

# Lizenzübersicht

## Verlängerung durch folgende Fortbildungen

LIZENZEN

|                          | Abnehmkonzept Body light® | Aerobic Fun | Aqua Trainer   | Aqua Workshops (1-2 Tage) | Aroha®  | BGM-Prozessberater | Entspannung AT / PMR | FaszienFit | Functional Training Outdoor | FunctionalFit / Training Basic | HKT Indoor | HKT Outdoor | KinderFit | Kleine Spiele und Erwärmformen | Leistungsdiagnostik & Fitnessstests | Nordic Walking Trainer | NW Workshops (1-2 Tage) | Personal Fitness Trainer | Pilates Trainer | Pilates Workshop | Rückenschullehrer KddR | Rückenkurse (inkl. Yoga u. Pilates f. d. Rücken) | SeniorFit | Sensomotor./Propriozept. Training | Sling Fitness | Stressmanagement | Taping | Yoga Kursleiter | Yoga Workshops | ZirkelFit      |   |              |                        |                          |
|--------------------------|---------------------------|-------------|----------------|---------------------------|---------|--------------------|----------------------|------------|-----------------------------|--------------------------------|------------|-------------|-----------|--------------------------------|-------------------------------------|------------------------|-------------------------|--------------------------|-----------------|------------------|------------------------|--|-----------|-----------------------------------|---------------|------------------|--------|-----------------|----------------|----------------|---|--------------|------------------------|--------------------------|
| Aqua Trainer             | ●                         |             |                | ●                         |         |                    |                      |            |                             |                                |            |             |           | ●                              |                                     |                        |                         |                          |                 |                  |                        |  | ●         |                                   |               |                  |        |                 |                |                | ● | Aqua Trainer |                        |                          |
| Fitness Trainer          | ●                         | ●           | ●              | ●                         | ●       |                    | ●                    | ●          | ●                           | ●                              | ●          | ●           |           |                                | ●                                   | ●                      | ●                       | ●                        | ●               | ●                | ●                      | ●  | ●         | ●                                 | ●             |                  | ●      | ●               | ●              | ●              | ● | ●            | ●                      | Fitness Trainer          |
| HKT Indoor               | ●                         | ●           |                |                           | ●       |                    |                      |            |                             | ●                              |            | ●           |           | ●                              | ●                                   |                        |                         | ●                        |                 |                  |                        |  | ●         | ●                                 |               |                  |        |                 |                |                |   | ●            | HKT Indoor             |                          |
| HKT Outdoor              | ●                         |             |                |                           |         |                    |                      |            | ●                           | ●                              | ●          |             |           | ●                              | ●                                   | ●                      | ●                       | ●                        |                 |                  |                        |  | ●         | ●                                 |               |                  |        |                 |                |                |   | ●            | HKT Outdoor            |                          |
| Nordic Walking Trainer   | ●                         |             |                |                           |         |                    |                      |            | ●                           | ●                              |            | ●           |           | ●                              | ●                                   |                        | ●                       | ●                        |                 |                  |                        |  | ●         | ●                                 |               |                  |        |                 |                |                |   | ●            | Nordic Walking Trainer |                          |
| Personal Fitness Trainer | ●                         |             | ●              | ●                         |         | ●                  | ●                    | ●          | ●                           | ●                              | ●          | ●           |           |                                | ●                                   | ●                      | ●                       | ●                        |                 | ●                | ●                      | ●  | ●         | ●                                 | ●             | ●                | ●      | ●               | ●              | ●              | ● | ●            | ●                      | Personal Fitness Trainer |
| Pilates Trainer          |                           |             |                |                           |         |                    |                      |            |                             |                                |            |             |           |                                |                                     |                        |                         | ●                        |                 | ● <sup>3</sup>   |                        |  |           |                                   |               |                  |        |                 |                |                |   |              | Pilates Trainer        |                          |
| Yoga Kursleiter          |                           |             |                |                           |         |                    |                      |            |                             |                                |            |             |           |                                |                                     |                        |                         | ●                        |                 |                  |                        |  |           |                                   |               |                  |        |                 |                | ● <sup>4</sup> |   | ●            | Yoga Kursleiter        |                          |
| Rückenschullehrer KddR   | ●                         | ●           | ● <sup>1</sup> |                           | 2015-16 | ●                  | ●                    | ●          | ●                           | ●                              | ●          | ●           | ●         | ●                              |                                     | ●                      | ● <sup>1</sup>          |                          | ●               | ● <sup>1</sup>   |                        | ●  | ●         | ●                                 | ●             | ●                | ●      | ●               | ●              | ● <sup>2</sup> | ● | ●            | ●                      | Rückenschullehrer KddR   |

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<sup>1</sup> Es können auch 2 oder 3 anerkannte Tagesworkshops zu unterschiedlichen Terminen kombiniert werden (z.B. NW Workshops und Bauch-Rücken-Kurs als Highlight etc.) wenn diese insgesamt mind. 15 UE ergeben.

<sup>2</sup> Yoga in der Schwangerschaft ist zum jetzigen Zeitpunkt kein KddR-Refresher.

<sup>3</sup> außer Pilates für den Rücken

<sup>4</sup> außer Yoga für den Rücken

Außerdem anerkannt als KddR-Refresher: KGG, KinderFit, Skoliose - Therapie, Sling Trainingstherapie (STT), Sturzprävention Trainer.