Garnet
Garnet Global Training Center

GGT-SP-119

Sports Management & Wellbeing

Strength & Conditioning Fundamentals

أساسيات القوة واللياقة البدنية

Duration	Language	Formats	Hours	Level
5 or 10 days	**English or Arabic**	**Classroom, online, in-house**	**35 / 70**	**Foundation**

Overview

Strength & Conditioning Fundamentals is designed for people who are new to the subject, or who need a structured refresher before taking on more responsibility. Management programs for clubs, federations, venues and workplace wellbeing teams. It runs as a 5-day or 10-day program in English or Arabic, in classrooms in Dubai, Riyadh, Cairo, London, Istanbul and other cities, or live online, and can be delivered in-house.

What you will be able to do

- Explain the key concepts, terms and standards of Strength & Conditioning Fundamentals.
- Know when to escalate and who to involve.
- Communicate confidently with specialists and colleagues.
- Plan the next steps in your own learning.
- Recognise the main hazards, errors and misconceptions newcomers face.

Who should attend

Club and federation managers, coaches, venue operators and wellbeing leads. No prior experience is required; it also suits new hires, graduates and staff moving into this field.

Key topics

- Sport governance
- Commercial and sponsorship
- Venue operations
- Athlete development
- Fan engagement
- Health and wellbeing

Formats and fees

5-day classroom	**USD 4,750**
5-day online	**USD 2,950**
10-day classroom	**USD 8,950**
10-day online	**USD 5,450**
In-house	**Quotation per group**

Fees per participant, excluding VAT.

Register or ask

WhatsApp: +971 56 674 7382

Email: info@garnettrainings.com

Training: training@garnettrainings.com

Web: garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

5-day outline

Day 1 Introduction to Strength & Conditioning Fundamentals

- Athlete development
- Hands-on workshop on a workplace challenge

Day 2 Core concepts and terminology

- Fan engagement
- Health and wellbeing

Day 3 Basic methods and tools

- Sport governance
- Common mistakes and how to avoid them

Day 4 Working safely and correctly

- Commercial and sponsorship
- Regional and international case studies

Day 5 Practical exercises and review

- Venue operations
- Checklists and templates to take away

10-day outline

Day 1 Introduction to Strength & Conditioning Fundamentals

- Athlete development
- Hands-on workshop on a workplace challenge

Day 2 Core concepts and terminology

- Fan engagement
- Health and wellbeing

Day 3 Basic methods and tools

- Sport governance
- Common mistakes and how to avoid them

Day 4 Working safely and correctly

- Commercial and sponsorship
- Regional and international case studies

Day 5 Practical exercises and review

- Venue operations
- Checklists and templates to take away

Day 6 Advanced techniques and specialist practice

- Complex cases in depth
- Group discussion and peer review

Day 7 Digital tools, data and automation

- Analysis tools and software
- Using AI in this field

Day 8 Benchmarking against international practice

- Global performance benchmarks
- Measurement and reporting

Day 9 Capstone project

- Analyse a real challenge from your organisation
- Build the solution and implementation plan

Day 10 Presentations, final assessment and certificates

- Project presentations and review
- Final exam and certificate award

Schedule 2027–2030

Dates	Format	City	Language	Fee (USD)
16–20 May 2027	5-day classroom	Jeddah	Arabic	4,750
12–16 Jul 2027	5-day online	Live online	English	2,950
3–14 Oct 2027	10-day classroom	Cairo	English	8,950
20–24 Dec 2027	5-day classroom	London	English	4,750
14–25 Feb 2028	10-day online	Live online	Arabic	5,450
6–10 Mar 2028	5-day classroom	Vienna	English	4,750
17–21 Jul 2028	5-day classroom	Dubai	English	4,750
11–22 Sep 2028	10-day classroom	Amsterdam	English	8,950
8–12 Jul 2029	5-day classroom	Doha	Arabic	4,750

Dates	Format	City	Language	Fee (USD)
6–17 Aug 2029	10-day classroom	Abu Dhabi	Arabic	8,950
8–12 Oct 2029	5-day online	Live online	English	2,950
5–9 Nov 2029	5-day classroom	Amsterdam	English	4,750
21–25 Jan 2030	5-day classroom	Abu Dhabi	Arabic	4,750
11–22 Mar 2030	10-day online	Live online	Arabic	5,450
7–18 Jul 2030	10-day classroom	Manama	English	8,950
9–13 Dec 2030	5-day classroom	Istanbul	English	4,750

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/