

LIST OF THE LESSONS OF WSWCF ACADEMY ONLINE STUDY PLATFORM

HISTORY

1. STREET WORKOUT AND CALISTHENICS SPORTS HISTORY

SPORT SCIENCE

I THE HUMAN BODY

2. INTRO AND ORGAN SYSTEMS
3. THE SKELETON
4. THE JOINTS
5. MUSCLES
6. SOMATOTYPE

II NUTRITION

7. INTRO AND MACRONUTRIENTS
8. WATER
9. MICRONUTRIENTS
10. DIET

III HUMAN PHYSIOLOGY

11. NERVOUS SYSTEM
12. PHYSIOLOGY OF THE NERVOUS SYSTEM
13. CARDIOVASCULAR SYSTEM
14. HEART
15. BLOOD DEFENSES
16. BODY DEFENCES
17. NEUROMUSCULAR SYSTEM
18. RESPIRATORY SYSTEM

IV BIOCHEMISTRY

- 19. BIOCHEMISTRY**

V BIOMECHANICS

- 20. INTRO AND FUNDAMENTAL CONCEPTS**
- 21. FORCES**
- 22. WORK, POWER AND ENERGY**
- 23. TORQUES AND MOMENTS**
- 24. ANGULAR KINEMATICS AND KINETICS**

VI SPORTS PSYCHOLOGY

- 25. MAIN OBJECTIVES OF SPORT PSYCHOLOGY**
- 26. THE 4C'S AND MENTAL SKILLS**
- 27. SPORT PSYCHOLOGY FOR LEARNING AND TEACHING**
- 28. SELF DETERMINATION AND MOTIVATION**
- 29. MOTIVATIONAL INTERVIEWING**

VII HYGIENE, ENVIRONMENTAL POLLUTION, INFECTIOUS DISEASES AND PREVENTION

- 30. HYGIENE, ENVIRONMENTAL POLLUTION, INFECTIOUS DISEASES AND PREVENTION**

TRAINING PROCESS

I GETTING TO KNOW YOUR CLIENT

- 31. GETTING TO KNOW YOUR CLIENT**
- 32. SPORTS INJURY FIRST AID TREATMENT**

II TRAINING TECHNIQUES

- 33. TRAINING TECHNIQUES**
- 34. SETS, REPS, PAUSE AND REST**
- 35. WORKOUT PLANS**

III SPORT & TRAINING THEORY

- 36. INTRO AND BASIS OF SPORTS TRAINING**

37. SPORTS TRAINING COMPONENTS, PROCESS AND STRUCTURE OF PERFORMANCE
38. EXERCISE LOAD, LOADING
39. SECURING ENERGY FOR SPORTS PERFORMANCE
40. INDICATORS OF EXERCISE LOAD
41. PHYSICAL ABILITIES AND STRENGTH TRAINING
42. ENDURANCE TRAINING
43. TRAINING SPEED ABILITIES
44. TRAINING COORDINATION ABILITIES AND FLEXIBILITY
45. TECHNICAL, TACTICAL AND PSYCHOLOGICAL PREPARATION
46. MOVEMENT ANALYSIS AND PHASES
47. PLANNING THE TRAINING

IV BASIC EXERCISES

48. UPPER BODY EXERCISES: PUSH EXERCISES PART 1
 - REGULAR PUSH-UPS
 - INCLINE PUSH-UPS
 - DECLINE PUSH-UPS
 - KNEE PUSH-UPS
 - FINGER PUSH-UPS
 - SINGLE LEG PUSH-UPS
 - WIDE PUSH-UPS
 - TRICEPS PUSH-UPS
 - TSPLIT PUSH-UPS
 - STAGGERED PUSH-UPS
 - TYPEWRITER PUSH-UPS
 - ONE-ARM PUSH-UPS
 - ALLIGATOR CRAWL
49. UPPER BODY EXERCISES: PUSH EXERCISES PART 2
 - SUPERMAN PUSH-UPS
 - SUPERMAN PUSH-UPS ON FINGERS

- PUSH-UPS WITH A TRAINING PARTNER PUSHING ON YOUR BACK
- PUSH-UPS WITH A TRAINING PARTNER LYING ON YOUR BACK

50. UPPER BODY EXERCISES: PUSH EXERCISES PART 3

- PIKE PUSH-UPS ON THE GROUND
- PIKE PUSH-UPS ON BAR
- HINDU PUSH-UPS
- HANDSTAND PUSH-UPS
- ALLIGATOR CRAWL PUSH-UPS
- TRICEPS EXTENSIONS

51. UPPER BODY EXERCISES: PUSH EXERCISES PART 4

- CLAP PUSH-UPS
- EXPLOSIVE STAGGERED PUSH-UPS
- CROSSOVER PUSH-UPS
- FLYING SUPERMAN PUSH-UPS

52. UPPER BODY EXERCISES: PUSH EXERCISES PART 5

- REGULAR DIPS
- DIPS WITH TRAINING PARTNER HOLDING YOUR LEGS
- DIPS WITH RESISTANCE LOOP BAND
- CHEST DIPS
- BENCH DIPS
- SINGLE ELBOW DIPS
- ELBOW DIPS
- DIPS WITH TRAINING PARTNER HANGING FROM YOUR SHOULDERS
- KOREAN DIPS
- EXPLOSIVE UNEVEN DIPS
- JUMPING DIPS
- CLAP DIPS

53. UPPER BODY EXERCISES: PULL EXERCISES PART 1

- REGULAR PULL-UPS

- PULL-UPS WITH TRAINING PARTNER HOLDING YOUR LEGS
- PULL-UPS WITH RESISTANCE LOOP BAND PULLING YOU UP
- CLOSE GRIP PULL-UPS
- WIDE GRIP PULL-UPS
- PULL-UPS BEHIND THE NECK
- TANDEM GRIP PULL-UPS
- HAMMER GRIP PULL-UPS
- ALTERNATE GRIP PULL-UPS
- ARCHER PULL-UPS
- TYPEWRITER PULL-UPS
- INVERTED-L PULL-UPS

54. UPPER BODY EXERCISES: PULL EXERCISES PART 2

- REGULAR CHIN-UPS
- CLOSE GRIP CHIN-UPS
- REGULAR INVERTED ROWS
- INVERTED ROWS ON PARALLEL BAR
- BENT LEG INVERTED ROWS
- ONE ARM INVERTED ROWS
- BAR PULLOVERS
- PULL-UPS WITH TRAINING PARTNER PULLING YOUR LEGS
- PULL-UPS WITH TRAINING PARTNER AROUND YOUR WAIST
- EXPLOSIVE CLOSE GRIP CHIN-UPS
- REGULAR TO CLOSE GRIP PULL-UPS

55. UPPER BODY EXERCISES: CORE EXERCISES PART 1

- REGULAR SIT-UPS
- ALTERNATING SIT-UPS
- JACK KNIFE SIT-UPS
- REGULAR CRUNCHES
- SIDE CRUNCHES
- BICYCLE CRUNCHES

- KNEE RAISE ON PULL-UP BAR
- LEG RAISE ON PULL-UP BAR
- TOES TO BAR
- TOES TO BAR SIDEWARD
- WINDSHIELD WIPERS

56. UPPER BODY EXERCISES: CORE EXERCISES PART 2

- SEATED KNEE TUCKS
- MOUNTAIN CLIMBING
- MOUNTAIN CLIMBING SIDEWARD
- REGULAR PLANK
- ELEVATED PLANK
- SIDE PLANK
- SIDE PLANK HIP LIFTS
- SIDE PLANK ROTATION
- EXERCISE BALL ROLLOUT
- EXERCISE BALL ROLLOUT ON KNEES
- HYPEREXTENSION
- HYPEREXTENSION ON SWEDISH WALL
- HANDSTAND SHOULDER TAPS
- SKIN THE CAT

57. LOWER BODY EXERCISES: LEG EXERCISES PART 1

- REGULAR SQUATS
- HALF SQUATS
- NARROW SQUATS
- WIDE SQUATS
- FORWARD LUNGES
- SIDE LUNGES
- STEP UPS
- WALL SIT
- SINGLE LEG ROMANIAN DEADLIFTS

- REGULAR GLUTE BRIDGES
- SINGLE LEG GLUTE BRIDGES
- NORDIC HAMSTRING CURL
- SINGLE LEG SQUAT

58. LOWER BODY EXERCISES: LEG EXERCISES PART 2

- REGULAR JUMP SQUATS
- FORWARD JUMP SQUATS
- EXPLOSIVE LUNGES
- BOX JUMPS
- EXPLOSIVE STEP UPS
- CALF RAISE ON THE GROUND
- SINGLE LEG CALF RAISES ON THE GROUND
- CALF RAISES ON SWEDISH WALL
- SINGLE LEG CALF RAISES ON THE SWEDISH WALL

59. REPLACING VARIOUS FITNESS EXERCISES BY CALISTHENICS EXERCISES

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- 60. STRETCHING INTRO
- 61. STRETCHING EXERCISES PART 1
- 62. STRETCHING EXERCISES PART 2
- 63. STRETCHING EXERCISES PART 3
- 64. STRETCHING EXERCISES PART 4
- 65. STRETCHING EXERCISES PART 5
- 66. STRETCHING EXERCISES IN VIDEO FORMAT

VI STRENGTH DYNAMIC MOVES AND ELEMENTS

- 67. TOOLS USED IN CALISTHENICS
- 68. CALISTHENICS FREESTYLE SECTION GUIDE
- 69. PULL-UP
- 70. SWING MUSCLE-UP
- 71. MUSCLE-UP

- 72. STADLER PRESS
- 73. ONE ARM PULL-UP
- 74. HANDSTAND PUSH-UP
- 75. IMPOSSIBLE DIP
- 76. 90 DEGREE HANDSTAND PUSH-UP
- 77. TIGER BEND HANDSTAND PUSH-UP
- 78. BACK LEVER PULL-UP
- 79. FRONT LEVER PULL-UP
- 80. PLANCHE PUSH-UP

VII ACROBATIC DYNAMIC MOVES AND ELEMENTS

- 81. FRONT ROLL, BACK ROLL
- 82. ELEMENT 180
- 83. DRAGON 360
- 84. ELEMENT 360
- 85. SHRIMP FLIP
- 86. ELEMENT 540
- 87. GEINGER + ALLEY OOP

VIII STATIC SKILLS AND ELEMENTS

- 88. ELBOW LEVER
- 89. L-SIT
- 90. HANDSTAND
- 91. BACK LEVER
- 92. V-SIT
- 93. DRAGON FLAG
- 94. ONE ARM BACK LEVER
- 95. HUMAN FLAG
- 96. FRONT LEVER
- 97. STRADDLE PLANCHE
- 98. FULL PLANCHE + PRAYER PLANCHE
- 99. MALTESE

- 100. ONE ARM HANDSTAND + ONE ARM HANDSTAND FLAG

IX WEIGHTED CALISTHENICS

- 101. WEIGHTED PULL-UPS
- 102. WEIGHTED MUSCLE-UPS
- 103. WEIGHTED DIPS
- 104. WEIGHTED SQUATS

X GROUP AND PAIR TRAINING

- 105. GROUP TRAINING EXAMPLE
- 106. PAIR TRAINING

COMPETITIONS

I WSWCF COMPETITIONS

- 107. STREET WORKOUT AND CALISTHENICS CODE OF MANNERS
- 108. TYPES AND DIFFERENCES OF THE MAIN WSWCF COMPETITIONS
- 109. RECOMMENDATIONS ON PREPARING CLIENT FOR FREESTYLE COMPETITIONS
- 110. RULES AND REGULATIONS FOR JUDGES

RECOMMENDATIONS FOR TRAINERS

- 111. MISTAKES MADE BY PERSONAL TRAINERS THAT BADLY AFFECT BUSINESS WHEN WORKING IN THE GYM OR PARK
- 112. TIPS ON SELF-MARKETING FOR STREET WORKOUT AND CALISTHENICS PERSONAL TRAINERS WORKING IN THE FIELD OF GENERAL FITNESS AND HEALTH