed, while a detailed introduction to sports nutrition and athletic needs is addressed.

More specifically, the 1st level includes:

- Basic principles of human nutrition
- Human body function
- Wellness principles
- Introduction to sports nutrition

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### ATHLETIC NUTRITION (LEVEL 2)

The 2nd level of the Sports Nutrition seminar, provides an in depth analysis of both nutritional myths, as well as nutrient and micro nutrient function. Furthermore, it dives deeper into sports nutrition, providing a detailed understanding of how nutrition can be a useful tool in athletic performance and disease prevention.

More specifically, the 1st level includes:

- Level1 Revision
- Advanced aspects of nutrition / Sports Nutrition
- Nutritional Myths
- Nutrition as medicine

### NUTRITION SCIENCE (LEVEL 3)

Within the 3rd level of the Sports nutrition seminar an even greater depth in matters of nutrition and sports performance is addressed. In this context, nutritional planning is designed to achieve maximum athletic performance. At the same time, there is an introduction in eating disorders and their consequences in modern times.

More specifically, the 1st level includes:

- Nutrition function in order to achieve maximum athletic performance
- Eating disorders
- Diabetes
- Dietary supplements



# YOGA

Whether you are already a fitness trainer that seeks to expand training practice or a Yoga enthusiast that wants to learn more about the method, then this seminar is all you need!

Through this fully integrated seminar, you will gain all the necessary knowledge to become a specialized Yoga instructor.

During your practice, you will learn everything around the basic principles of the Yoga philosophy.

## Teaching subjects:

- Method Philosophy
- Yoga Origin
- Asana Basics
- Teaching a Beginner
- Trainee Progress
- Teaching Methods
- Accessories for Help
- Exercise Combinations
- Variations and Course Progress
- Group Training Program
- Individual Training
- Effective Teaching & Communication
- Contact with different instructors
- Practice in regular classes



**base**  
International Certifications

# PRE & POST NATAL EXERCISE

The Exercise & Pregnancy seminar aims to prepare trainers at a theoretical and practical level of training pregnant women safely and effectively, from the first to the last trimester of pregnancy.

All exercises are based solely on the proper training of the pregnant woman, in order to enhance her physical and mental health and of course to ensure the health of the fetus.

## Teaching subjects:

- Natal physiology
- Facts about childbirth
- Trainee assessment
- Cooperation with the doctor
- Analysis of body changes per trimester
- Post Natal Process / Returning to exercise
- Body weight exercises per trimester
- Exercises with props

# TENNIS & CONDITIONING

The Tennis and Conditioning Seminar is structured in such a way as to provide all the necessary training tools that will improve the performance of an athlete.

The tutors have an in depth knowledge of the sport and have created a workshop that will significantly help both tennis players who want to learn the secrets of tennis, and fitness professionals who want to improve the physical condition and technique of a professional athlete.

In more detail, Tennis and Conditioning includes:

- Kinesiology and physiology principles
- Instructions for a well-structured workout
- Tips for improving overall fitness
- Tips for improving the technique





## RUNNING SPECIALIST

The Running Specialist seminar by Base Training is addressed to running lovers all over the world! Strengthening and conditioning techniques are analyzed in depth, in order for you and your trainees to reach peak performance.

More specifically, the Running Specialist includes:

- Principles of kinesiology and physiology
- Proper preparation for a proper workout
- Instructions for running on the road, field, treadmill
- Training protocols etc

## TRIATHLON SPECIALIST

Base training has created the Triathlon Specialist program that aims to enrich your knowledge on one of the most ever-evolving sports in the last years, whether you are a professional trainer or a triathlete. This program offers a unique learning system where all participants are educated through a detailed manual that includes all the fundamental exercises and applied coaching skills and techniques.

Furthermore, matters of endurance sports nutrition, exercise science and additional equipment will also be analyzed.





## BASKET

Base Training Academy has created the "Basketball" seminar that will guide you through all the essential techniques, the shoots and the performance guidelines, so that both you and your athletes can reach the top of your game! Matters of maximum speed, acceleration and how resistance training can help in performance improvement will be analyzed thoroughly, through updated scientific studies, electronic slides, videos with techniques and exercises.

Participants will have the opportunity to receive theoretical and practical knowledge about their favorite sport, through exercises, videos and lectures.

More specifically, the seminar includes:

- Lectures with theory and teaching of techniques
- Video with exercise book for explosiveness, coordination, agility
- Techniques for strengthening all muscle groups
- Electronic slides with theoretical material & detailed examples
- Extra tips for greater efficiency and better performance

## SOCCER

Base Training Academy has created the Soccer seminar for football lovers and professional personal trainers that wish to expand their knowledge and training techniques on the sport!

Soccer is aimed at both professional practitioners and professional or amateur athletes. It is a flexible training program that aims to offer all the necessary supplies to men to enhance their resume and their performance, in one of the most popular timeless sports worldwide.

More specifically, the seminar includes:

- Lectures with theory and teaching of techniques
- Video with exercise book for explosiveness, coordination, agility
- Techniques for strengthening all muscle groups
- Electronic slides with theoretical material & detailed examples
- Extra tips for greater efficiency and better performance



# WORKSHOPS



MMA



OUTDOOR  
CYCLING



WARRIOR  
MODE

WELLNESS  
& ANTI-AGING



ΑΣΚΗΣΗ &  
ΚΑΡΚΙΝΟΣ

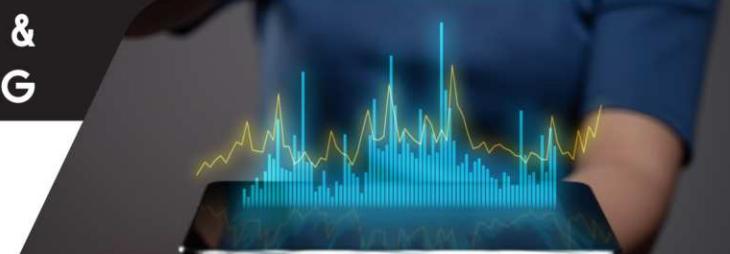


DISEASES &  
EXERCISE

DISEASES &  
EXERCISE



SALES &  
MARKETING





## VOCATIONAL REHABILITATION

Our modern facilities, the most qualified & friendly teachers and our renewed methodologies are our most important traits.

With 10 privately owned STUDIOS, our students can start their practice as Personal and Pilates trainers in real working conditions.

By having important partnerships and networking with a large number of gyms and studios, our graduates are able to take their next professional step!

Every piece of knowledge and every experience from base training can help you lead the way!

## EREPS PROGRAM:

The European Active Certification marks your position among the most competitive Fitness Professionals!

- ▶ EREPS appreciates the qualifications and skills of practitioners and helps employers to find well qualified trainers safely and effectively. Europe Active (<http://www.europeactive.eu/>) is a leading – nonprofit organization representing the entire European health and fitness sector.
- ▶ It is an international organization that establishes health and exercise standards and promotes best practices in education and training, aiming to improve the quality of services and results both for trainees and clients.
- ▶ EREPS members are registered in the list of accredited professionals, in EREPS official site (<https://www.ereps.eu/>) and are fully accredited to work in 28 European Union countries.

EREPS European Certificate  
(European Register of Professionals of Training)  
EQF 3 – FITNESS INSTRUCTOR  
EQF 4 – PERSONAL TRAINER  
EQF 5 – HEALTH EXERCISE SPECIALIST



## T.H.I.S PROGRAM



T.H.I.S. was created to provide a holistic approach in human development and highlight the contribution of motion in the process.

Through this educational journey, you will broaden your horizons, get certified and further evolve.

### WHY CHOOSE T.H.I.S CERTIFICATIONS:

- Get certified by the world's leading go-to resources for global health and wellness.
- Access to Real-time and virtual education in matters of human motion, psychology, social inclusion and diversity, balanced nutrition, technology and modern lifestyle throughout the course of life.
- Become a part of our eleven-pillar approach to living, based on our acronym RESPONSIBLE, regardless of age and previous academic background
- Global lifelong certification and further excel in the wellness industry

