

# 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, IMPLEMENTATION** and **LEADERSHIP** and 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** provides 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 are also emphasized.

### DESIGN

**F2T 101** provides students with an opportunity to critically evaluate and design exercise sessions that suit a number of short- and long-term objectives. Principles are 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 are provided to coach and give/receive feedback in small and large group settings.

### LEADERSHIP

The successful implementation of any wellness or fitness program requires influential leadership. **F2T 101** provides 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 help students establish exercise recommendations for peers with diverse needs and interests.

## **F2T 101 CURRICULUM**

Each **Module** 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 one month following the course)
- Recertification** requires 0.8 CEs (≥50% must come from IAFF-sanctioned activities) and one **F2T** challenge in a two-year period (January to December)



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# 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.

<b>IN PERSON</b>	<b>COURSE SCHEDULE</b>	<b>VIRTUAL</b>
Four days + virtual exam		Six weeks + virtual exam
25 - 35 students coordinated by host	<b>MAX / MIN ENROLLMENT</b>	Up to 100 individual registrants
Lectures and small/large group activities	<b>COURSE FORMAT</b>	Video lectures and Zoom small/large group activities
Online exam posted one month following course	<b>LEARNING ASSESSMENT</b>	Online exam posted one month following course
Min 3,000 sq/ft open space Screen + seating for 32	<b>RECOMMENDED SPACE</b>	25 sq/ft open space viewable on camera
Computer and high-speed internet for exam	<b>REQUIRED TECHNOLOGY</b>	Computer, internet, camera, a mic for all sync activities
USD \$999/student registration and certificate	<b>COURSE FEES</b>	USD \$799/student registration and certificate
F2T T-shirt (student) Equipment package (host)	<b>COURSE PACKAGE</b>	F2T T-shirt, kettlebell, resistance bands



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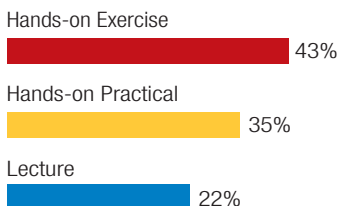
# IN-PERSON DELIVERY



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 four days (8am-5pm). All students must also complete an online exam one month following the in-person experience.

Lecture + Exercise



Lecture + Practical + Exercise



## 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! Contact us at [F2T@iaff.org](mailto:F2T@iaff.org) to learn more.

Can accommodate 25-35 students, USD\$999/student.

Requires a minimum of 3,000 sq/ft open space, a screen/projector and seating for 35.

As the host, you receive an equipment package (to keep!) to assist with course delivery.

## FOR THE HOST!

Equipment package to outfit three stations! (squat stands, bumper plates, barbells, benches, kettlebells, dumbbells, mats, bands)

## FOR STUDENTS!

F2T T-shirt, course manual, PFT certificate, two-year F2T membership



More Fire Fighters. More Active. More Often.

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# ON-LINE DELIVERY



The six-week online **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 four 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 two hours/week on these learning activities.

All students must also complete a formal online exam one month later.



## 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 (1-100 students), USD\$799/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.

## 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	

## FOR STUDENTS!

Equipment package that includes a kettlebell and resistance bands

## PLUS!

F2T T-shirt, course manual, PFT certificate, two-year F2T membership



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# F2T PFT CERTIFICATE



In launching the Peer Fitness Trainer (PFT) certificate program 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 IAFF 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 four days or online over six 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 one **F2T** Challenge (contribution to the firefighting community) and earn 0.8 continuing education credits (CEs) in every two-year reporting period. At least 50% of your CEs must come from IAFF-sanctioned activities. All PFTs have the same reporting/renewal period regardless of their original certificate date.



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