

Jump Rope Instructor Training Course (Level 1) - Certificate

Our **Jump Rope Training Courses**® aim at educating and giving ideas for the creative and effective use of jumping rope.

The courses are appropriate for coaches, athletes, physical education teachers, fitness instructors, personal trainers and sport-oriented individuals who would like to gain a better knowledge of how to incorporate jump rope into their training programs in the best possible, most effective and professional way.

The **Jump Rope Training Course**® (**Level 1**) is highly recommended to those who are eager to improve their coordination, condition, concentration, who are ready to challenge their creativity and would like to be prepared to offer their customers the latest updates on jump ropes.

The course has been designed on basis of the experiences of **Adrienn Banhegyi**, who is one of the most decorated athletes in the history of the sport of rope jumping. Over the course of 15 years of competition she has won the World and European Jump Rope Championships multiple times and set two World Records. In addition, Adrienn is a Cirque du Soleil artist, just like her sister, **Kata**, both of them performed at numerous high-profile events including plenty of TV programs all over the world, as well as the Rio Olympic Games.

Adrienn, also a Physical Education teacher and fitness instructor, has been the ambassador of the sport of jump rope, all over the world over the last two decades.

Course details: Duration of the course is 20 hours

- Theoretical Background
- Jump Rope Biomechanics
- Training Methodology
- Technical Classes
- Creative Routines
- Performing and Teaching Skills

Prerequisites:

There are **no** prerequisites to take a **Jump Rope Training Course® Level 1**.

However, those who have a degree in any sport related field are welcome to include it into their application. The course aims at serving both professional and competitive athletes, as well as fitness enthusiasts, by providing training and teaching methods for individual and group workout programs.

Upon completion of our training course you will be able to:

- perform a variety of special jump rope skills
- adjust jump rope exercises to different fitness levels
- cue and correct common mistakes with jump ropes
- lead a jump rope oriented warm up/fitness class
- design a sport specific jump rope workout

Package:

- Discount on Products
- Continuous Education Specials
- Access to Course Materials
- Weekly Support from our Education Specialist

Completing this course will qualify you for **Jump Rope Training Course® Level 2**.

For more information on course dates, locations and prices - please contact us:

Tel: +420 773 684 364

Email: info@jumpplusworld.com