



**LARBI BEN M'HIDI  
UNIVERSITY**

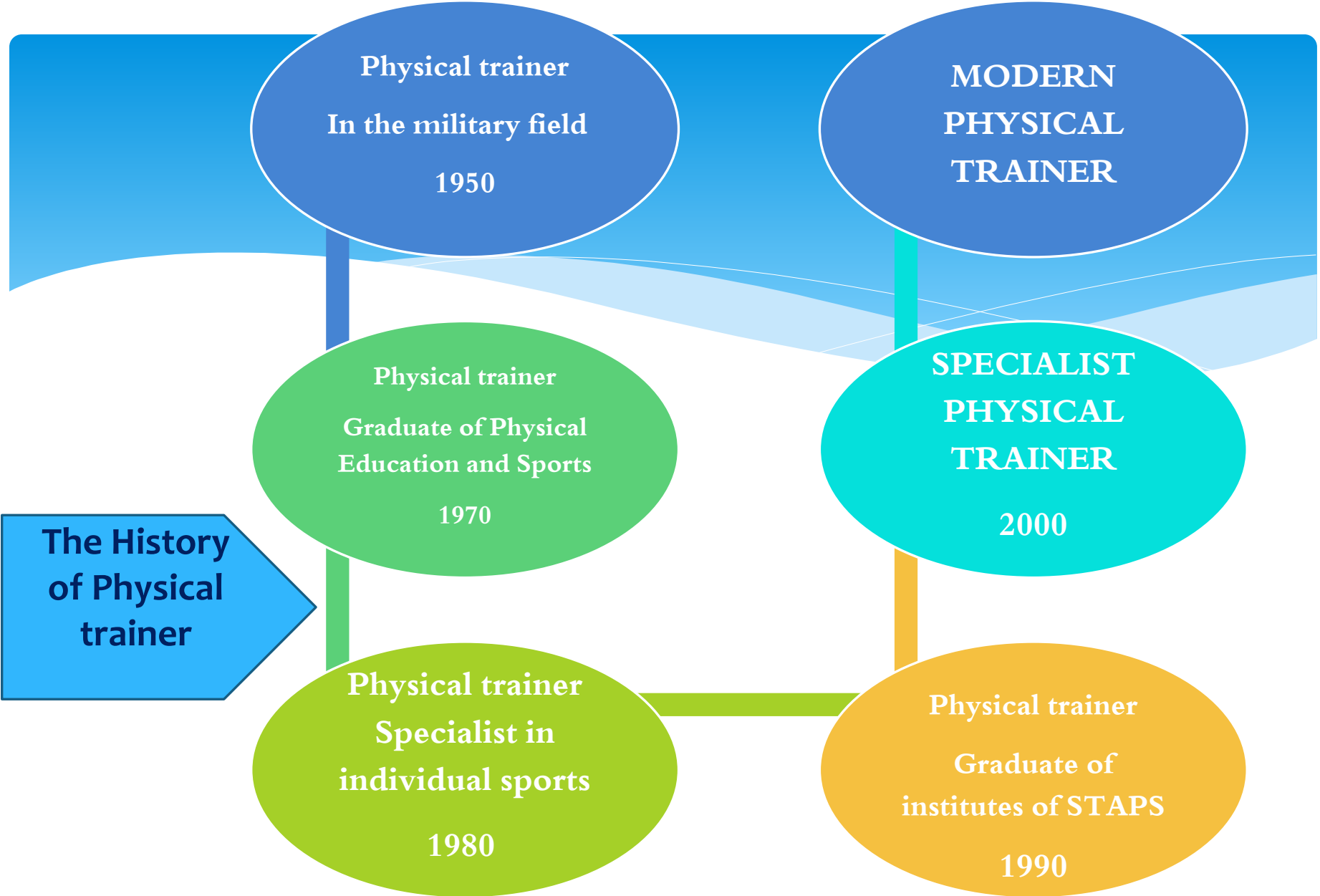
**Introduction to the field of  
science and techniques of  
physical and sports activities**

**Dr, MANSOURI ABDALLAH**



# Physical trainer





The reality  
of formation

```
graph TD; A["The reality of formation"] --> B["Professional formation"]; A --> C["Academic formation"]; B --> D["ESSTS"]; B --> E["FAF"]; C --> F["STAPS"];
```

Professional  
formation

Academic  
formation

ESSTS

FAF

STAPS

**04  
Semesters**

**Academic  
formation**

**Theoretical**

**Poor  
quality of  
formation**

**General**

Formation is  
absent at the  
level of other  
federations

قليل المدة  
شهر

Professional  
formation  
FAF

غياب  
الرسكلة

نوعي

تجاري

A coach  
more than a  
physical  
trainer

Professional  
formation  
ESSTS

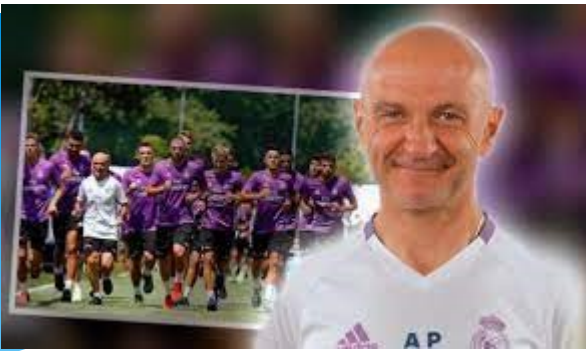
Formations  
Offers

Introducing a  
new  
FORMATIO  
N

Lack of  
update







## Who is a physical Trainer?

- ❖ The physical Trainer is the coordinator between the medical staff and the technical staff
- ❖ The physical Trainer is directly responsible for the development of physical performance
- ❖ The physical Trainer the second assistant to the coach on the one hand and the scientific personality in the field on the other



# Specifications of the modern physical trainer

## Continuous scientific experiment



## Continuous Scientific Research



## Continuous formation



The physical trainer responsible for ;

- The development of physical performance
- Develop muscular strength
- Rehabilitation of the injured
- Analyzing the physical performance of the competition
- Planning training loads
- planning recovery