

nordic walking

Certified
Training



nordic academy
Australia's Nordic Walking Professionals



Who should do certified Nordic Walking training?

Nordic Academy's Nordic Walking Instructor course is ideal for exercise physiologists, physiotherapists, personal trainers and other allied health & fitness professionals who are seeking knowledge & skills in the latest in low impact, high results exercise for clients & patients.

What do other health & fitness professionals say about it?...

"Upon trying this new activity, I quickly discovered the difference and increased benefits gained just by using poles! I was so impressed with Nordic Walking as well as the professionalism encountered from Nordic Academy. Since being trained I have organised local courses for beginners, offer it to my patients and am running courses to community groups as well."

Meg McIntyre, Sports Physiotherapist - Port Macquarie, NSW



"The instructor course gave me a complete understanding of the biomechanics of Nordic Walking and this has been incorporated into my podiatry clinic. All facets of Nordic Walking are covered in the course with a great mix of theory and practice. Equipment and accessories purchased through the Professional Membership program are of great value." *Kevin Ormond, Podiatrist - Adelaide, SA*

"The instructor course was excellent. It was both enjoyable and practical to attend. The benefits of Nordic Walking are significant to many different population groups. As an Exercise Physiologist I have, and will continue to use Nordic Walking as an exercise option for my clients." *Nathan McKeown, Exercise Physiologist - Brisbane, QLD*

Accreditation & strategic alliances

The Nordic Academy Instructor Course is accredited by Kinect Australia, Exercise & Sports Science Australia and Fitness Australia. Nordic Academy also partners with major organisations, such as Arthritis Victoria, Heart Foundation Walking and Drake Training, to promote the health benefits and enjoyment of Nordic Walking to as many people as possible.

What does the Nordic Walking Instructor Course entail?

This Nordic Walking Instructor Course is a comprehensive and enjoyable two-day program designed to equip participants with all the necessary knowledge and skills to either prescribe Nordic Walking or conduct successful Nordic Walking classes and programs.



Pre-requisites for Enrolment

- Certificate 3 or 4 in Fitness, or
- Diploma/Degree in Sports, Recreation or Allied Health, or
- Extensive coaching experience

Course Duration

2 days (usually Sat-Sun)

Course Outline

- History & Benefits of Nordic Walking
- Practical Sessions with Video Analysis
- Skills & Drills to Acquire Proper Nordic Walking Techniques
- Exercises to Correct Common Technique Mistakes
- Strengthening & Stretching Exercises with Poles
- Legal & Safety Issues
- Nordic Walking Marketing & Promotion

Location & Dates

All capital cities each Autumn and Spring. See www.nordicacademy.com.au for current schedule.

Course Package

- ✓ Pair of diamond carbon Nordic Walking Poles (\$169 value)
- ✓ Nordic Walking DVD (\$48 value)
- ✓ Comprehensive course manual
- ✓ Personal videotape analysis
- ✓ International qualification plus course certificate
- ✓ Membership of Nordic Academy's Instructor Network (inc. FREE website listing)
- ✓ Morning & afternoon tea refreshments
- ✓ Professional development credits:
 - Kinect Australia: 3PDPs
 - ESSA: 11 CEPs
 - Fitness Australia: 15 CECs
 - APA: 15 CPDs
- ✓ Eligibility to join Nordic Academy's Professional Membership program

Package Cost Only \$470 (inc GST)

Registration

Register via the Nordic Academy website. Early bird specials are offered and course places are limited. Register early to avoid disappointment.



Benefits of Nordic Walking Instructor certification

- ✓ Earn income through classes and equipment sales
- ✓ Earn professional development credits
- ✓ Help others improve their fitness or recover from injuries as an extension of your current services
- ✓ Gain leading edge knowledge and techniques in holistic exercise
- ✓ Extend your professional network
- ✓ Enjoy learning new skills
- ✓ Be part of the new fitness activity that's rapidly gaining global popularity

National Instructor Network

Course graduates receive a FREE membership in the Nordic Academy Australia Instructor Network, with benefits including a website listing, regular e-newsletters and special deals on Nordic Walking equipment and accessories.

Nordic Academy Professional Membership

The Nordic Academy Professional Membership is for instructors who want to seriously develop and grow a sustainable revenue stream from Nordic Walking programs and activities.

Nordic Academy Professional Members have access to valuable resources and downloads in the 'Members Only' area of the Nordic Academy website. These resources include media releases, generic articles, photos, market surveys, research and other business development tools.

Nordic Academy Professional Members also receive the best discounts and incentive programs on poles, accessories, events and travel tours.



Nordic Academy is the exclusive Australasian representative

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