IFBB FEDERATION

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International Fitness and Bodybuilding Federation

IFBB Academy

Join The Family

IFBB International Competition Coach Course 27-29th June

RECOGNIZED BY:

ECSS European College of Sport Science

European Commission

ICCE International Council for Coaching Excellence

ICSSPE

Fair Play

IFBB INTERNATIONAL COMPETITION COACH



*The student will received a diploma and an adhesive certificate to be included in your IFBB Official College Book.

1. INTRODUCTION TO IFBB FITNESS & BODYBUILDING

- Global Influence and Education
- Online Community and Clean Sport
- IFBB Academy and Recognitions

2. PHYSIOLOGICAL JOURNEY OF COMPETITION PREP

- Competition Prep Overview
- Evidence-Based Coaching
- Performance and Recovery
- Dieting and Physiological Challenges

3. READINESS OF COMPETING

- Assessing Athlete Readiness
- Preparation Decision Guidance
- Division Selection and Strategy

4. NUTRITION AND DIETARY STRATEGIES

- Nutritional Planning Fundamentals
- Macronutrient Management
- Supplementation Insights

5. TRAINING AND PHYSICAL PREPARATION

- Training Strategy Introduction
- Resistance and Aerobic Training
- Advanced Training Techniques

6. PSYCHOLOGICAL AND SOCIAL ASPECTS

- Mental Health and Social Dynamics
- Building Resilience
- Social Media Influence

7. ADDITIONAL TOPICS

- In-Depth Prep Techniques
- Stress and Sleep Management
- Peak Week and Contest Day Planning

8. POST-COMPETITION STRATEGIES

- Post-Competition Analysis
- Recovery and Future Planning
- Myth Busting and Strategy Development

9. HEALTH AND SAFETY IN FITNESS & BODYBUILDING

- Health and Safety Overview
- Risk Management
- Balancing Performance and Health

10. ANTIDOPING IN IFBB

- Clean Sport Principles
- Anti-Doping Testing Guide
- Rights, Responsibilities, and Exemptions

ACCESS TO THE IFBB COACHES COMMITEE





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Course Overview and Unique Approach

The IFBB International Competition Coach Course stands apart from other certifications by offering a holistic educational experience that extends beyond basic training methodologies. This comprehensive program is led by Ville Isola, Secretary General of the IFBB Coaches Commission and a PhD student with extensive research experience in the field of competitive bodybuilding and fitness.

What truly distinguishes this course is its unwavering commitment to evidence-based practice. In an industry often plagued by misinformation and anecdotal advice, this certification grounds all its teachings in current scientific research. The curriculum systematically dismantles common myths and replaces them with validated protocols that prioritize both competitive success and athlete wellbeing.

Comprehensive Scope

The program covers physical training, nutrition science, competition psychology, ethical considerations, anti-doping protocols, and post-competition recovery strategies—creating a truly holistic approach to competition coaching.

Exclusive Network

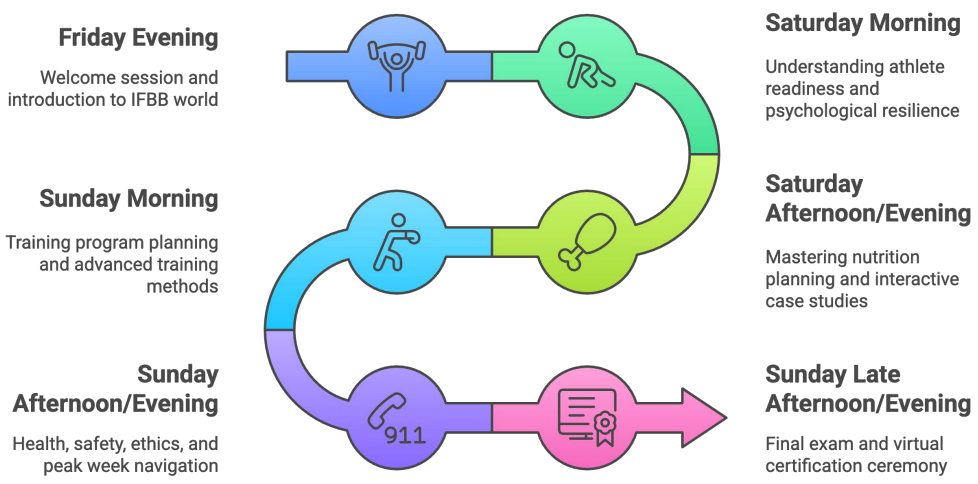
Graduates gain access to the prestigious IFBB Coaches Commission, a global community of certified professionals dedicated to raising industry standards and sharing emerging research and techniques.

Health-First Philosophy

The course firmly establishes that an athlete's long-term health must never be compromised for competitive outcomes—a principle that guides all aspects of the curriculum.

With over 160 pages of meticulously researched material, the course provides coaches with the knowledge to navigate the complexities of competition preparation while maintaining scientific integrity. The weekend format combines intensive learning with interactive sessions, ensuring that participants not only absorb information but also develop practical application skills.

Journey to Becoming an IFBB International Competition Coach



Athlete Assessment and Division Selection



Effective competition coaching begins with thorough assessment protocols that evaluate multiple dimensions of an athlete's readiness. The IFBB course provides coaches with systematic methods to assess physical preparedness, psychological resilience, and logistical capacity for the rigors of competition.

Comprehensive Assessment Protocol

Coaches learn to evaluate athletes through multiple lenses, including:

- Body composition analysis using various measurement techniques
- Strength assessments relative to division standards
- Psychological readiness evaluations
- Time availability and commitment level assessment
- Financial resources for competition preparation

A cornerstone skill developed through the course is the ability to objectively analyze an athlete's physique against the specific criteria of various competition divisions. Coaches learn to develop the critical "eye" needed to identify which division will showcase an athlete's strengths while minimizing weaknesses. This involves understanding the nuanced differences between categories such as bodybuilding, classic physique, men's physique, bikini, wellness, and figure divisions.

The course emphasizes that proper division selection is not merely about current physique assessment but must also consider an athlete's natural structure, muscle-building potential, and long-term competitive goals. Coaches learn to have candid, evidence-based conversations with athletes about realistic expectations and timelines, which may sometimes mean recommending a longer preparation period to achieve optimal results.

Through case studies and visual examples, coaches develop the ability to identify the specific physical attributes that judges prioritize in each division. This practical skill enables coaches to make recommendations that align with both the athlete's physique potential and the subjective realities of competitive judging.

Evidence-Based Nutrition Planning

The IFBB International Competition Coach Course provides a comprehensive education in competition nutrition that stands firmly on scientific evidence rather than industry myths. Coaches learn to develop individualized nutrition strategies that support performance, preserve muscle mass, and achieve the necessary body composition for competition—all while minimizing health risks.

Protein Optimization

Coaches learn to individualize protein intake based on an athlete's lean body mass, training volume, and phase of preparation, typically ranging from 1.6-2.2g/kg of body weight to preserve muscle mass during caloric restriction.

Strategic Carbohydrate Management

The course teaches periodized carbohydrate approaches, focusing on training-centered carbohydrate timing to maximize performance and recovery while managing overall caloric intake.

Evidence-Based Supplementation

Coaches learn to navigate the supplement industry by focusing on proven ergogenic aids like creatine monohydrate and beta-alanine while avoiding unnecessary or unproven products.

Diet Periodization

The curriculum covers implementation of strategic diet breaks and refeeds to mitigate metabolic adaptation, preserve training performance, and support psychological adherence during extended preparation phases.

A significant portion of the nutrition curriculum addresses the management of hunger and cravings during preparation—physiological challenges that can derail even the most committed athletes. Coaches learn behavioral strategies and meal structuring techniques that maximize satiety and adherence during caloric restriction.

The course also emphasizes the importance of accurate progress tracking, teaching coaches to interpret changes in body composition while accounting for variables like water retention, glycogen fluctuations, and measurement error. This evidence-based approach prevents the common mistake of making excessive dietary adjustments based on normal physiological fluctuations.

Advanced Training Program Design

The training methodology taught in the IFBB International Competition Coach Course reflects current exercise science research on hypertrophy and physique development. Coaches learn to design progressive training programs that maximize muscle development while managing fatigue and preventing injury—especially crucial during the demanding preparation phase.

At the core of the training curriculum is the principle of progressive overload applied within scientifically-supported volume ranges. Coaches learn that effective hypertrophy training typically requires a minimum effective volume of 10-12 hard sets per muscle group per week, with this volume distributed across at least two weekly sessions rather than concentrated in a single workout. This approach is supported by research showing superior hypertrophy results with higher training frequencies.

Exercise Selection Principles

- Prioritizing exercises based on mechanical tension and range of motion
- Selecting movements that match individual biomechanics
- Incorporating both compound and isolation exercises strategically
- Modifying exercise selection to address weak points in the physique

Volume and Intensity Management

- Balancing training volume against recovery capacity
- Implementing deload periods to prevent overtraining
- Adjusting intensity techniques based on training phase
- Modifying volume during energy restriction phases

Integrated Conditioning Approach

- Strategically implementing cardio to support fat loss
- Preserving muscle mass through appropriate modality selection
- Timing cardio relative to resistance training
- Progressively adjusting conditioning volume throughout preparation

The course also emphasizes the integration of posing practice as both an artistic element and a functional component of preparation. Coaches learn that regular posing practice not only improves stage presentation but also serves as neuromuscular training that enhances muscle control and potentially contributes to muscle development through increased time under tension in specific muscle groups.

Psychological Preparation and Resilience Building

The psychological dimension of competition preparation represents one of the most overlooked yet critical aspects of coaching. The IFBB International Competition Coach Course dedicates significant attention to understanding and managing the psychological challenges athletes face throughout their competitive journey.

Coaches learn to recognize that the extreme physical demands of contest preparation—including caloric restriction, intense training, and body composition changes—inevitably affect psychological functioning. The course provides strategies to monitor psychological well-being and implement interventions before minor challenges develop into major obstacles.

Baseline Assessment

Coaches learn to establish psychological baselines through structured interviews and questionnaires, identifying potential vulnerability points unique to each athlete.

Mindset Training

The curriculum covers evidence-based mindfulness techniques, cognitive reframing strategies, and goal-setting practices that build psychological resilience through all preparation phases.

Stress Management

Coaches develop protocols for helping athletes manage preparation-specific stressors including hunger, body image fluctuations, and competitive pressure.

Stage Presence Development

Beyond physical posing mechanics, coaches learn to build an athlete's confidence through progressive exposure techniques, visualization practices, and structured rehearsals.

The course emphasizes that psychological preparation should be proactive rather than reactive. Coaches learn to anticipate challenging periods during preparation—such as the final weeks when caloric restriction is most severe—and implement preventive strategies that maintain psychological well-being. These might include structured refeeds, temporary training adjustments, or modified goal-setting approaches during vulnerable periods.

Importantly, coaches are taught to recognize the signs that indicate when an athlete may be experiencing psychological distress beyond what can be addressed through coaching interventions. The course outlines appropriate referral protocols for connecting athletes with mental health professionals when necessary, reinforcing the primary commitment to athlete well-being above competitive outcomes.

Peak Week Strategies and Competition Management

Peak week management represents one of the most technically complex yet potentially impactful aspects of competition preparation. The IFBB course provides coaches with evidence-based protocols for manipulating carbohydrates, water, sodium, and training during the final days before competition to achieve optimal muscle fullness, definition, and overall presentation.



A central theme in the peak week curriculum is debunking common yet potentially harmful practices that persist in the industry. Coaches learn that dramatic water manipulation, complete sodium elimination, and excessive carbohydrate loading can actually undermine physique presentation rather than enhance it.

Competition Day Management

Precise timing of meals, fluid intake, pump-up activities, and posing

Carbohydrate Strategy

Individualized loading protocols based on athlete metabolism and response

Water and Sodium Balance

Maintaining proper electrolyte balance for optimal muscle fullness

Training Manipulation

Strategic deloading and glycogen-depletion protocols

Baseline Assessment

Determining individual response through practice peaks

Ethical Coaching and Post-Competition Recovery

The IFBB International Competition Coach Course places significant emphasis on ethical coaching practices and responsible post-competition management—areas that directly impact athlete health and long-term development. The curriculum establishes clear guidelines for maintaining professional integrity while navigating the complex ethical considerations inherent in physique sports.

Ethical Foundations

Coaches are thoroughly educated on the IFBB Code of Ethics and anti-doping protocols, with special attention given to the principle that an athlete's health should never be compromised for competitive outcomes. The course emphasizes that coaches must establish clear boundaries regarding performance-enhancing substances, including the obligation to neither recommend nor provide them.

The curriculum also addresses the ethics of setting realistic expectations with athletes. Coaches learn to have honest conversations about genetic limitations, appropriate competitive timelines, and achievable outcomes—even when these conversations may be difficult or result in lost business opportunities.

Post-Competition Recovery

The post-competition phase receives dedicated attention within the course, recognizing that this period presents both physiological and psychological challenges that must be carefully managed. Coaches learn to implement structured reverse dieting protocols that gradually increase caloric intake to minimize fat regain while restoring metabolic function.

The psychological aspects of post-competition management are equally emphasized. Coaches learn strategies to help athletes navigate the emotional challenges that often follow competitions, including post-show depression, body image fluctuations, and the motivational void that can occur after a long-term goal has been achieved.



Competition Assessment

Objective evaluation of results and performance relative to preparation

Physical Recovery

Structured nutrition and training to restore physiological balance

Future Planning

Setting appropriate timelines for improvement and future competitions

A distinctive feature of the course is its emphasis on longitudinal athlete development. Coaches learn to view each competition as part of a broader developmental journey rather than an isolated event. This perspective guides post-competition decisions, including determining appropriate off-season duration, setting improvement priorities, and establishing timelines for future competitive

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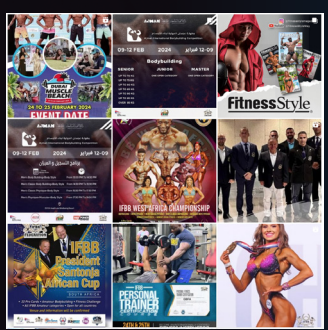
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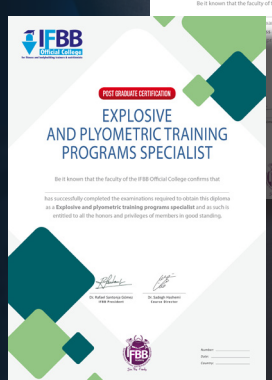


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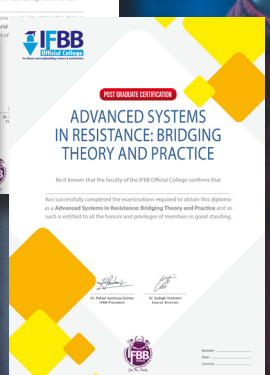


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