

Tennis Performance Trainer (TPT)



iTPA International
Tennis
Performance
Association™

professionalism • education • certification
www.itpa-tennis.org

The ITPA is the worldwide education and certification organization for trainers, coaches and specialists who have a passion for tennis-specific performance enhancement and injury prevention. The education company offers a professional training and education process that establishes recognition through 3 certifications: Tennis Performance Trainer (TPT), Certified Tennis Performance Specialist (CTPS) and Master Tennis Performance Specialist (MTPS). The certification materials are overseen by the ITPA Certification Commission consisting of world experts in improving tennis performance and reducing injuries; visit the ITPA website at www.itpa-tennis.org.



Tennis Performance Trainer (TPT)

Level 1 Certification

TPT is the first level of the ITPA tennis-specific certification backed by scientific data and overseen by the ITPA Certification Commission, made up of world leading tennis-specific experts. Targeted at those professionals new to the profession, tennis coaches or those looking to add tennis-specific initiatives to their current training/specialist offerings. TPT focuses on important and current tennis-specific training principles necessary in building knowledge and skills when working with tennis athletes of all ages and levels. The TPT is a competency based curriculum that covers 14 areas specifically aimed at improving tennis performance and reducing injuries.

Highlights

- Costs \$299 and includes a digital PDF copy of the TPT Workbook & Study Guide (over 350 pages) via our Study Website, Chapter Study Videos from Dr. Kovacs, and access to ITPA Inner Circle Member-Only Website
- Must:
 - Have a current CPR, First Aid, or AED Certification (only 1 - not all 3)
 - > 18 years of age
- Passing requirement is >70% of all answers correct
- Yearly member dues of \$89
- Re-certification fee of \$49 every 2 years & 50 Continuing Professional Education (CPE) Credits Required
- No refunds given even if exam is not passed

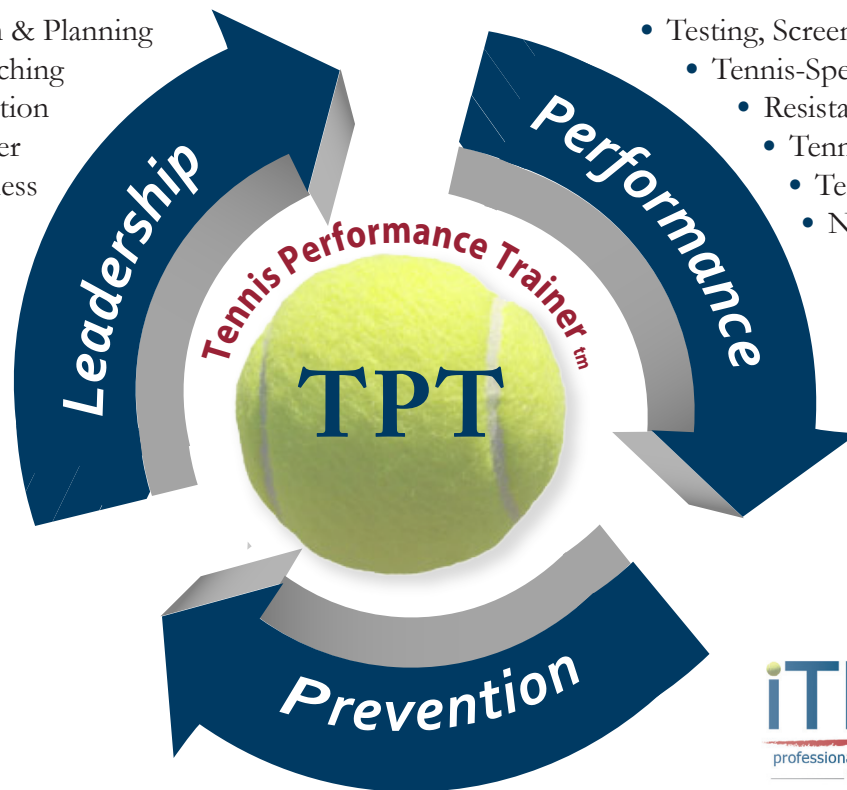
The ITPA TPT exam consists of 75 questions pulled randomly each time from a pool of approximately 150 questions. Breakdown of questions and categories is below.

- 10 questions from Leadership
- 22 questions from Prevention
- 35 questions from Performance
- 8 Video-based questions

Tennis Performance Trainer (TPT)

14 Competencies for Success with the Tennis Athlete

- Periodization & Planning
- Teaching, Coaching & Communication
- Ethics, Character & Athlete Wellness



- Injury Prevention/Tennis Medicine
- Flexibility
- Fatigue & Recovery

- Testing, Screening & Assessment
- Tennis-Specific Endurance
- Resistance Training
- Tennis Movement
- Tennis Strokes
- Nutrition
- Young, Senior & Female Athletes
- Environmental

TPT Workbook & Study Guide



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The leader in tennis-specific performance, education and certification

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TABLE OF CONTENTS

01

Introduction

Leadership

P: 1.1 - 1.7

02

The Basics of Tennis

Performance

P: 2.1 - 2.24

03

Tennis-Specific Principles of Training

Leadership

P: 3.1 - 3.29

04

Resistance Training for Tennis

Performance

P: 4.1 - 4.22

05

Movement for Tennis: Speed, Agility & Quickness

Performance

P: 5.1 - 5.18

06

Flexibility for Tennis

Prevention

P: 6.1 - 6.12

07

Tennis-Specific Endurance

Performance

P: 7.1 - 7.14

08

Nutrition for Tennis

Performance

P: 8.1 - 8.26

09

Testing, Screenings & Assessments for Tennis

Prevention

P: 9.1 - 9.36

10

Injury Prevention & Tennis Medicine

Prevention

P: 10.1 - 10.17

11

Fatigue & Recovery in Tennis

Prevention

P: 11.1 - 11.12

12

Environmental Factors for Tennis Players

Prevention

P: 12.1 - 12.14

13

Young, Senior & Female Athletes

Prevention

P: 13.1 - 13.36

14

Athlete Wellness, Ethics & Character for Tennis

Leadership

P: 14.1 - 14.17

15

Teaching, Coaching, Learning & Communication

Leadership

P: 15.1 - 15.22

S1

Supplement 1: Exercise Descriptions & Photos

Performance & Prevention

P: S1.1 - S1.93

- Over 350 pages covering the basic, important areas of tennis-specific knowledge
- Backed by scientific data and references in each chapter
- Reviewed by the ITPA Certification Commission and just updated

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