



Course number: BK
Basic competence



Classroom course | eLearning

Our flexible core

The basic competence module



Sports competence is the **basic module** of each of our Flexyfit® **Sport** training courses.

In order to be able to act responsibly and effectively when working with people, it is of central importance to know the human body and the mechanisms that take place in it as well as possible and, of course, to understand how these can be influenced. You will acquire sound basic knowledge about sport, exercise, healthy eating and customer-oriented work.

This **essential knowledge** must be easily accessible, which is why we have come up with something special for you to make your learning experience as **simple & flexible** as possible.

Online learning videos

Valuable addition to presentations & scripts. Over 300 UHD videos for easier learning and in-depth understanding.

Presentations & scripts

Our presentations and scripts form the essential basis for your learning and preparation for exams. They are the indispensable basis for our online learning videos, which enable you to develop a deeper understanding and refer to important content at any time.

Classroom course (Online Live Webinars)

Flexible lessons at your home! Optional interactive webinars for live participation, discussion and active design. Learn from the comfort of your own home.

