BFS CERTIFICATION COMPLETION GUIDE

IGGER FASTER STRONGER

R

COACHES HELPING COACHES SINCE 1976

Certification Completion

Dear Coach,

Congratulations on completion of the practical component of BFS Certification.

All you need to do to finish the certification is to take the Certification Test, which consists of reading our upgraded study materials and passing a multiplechoice test. This will provide written proof that you understand how to design and supervise safe and

6 Absolutes of Completion

1. PRACTICAL:

Having completed the practical component of the BFS Certification in the past 45 days, you are halfway towards completing the new, upgraded BFS Certification.

2. STUDY PERIOD:

After completing your practical component you will have 10 business days to review your Total Program Study Guide that can be downloaded from the BFS Online Learning Center. www.biggerfasterstronger. com/olc

3. CERTIFICATION TEST:

10 Business days after your practical component you will be emailed your web link, username and password with which to login to the online Certification Test. The test takes 60 to 120 minutes and should be taken in one sitting to prevent inernet "timing out" issues.

BFS Certification Test Overview:

The BFS Certification Test is an open-book test which contains 102 multiple choice and true/false questions. You must answer 90 of the Questions correctly to Pass. You must complete the Test to receive a Passing Score. If you fail the test, you may retake the test again at no cost. As this is an open-book test you may use the BFS Certification Study Guide. You have 45 days from the completion of your practical component to complete the Certification Test.

Upon test completion you MUST click "Submit" button to register your results with BFS

effective workouts, based upon an organization that has been helping athletes succeed for over 44 years.

In 10 business days you will be emailed the web link, username and password needed to take the online Certification Test for the theory component of your certification.

4. BFS CERTIFIED:

After passing the online Certification Test you will be mailed your official certificate and your subscription to BFS Magazine will begin.

5. ONLINE LEARNING CENTER:

Using your BFS supplied username and password you will now have access to the BFS Online Learning Center. Here you will find Video Training materials on all BFS Core Lifts and Standard Auxiliary Lifts. You will also have access to all information presented in the practical component slide show. Use these materials for classroom training or as a personal refresher for the practical component of your BFS Certification.

6. RENEWAL:

Your BFS Certification is good for one year. You will be reminded by email as your renewal date approaches so be sure to keep your contact information with BFS current. Renewal is \$99.95 and keeps you active on the Online Learning Center with it's growing library of training aids as well as maintains your subscription to BFS Magazine. Renewal also demonstrates you are taking an active role in staying current in weight room training and safety.

Once again, our Congratulations and Good Luck on successful completion of the test! Sincerely, The BFS Staff

Certification Completion

What You Will Need

- 1. The Email Address/Username You Provided to Us When You Paid for the Certification.
- 2. The Password We Emailed to You When You Completed the Practical Component of the Certification.
- 3. The Certification Study Guide provided online at the BFS Online Learning Center.
 - From biggerfasterstronger.com find the link to the certification written test in bottom of the course page
 - of any page. The direct link is http://office.biggerfasterstronger.com/home/CertTest.asp



BFS Dedicated to Helping Athletes Succeed Sin Equipment • Training • Charac	nce 1976
WRSC Online Test	
The Final Steps to Becoming BFS Certified	
If you completed the Practical Component of the BFS WRSC in the past year, you are halfway to upgraded BFS WRSC. All you need to do to finish the WRSC is to take the theory portion, which upgraded study materials and passing a multiple-choice / true false test. This will provide written how to design and supervise safe and effective workouts, workouts based upon an organization athletes succeed for over 35 years.	n consists of reading our proof that you understand
BFS WRSC Test Overview	
Note: Test Must be Taken within 45 Days of Completion of Practice	um
The BFS WRSC Test is an Open-Book test which contains 102 Multiple Choice and True/False Questions You must answer 90 of the Questions correctly to Pass. You must complete the Test to receive a Passing Score. If you Fail the Test, you may Retake the Test again at No Cost. As this is an Open-Book Test you may use the BFS Certification Study Guide.	
What You Will Need	
 The Email Address/Username You Provided to Us When You Paid for the WRSC. The Password We Emailed to You When You Completed the Practical Portion of the WRSC The WRSC Study Guide Provided in the WRSC Box. 	
Registration Instructions to Take Test	
 Enter Your Email Address / Username and Password and Click the "Submit" Button. Follow the Instructions in the Next Window that will Open. If You are Using a Pop-Up Blocker it MUST BE TURNED OFF 	
Email Address/Username:	
Password:	Submit
FAX 1-801-975-1159 Toll Free 1-800-628-9737 All Content © 2010 Bigger Faster Stronger Incorporated	info@bfsmail.com All Rights Reserved

2 Enter Your Email Address / Username and Password and Click the "Submit" Button

You will be given the opportunity to double check your name as it will appear on you certificate.

Click through to begin taking the test. Allow 60 to 120 minutes to complete the test. Please note there are 102 questions and they will be displayed one at a time. Complete the test in one sitting, while BFS does not put a time limit on the test, web servers beyond our control may "time out" if left inactive. If this occurs your work will be lost.

Upon test completion you MUST click "Submit" button to register your results with BFS

CERTIFICATION PACKAGE CONTENTS



BFS Presentation Booklet

• All the information you need ot follow along with the BFS WRSC presentation



Be An Il

•On a scale of 1 - 10 we believe all our students and athletes can strive to be an 11! Leaern how this program make an impact on your school!



BFS Total Program Book

• The Authoritative Guide to the BFS Total Program Find all the information you need to implement the Total Program.

WEIGHTROOM SAFETY ACKNOWLEDGEMENT FORM
WEIGHTROOM SAFETY STUDENT/ATHLETE ACKNOWLEDGEMENT FORM
I
acknowledge that I have seen and have knowledge of the following safety features for our weight transnig/fitness class.
I have seen the BFS Weightreeen Safety Video.
I have read the BFS Weightreeon Rules Poster.
I are familiar with the three BFS Safety Pearses describing the Knee, Hansming and Rack safety.
I am familiar with the eight BPS 6 Abashane Paeness which help students' athletes understand the proper lifting techniques.
I have even the Training Posters and linew that I have the responsibility to read each one carefully to learn the cornect techniques of the separt, bench, clean, deadlift and the quick life.
I knew additional information on correct lifting technique and other strongth and conditioning topics is available at www.biggerlanestronger.com
I have been instructed in the proper use of all equipment in the facility.
endostables ignane das
parente legit parsian oparate data
Anti- media antique augmiting a sur el fra dad antida antique a dataca un faira d'anne present na terre verte una de antique antiques a transmission de la supporte a contre antique a transmission de la supporte de la suppo
TAKE CHARGE! gerladentheoge.com • intolititional.com • N2 West XMI Seats, Saltuine City, UT N278 • 4000,428-5727 • Fac (80),175-1

Student Acknowledgment Form

• By having every student and athlete sign this form you can demonstrate that you have instructed them on proper weight room safety.

	RSC and	2 / ///	CH PR	555			SPE C	Ange Ancorda	PAR	aute	1.90	7U.A	r		
	12 2	1 1	1	1 1 1	1 1	2	Æ	2	- 2-	2	1	1	1		5
	• 1 1	1 1	-			5	111	-		-		11	1 1	1	÷
		2 63	1 11	1 1 1 1	1 2 2	10.0	0 -	2 2		12.4.7	1 1	1 1 1	5 6 5	1 13	-
		1 1	1 1	1 11		1.0	0-	2 2	- 2	2	1	1 1	1 1	0.0	5
	Set Record	- -	- 14	w 7 L	111	у L	Set 1 tes 1 3/3	/	53 P	L		γ	4	# P	- L
	88		- 1-		-	7 L 7 L	-	» –	- 6	- 12*	-	ķ.	L ** L **	Ŧ	
	84 1951 - 27	54	94	4 10	900 1221		1964 Anna		aar i		aa	87	194		_
		- 1		97 97 L		2	- 22,	/ L	2	ΞŪ.		Ł		2	
	a r	54 P	74	- F	nu -	P	Total		ar P	7	942	<u>P</u>	100	-Ľ	1
	10° 2'	- <u>161</u> 2	1	87 V L	127		33'	7 L 7 L	<u>11</u> 7	- 6	107	Ķ.		2 P 7	-8
	4	54	1.0	1	144	9 L	tua Salat	7 1	- 17 au	1		9	59	. *	- L
	140 P	197 P	1	11 V L	12.1	۳ <u>-</u>	350	7 4	<u>11</u>	5	10.5	2		2 P	
	HA		- 10-		-		-		-	-Le		8	-	-6	-1
	-	per .	- 19		ner .		iyar		ar .	1	jez -	_	17		_
			$\overline{\Lambda}$	- 1 - 1	N		Name_				_ Age	_	н	W1	_
		XX	ł K	XX,	11	-	Phone,			_	Per	od	ø	<u></u>	_
		$\langle \rangle \rangle$	$\left(\right)$	XX.	11	-	Ę.	\$ R	201	10 (CAI	RD	Ŭ	RSC	7
		$\langle 1 \rangle$	\square	11	$\overline{1}$	2	First We	no fourth and deput Exam	pla	h	hę Pocari				_
		\square	\square		\square	AUXILIARY		ney box of pro		bask - re	3	A present		ine, or a r	-
	IN	W	M	M	Ν	127	2. Winter d'auto	the state of the s	1961 353	105	1.	pand, w part 1 ep Monache		11.010 11.010 11.010	raiser
		VV	VV	VV	VI	15	6.Tach	-	4/9	10	+	n pura nagé ti	ner at fo like ye	r na had na wigh n yarda	i kor 1 mili 1 m
BFS	🖻 RI	EADI	NICO												
		CADI	RE3	2	Name:						_		1.00	n again to p a nagine da	12.
		ORD	CA	RD	Height	t:	Weig		Age				112212	again ng anggin Ka anggin S anggin S anggin S ang anggin ang anggin ang anggin ang anggin ang anggin ang anggin ang anggin ang	
Pds.	Box Squat	ORD		RD	Height	t:			в	ench ress	1			a spite or p or suggio. An interplace of p or provide the response of p or the formation of	
	Box	ORD		Power Clean	Height			it: arallel quat	в	ench	1			and the second s	
Pds.	Box	ORD		RD	Height	t:			в	ench	1		a dal da ser Contra a segui da da da segui da da da da segui da da da segui da da da da da	a spin to y cought. An implies 2 of the spin to y of the first for the spin to y of the spin to y of	
Pds. 15	Box	ORD		RD	Height	t:			в	ench	1		CALCULATE STATE AND	a magin A and magin A and magina A and a magina magina A and a magina A and a magina A and a mag	
Pds. 15 20	Box	ORD		RD	Height	t:			в	ench					
Pds. 15 20 25	Box	ORD		RD	Height	t:			в	ench					n ng n nangin n nangin nan n nan n n n n n n n n n n n n n n
Pds. 15 20 25 30	Box	ORD		RD	Height	t:			в	ench			n, della la constanta di la co	la quint ray a supple fa la supple fa de sup	r up an
Pds. 15 20 25 30 35	Box	ORD		RD	Height	t:			в	ench			n, dell de senare la de senare de se	In spin to weather the second	nya mana mana mana mana mana mana mana m
Pds. 15 20 25 30 35 40	Box	ORD		RD	Height	t:			в	ench			n. det in de sententier de sente sententier de sententier de sententiere	a spin to see the second secon	reprint and the second
Pds. 15 20 25 30 35 40 45	Box	ORD		RD	Height	t:			в	ench			n. det an for any for any sector of any sect	I upon transmission in many we want the second seco	r op og ser og s
Pds. 15 20 25 30 35 40 45 50	Box	ORD		RD	Height	t:			в	ench			n. dati Anama Printing Strategy Strategy Charles Anapolitics Anapo	a spin to a second of a spin to a sp	r up og som en s
Pds. 15 20 25 30 35 40 45 50 55	Box	ORD		RD	Height	t:			в	ench			n. data Anuan China Chin		r spo or sport of sport sport of sea sport of sport of spore
Pds. 15 20 25 30 35 40 45 50 55 60	Box	ORD		RD	Height	t:			в	ench			n. det	a spin to a spin	n pangan an angan anga angan angan a
Pds. 15 20 25 30 35 40 45 50 55 60 65	Box	ORD		RD	Height	t:			в	ench			n. dati Anyan Chi ng Chi ng Ch		r un handen en h
Pds. 15 20 25 30 35 40 45 50 55 60 65 70	Box	ORD		RD Power Clean	Height	t:			B	ench			n. data Annua 1977 ng th annua 1978 ng t		n no
Pds. 15 20 25 30 35 40 45 50 55 60 65 70 75	Box	ORD		RD Power Clean	Height	t:			B	ench			n. data An ana 1974 ng the an analysis of the second secon		renorman. an analysis and analysis performance and analysis and and analysis and and analysis and and analysis and and analysis and and and analysis and and and and analysis and and and and and and and and and and
Pds. 15 20 25 30 35 40 45 50 55 60 65 70 75 80	Box	ORD		RD Power Clean	Height	t:			B	ench					r up (up (u) (u) (u) (u) (u) (u) (u) (u) (u) (
Pds. 15 20 25 30 25 30 35 40 45 50 5 60 65 70 75 80 85 90 90	Box	ORD		RD Power Clean	Height	t:			B	ench			n, data		r up i up
Pds. 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85	Box	ORD		RD Power Clean	Height	t:			B	ench			n, data		r un n r un n statute statute r un n statute statut

Record Card

Chart your success

Constant Improvement: At the core of the BFS program is the "BFS Set/ Rep System". Being able to simply and accurately chart improvement is among the prime motivators for athletes. Use these cards designed specifically for the BFS Program and your athletes could be breaking personal records every week!

Readiness Record Card

Help young athletes emerge in a safe program emphasizing proper technique over heavy lifting

Begin to Win: As Coaches we at BFS know that bringing in new athletes can be one of the biggest challenges. The BFS Readiness Record Card lets new athletes quickly chart each milestone in technique needed to move on to the complete BFS Program.

CERTIFICATION PACKAGE CONTENTS



WRSD notepad and pen

Keep track: You will need to keep track of your presentation information. To help out we will supply your information kit with a notepad and pen.



BFS Web Catalog

• All that you need to succeed With over 1,000 of items BFS has the products you need to make your program the best it can be. From weight room equipment to speed training to motivational seminars our web catalog has all you need.



BFS Magazine New article online weekly Free access to the Archives

Take advantage of BFS's 44 years of articles pertaining to training, safety, motivation and more. 1,000s of articles currently available.

BIGGER FASTER STRONGER



ERTIFICATION ONLINE RESOURCES



BFS Online Learning Center

Online training aids for the BFS certified coach

Ongoing Education: Here certified coaches will find video training materials on all BFS Core Lifts and Standard Auxiliary Lifts. You will also have access to all information presented in the practical component slide show.

Useful for keeping the proper technique fresh in your mind for maximum results. Great for classroom demonstrations whether introducing safe technique to new athletes or refreshing the basics with returning starters.



BFS Total Program Study Guide

• The Study Guide is designed to take you chapter by chapter through the "Bigger Faster Stronger" book. Access your guide as a downloadable .pdf document or as a web page at biggerfasterstronger.com/olc. Work

through the Study guide completely before taking the Online Certification Test.



Safety and Liability <u>Manual</u>

• A must for all programs, this manual can help you understand the issues surrounding weight room safety.

Download your copy online at

biggerfasterstronger.com/olc

BIGGER FASTER STRONGER

CERTIFICATION COMPLETION



CHAPMAN UNIVERSITYDRIVE ORANGE, CALIFORNIA 92866 WWW.CHAPMAN.EDU

CHAPMAN UNIVERSITY OF ORANGE CALIFORNIA OFFERS GRADUATE-LEVEL COLLEGE CREDIT FOR COMPLETING A BIGGER FASTER STRONGER COACHES CERTIFICATION CLINIC

Two Graduate Units/Credit Hours Available @ \$100 per Unit

May be used for Salary Increment, Professional Growth, Class Credit or Re-Certification (Check with your School District) Over 1,500 coaches and teachers have received college credit by attending various clinics throughout the US and doing follow-up work.

FOR MORE INFORMATION AND A PACKET CALL DENIS AT: 1-800-375-8247 AND LEAVE YOUR HOME PHONE NUMBER AND HOME ADDRESS OR EMAIL DWHOOPS@PACBELL.NET

For more information about Chapman University visit www.chapman.edu Chapman is fully accredited by WASC (Western Association of Schools and Colleges) CHAPMAN UNIVERSITY

One University Drive Orange, California 92866 www.chapman.edu



You can't break records if you don't keep records!

on a **phone, tablet or computer**.

Athletes can keep track of progress

Coaches can keep up with the progress of the **whole team**.



Simply logging in and entering athletes allows for **recording sets**, **reps**, weights and tracks record breaking activity every workout!

With this web based app every device with a web browser can take advantage the BFS Total Program and 40 years of **championship building protocols** that has lead 1,000s of team to winning seasons in nearly every state!

Call BFS To get on board today!

800-628-9737

BFS True SQUAT: The App and the Strap

Launch the app, press "Begin."

Select the reps and angle. 0° being a true parallel squat.

Bell sounds at parallel.

Teaching aids and comprehensive technique video included.

Available in the App Store



BFS WEIGHT ROOM SAFETY GUIDELINES

DO NOT USE HOMEMADE EQUIPMENT

> BOLT EQUIPMENT TO THE FLOOR WHEN POSSIBLE

ENSURE ALL EQUIPMENT IS IN GOOD REPAIR

PROVIDE LIFTING BELTS

PLACE WEIGHTS ON THE BAR PROPERLY

RETURN EQUIPMENT TO APPROPRIATE AREAS

POSITION WEIGHT TREES NEAR APPROPRIATE RACKS

PROVIDE ADEQUATE SPACE BETWEEN EQUIPMENT

ALWAYS USE COLLARS

HAVE WATER AVAILABLE

MAINTAIN PROPER HEATING AND AIR CONDITIONING

HAVE A SAFETY ORIENTATION

HAVE A FIRST AID PLAN

DISPLAY TECHNIQUE & SAFETY POSTERS

ESTABLISH AND ENFORCE A DRESS CODE

> CLEAN VINYL UPHOLSTERY DAILY

VACUUM AND MOP AT LEAST ONCE A WEEK

KEEP A MAINTENANCE LOG