Garnet
Garnet Global Training Center

GGT-SP-125

Sports Management & Wellbeing

Workplace Fitness & Ergonomics

اللياقة في بيئة العمل والبيئة المريحة

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

Overview

Participants in Workplace Fitness & Ergonomics practise the methods, tools and standards they need to perform reliably and solve problems on the job. Management programs for clubs, federations, venues and workplace wellbeing teams. You can join a public session in one of 20 cities or live online, in English or Arabic, or bring the course in-house with examples from your own operations.

What you will be able to do

- Apply the methods and standards of Workplace Fitness & Ergonomics to real tasks.
- Interpret data and results correctly and act on them.
- Follow safe, compliant and documented work practices.
- Avoid the mistakes that most often cause rework or failure.
- Share good practice with your team.

Who should attend

Club and federation managers, coaches, venue operators and wellbeing leads. Practitioners with one to five years of experience benefit most.

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

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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 Workplace Fitness & Ergonomics: principles and standards

- Sport governance
- Checklists and templates to take away

Day 2 Methods and tools in practice

- Commercial and sponsorship
- Venue operations

Day 3 Diagnosis and problem solving

- Athlete development
- Group discussion and peer review

Day 4 Quality, safety and documentation

- Fan engagement
- Measurement and reporting

Day 5 Workshop, assessment and action plan

- Health and wellbeing
- Hands-on workshop on a workplace challenge

10-day outline

Day 1 Workplace Fitness & Ergonomics: principles and standards

- Sport governance
- Checklists and templates to take away

Day 2 Methods and tools in practice

- Commercial and sponsorship
- Venue operations

Day 3 Diagnosis and problem solving

- Athlete development
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Day 4 Quality, safety and documentation

- Fan engagement
- Measurement and reporting

Day 5 Workshop, assessment and action plan

- Health and wellbeing
- Hands-on workshop on a workplace challenge

Day 6 Advanced techniques and specialist practice

- Complex cases in depth
- Common mistakes and how to avoid them

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
- Regional and international case studies

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)
18–22 Jan 2027	5-day classroom	Casablanca	English	4,750
4–15 Jul 2027	10-day classroom	Riyadh	Arabic	8,950
4–8 Oct 2027	5-day classroom	Geneva	English	4,750
20–24 Dec 2027	5-day online	Live online	English	2,950
3–14 Jan 2028	10-day online	Live online	Arabic	5,450
5–16 Mar 2028	10-day classroom	Amman	English	8,950
8–12 May 2028	5-day classroom	Amsterdam	English	4,750
18–22 Dec 2028	5-day classroom	Vienna	English	4,750
19–23 Feb 2029	5-day classroom	Barcelona	English	4,750

Dates	Format	City	Language	Fee (USD)
19–23 Mar 2029	5-day online	Live online	English	2,950
9–20 Apr 2029	10-day classroom	Amsterdam	English	8,950
10–14 Sep 2029	5-day classroom	Paris	English	4,750
18 Feb – 1 Mar 2030	10-day online	Live online	Arabic	5,450
14–18 Apr 2030	5-day classroom	Riyadh	English	4,750
6–17 May 2030	10-day classroom	Singapore	English	8,950
14–18 Oct 2030	5-day classroom	Barcelona	English	4,750

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