

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 \$199 and includes a digital PDF copy of the TPT Workbook & Study Guide (over 350 pages)
- Must:
 - Have a current CPR, First Aid, or AED Certification
 - > 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 and 50 Continuing Professional Education (CPE) Credits Required

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

TPT Competencies



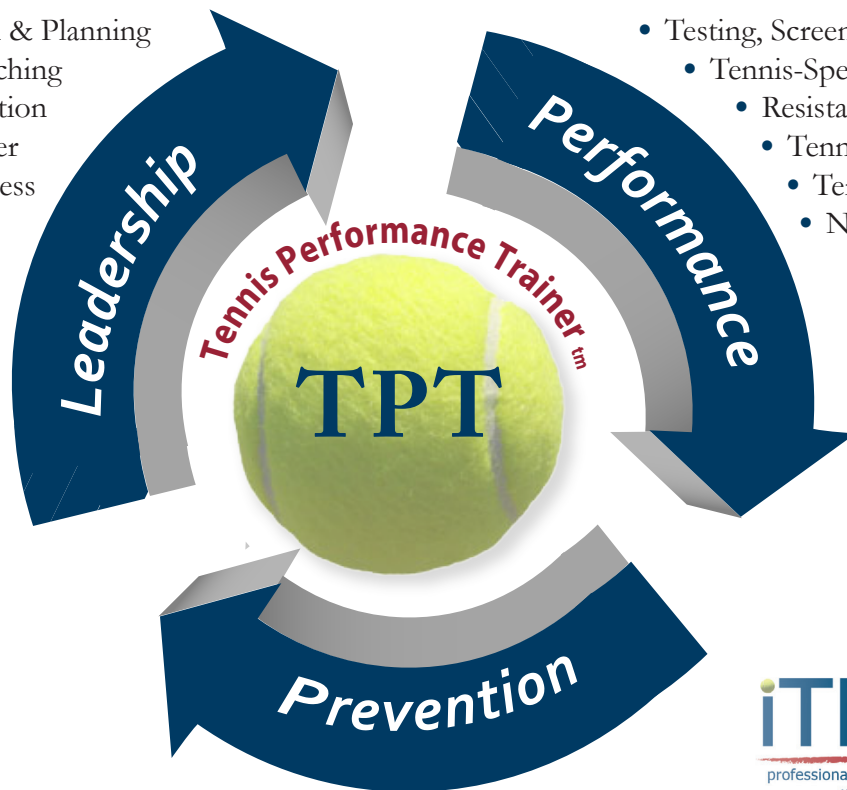
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Tennis Performance Trainer (TPT)

14 Competencies for Success with the Tennis Athlete

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



- Testing, Screening & Assessment
- Tennis-Specific Endurance
- Resistance Training
- Tennis Movement
- Tennis Strokes
- Nutrition

- Injury Prevention/Tennis Medicine
- Flexibility
- Fatigue & Recovery
- Young, Senior & Female Athletes
- Environmental



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Contact the ITPA today for more information at (770) 828-5779

TPT Workbook & Study Guide



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- 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

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