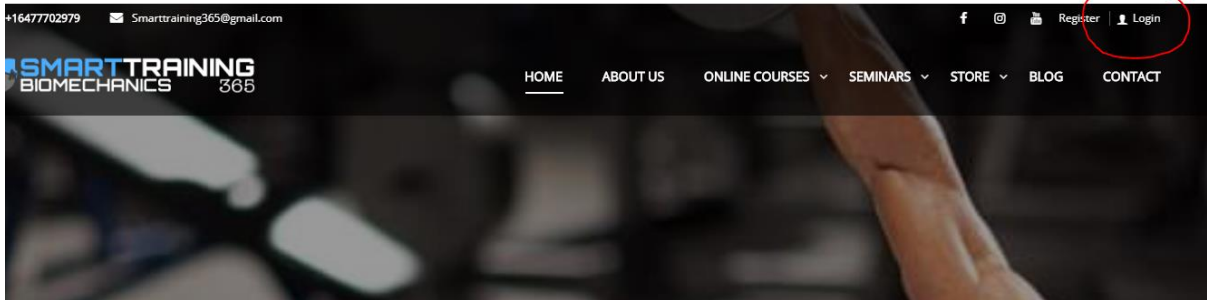


The Physics of Fitness – The Online Course by Doug Brignole

How to Navigate through the course

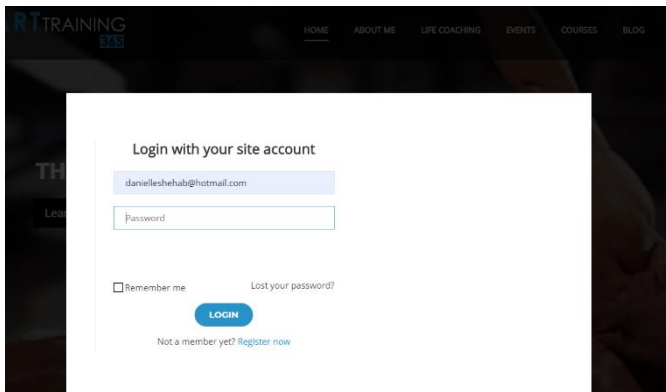
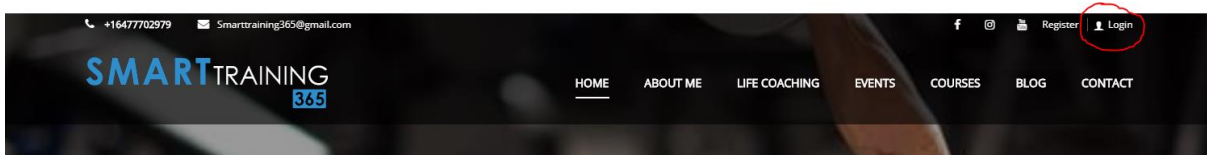
STEP 1: Create a Login // Click “Login” (top right hand side of the webpage:



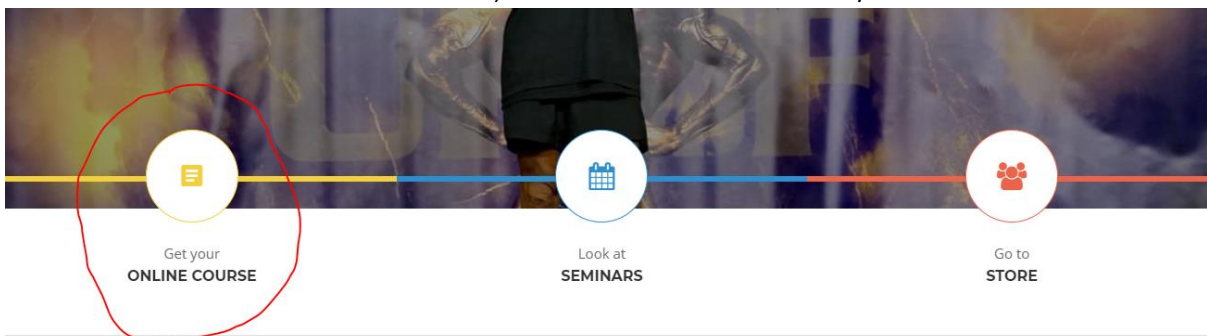
STEP 2/Each time you continue with course you must Login:

Log onto: <http://smartraining365.com/>

Click “Login” (top right hand side of the webpage:



STEP 3: Once signed in you will revert back to the HOME page
Scroll down to the below, and click on ONLINE COURSE / READ MORE





STEP 4: Scroll down to the Table of Contents, click on the wording and it will take you to the course. Each Chapter has the course material, and then at the end of each Chapter there is a short quiz (between 3 – 10 questions). Once you have completed a Chapter Quiz, there will be a Green Check box, so you know where to continue.

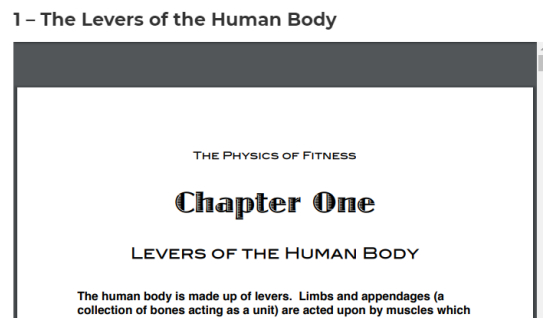


Overview	Curriculum	Instructor	Reviews
You have 50 weeks remaining for the course			
THE PHYSICS OF FITNESS THE ONLINE COURSE			5/53
Lecture 1.1	Table Of Content		
Lecture 1.2	Quiz Instructions		30 min
Lecture 1.3	1 – The Levers of the Human Body		59 min
Quiz 1.1	Chapter 1 : Levers of the human body	<input checked="" type="checkbox"/>	3 questions
Lecture 1.4	2 – Active and Neutral Levers		59 min

STEP 5: You can now Click on Chapter 1 and proceed to read each chapter, either right here within the Platform as shown below, or from the PDF Version that you can DOWNLOAD as per the below:

This is the view if you Click on the Chapter // 1 – The Levers of the Human Body

1.3	1 – The Levers of the Human Body	59 min
1.1	Chapter 1 : Levers of the human body	3 questions
1.4	2 – Active and Neutral Levers	59 min
1.2	Chapter2 : Active levers and neutral levers	3 questions
1.5	3 – Mechanical Advantage & Disadvantage	59 min
1.1	Chapter3: MECHANICAL	



OR – Scroll down to DOWNLOAD the PDF Version of the Book (so you can read it offline)

You will also find the Videos below the Course, these will really help you visualize the direction from the book. Videos are of the Exercises from the Book (Brig 20 – the BEST movements for Physique Development, plus Alternatives in case you don't have access to a Dual Cable Machine) are accessible at any time, they will help you to practise the exercise yourself to get a better understanding.

THE PHYSICS OF FITNESS THE ONLINE COURSE	5/53
THE PHYSICS OF FITNESS - COURSE MANUAL (IN PDF FORMAT)	0/1
Lecture 2.1 PDF of Chapters – Course Manual	30 min
THE PHYSICS OF FITNESS - INSTRUCTIONAL VIDEOS	0/7
Lecture 3.1 Exercises Description	
Lecture 3.2 Pectorals and Serratus	10 min

STEP 6: Once Chapter 1 is read, proceed to click on the Chapter 1: Levers of the human body to take the Chapter Quiz. After you answer the question, click NEXT to get the next question, once you have completed all questions, click COMPLETE.

1.1 Chapter 1 : Levers of the human body
3 questions

1.3 2 – Active and Neutral Levers
59 min

1.2 Chapter2 : Active levers and neutral levers
3 questions

1.4 3 – Mechanical Advantage & Disadvantage
59 min

1.3 Chapter3: MECHANICAL DISADVANTAGE
3 questions

Chapter 1 : Levers of the human body

Question 1/3 | Time 0:14:51

Only individual bones are levers

True

False

NEXT SKIP

COMPLETE

You will be given your results – for Chapter 1, 100% correct is the requirement, so you will need to successfully complete the quiz (all 3 questions correct) in order to proceed to Chapter 2., and so on.

Chapter 1 : Levers of the human body

YOUR RESULT



Your quiz grade failed. Quiz requirement 100%

STEP 7: Once the student has completed all 25 Chapters and the Chapter end quizzes, they can then take the final Exam.

Total of 162 Questions, with a timeline of 4hours.

Required Passing Grade of a minimum of 70% is required.

****Ensure you are well prepared to take the course in its entirety in one sitting. There is a 4hr time limit, and you are unable to start and stop. There is a Fee to re-take the Exam, so be as prepared as possible **** We encourage you to retake the Quizzes until you have received 100% on all of them, so that you are best prepared for the Final Exam.

1.26 FINAL EXAM QUESTIONS THE PHYSICS OF FITNESS The Online Course
162 questions

THE PHYSICS OF FITNESS - COURSE MANUAL (IN PDF FORMAT) 0/1

2.1 PDF of Chapters – Course Manual

FINAL EXAM QUESTIONS THE PHYSICS OF FITNESS The Online Course

162 Questions | Time 04:00:00

Select The Correct Answers.

START

In the case that you have received less than the required 70% grade, Exam Retake can be purchased (a box will pop up to purchase an Exam Retake), it is also be available for purchase on the ALL COURSES page.