

SYLLABUS

Certified Kettlebell Specialist Level: 1 (CKBS L1)

Brief Description: This certification is the introductory course in to kettlebell. You will learn the techniques of Swing, Press, Jerk, long cycle, Snatch, Turkish getup, Windmill, etc. which can take the fitness level of the client to the next level

Minimum age: 18 Years and above

Personal Attributes: The job requires individuals to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathy, language proficiency.

Duration of course: 16 hr

Job Role: Strength and conditioning trainer, Gym trainer, Fitness Trainer, Fitness trainer role in all sports and game.

Requirement/ Eligibility: For admission in the course it is suggested/desired that the candidate should have passed 10thstandard/ Secondary School Certificate from a recognized board or equivalent,

Opportunities: Health club, Hotels, Sporting club, Sports academy

Course Fees	Rs 5000/- (Five Thousand)
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Certified Kettlebell Specialist (CKS L1)

A) History of this instrument

The Kettlebell as Girya is a traditional Russian training tool that is used by people all over the world. It is as cast iron or cast steel weight, looks like a 'Ball' with a handle. Kettlebell used to perform ballistic exercise that combines strength, flexibility,

Archaeological evidence shows that the Kettlebell used in ancient Greece. But Kettlebells were developed in Russia in the 1700s,

B) Benefits: This form of exercise has many benefits like - cardio without the boredom, Combines cardio and strength training, fat loss, Women won't bulk up! Very much effective for them, Develop functional strength, Increase mental focus, toughness, explosiveness,

C) Safety Consideration: it is a high intense workout process with high velocity, so that we have to follow some safety measures - Get a doctor's clearance, Make sure that you have enough space to train, Proper dress up, Uses of weight lifting belt, Weight lifting shoes, etc.

D) Equipment: Proper dress; sports or fitness, Weight lifting belt according to sports or general practice, Lifting shoes, Chalk, Kettlebell, Gloves, Wrist band

E) Type of Kettlebells: according to programming we use different type of kettlebells.

Cast Iron Kettlebells: Cast Iron bells are found in various shapes and sizes. The size will generally get bigger as one progress to heavier Kettlebells.

Professional Kettlebells (competition bells): With profession grade Kettlebells, the dimensions are identical among all the different weights.

Kettlebell classification according to weight and colour like 8kg bell pink colour, 12 kg bell blue colour, 16 kg bell yellow colour

F) Terminology in Kettlebell Sport: in kettelebell sports there are some specific term like -

START: Kettlebells are lifted from the platform

GRIP: the way the handle of the Kettlebell is held

HAND INSERTION: Displacement of the hand into handle of the Kettlebell

SET: one or repeated performance of exercises

JERK: Kettlebell jerked above the head to the straight arms.

RACK POSITION: Elbow(s) are connected to an iliac crest

HALF-SQUAT (FIRST DIP): rapid flexion of the knees when performing the lift,

UNDER-SQUAT (SECOND DIP):

SNATCH: Kettlebell is swung above the head

SWING: - pendulum like movement of the Kettlebell

FIXATION (LOCKOUT):

CLEAN:

Biathlon: The snatch and jerk are combined together in the biathlon event.

LONG CYCLE: clean and jerk performs in every rep.

PRESS: pressing bell from rack to over head

HOOK POSITION: gripping

Acceleration pull: puling bell for any lift

Hand Switch etc.

G) Breathing pattern: In kettlebell exercise we follow both Paradoxical breathing, Anatomical breathing pattern.

H) Process:

Jerk: first the Kettlebell is cleaned to the chest and then jerked above the head to the straight arms

Long Cycle: Kettlebell sport competition that includes one exercise performed in three steps swing, rack, jerk

Snatch: kettlebell lift from back swing to overhead.

I) Assistance Drills: to improve main lifting we need few assistance exercises. like - Swing , Rack Position, Pressing , Lungs , Row , Turkish Get up , Windmill , Bottoms up , clean and press .

J) programming: how to design a workout programme .