

FITNESSTRAINER A

PLANNING START JANUARI 2022



| ONDERDELEN | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 | WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12 | WEEK 13 |
|--|--------|---------------------|--------|----------------------|--------|--------|--------|--------|--------|---------|---------|---------|---------|
| THEORIE EXAMEN | | | | | | | | | | | | | |
| <i>*HERKANSING THEORIE EXAMEN</i> | | Ma 10 jan 10:00 uur | | *Ma 24 jan 10:00 uur | | | | | | | | | |
| | | Za 15 jan 10.00 uur | | *Za 29 jan 10.00 uur | | | | | | | | | |
| PORTFOLIO INLEVEREN | | | | | X | | *X | | | | | | |
| <i>*HERKANSING PORTFOLIO INLEVEREN</i> | | | | | | | | | | | | | |
| PORTFOLIO BEOORDELING | | | | | | X | | *X | | | | | |
| <i>*PORTFOLIO HERBEOORDELING</i> | | | | | | | | | | | | | |
| PRAKTIJKEXAMEN: LESVOORBEREIDINGFORMULIER INLEVEREN | | | | | | | | | | X | | | |
| PRAKTIJKEXAMEN | | | | | | | | | | | X | | *X |
| <i>* PRAKTIJKEXAMEN HERKANSING</i> | | | | | | | | | | | | | |

Portfolio's en lesvoorbereidingsformulieren moeten worden opgestuurd via de mail naar: opleidingen@nlactief.nl

FITNESSTRAINER A

PLANNING START MAART 2022



| ONDERDELEN | WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12 | WEEK 13 | WEEK 14 | WEEK 15 | WEEK 16 | WEEK 17 | WEEK 18 | WEEK 19 | WEEK 20 | WEEK 21 |
|--|--------|---------------------|---------|----------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| THEORIE EXAMEN | | | | | | | | | | | | | |
| <i>*HERKANSING THEORIE EXAMEN</i> | | Ma 07 mar 10:00 uur | | *Ma 21 mar 10:00 uur | | | | | | | | | |
| | | Za 12 mar 10.00 uur | | *Za 26 mar 10.00 uur | | | | | | | | | |
| PORTFOLIO INLEVEREN | | | | | X | | *X | | | | | | |
| <i>*HERKANSING PORTFOLIO INLEVEREN</i> | | | | | | | | | | | | | |
| PORTFOLIO BEOORDELING | | | | | | X | | *X | | | | | |
| <i>*PORTFOLIO HERBEOORDELING</i> | | | | | | | | | | | | | |
| PRAKTIJKEXAMEN: LESVOORBEREIDINGFORMULIER INLEVEREN | | | | | | | | | | X | | | |
| PRAKTIJKEXAMEN | | | | | | | | | | | X | | *X |
| <i>* PRAKTIJKEXAMEN HERKANSING</i> | | | | | | | | | | | | | |

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FITNESSTRAINER A

PLANNING START MEI 2022



| ONDERDELEN | WEEK 17 | WEEK 18 | WEEK 19 | WEEK 20 | WEEK 21 | WEEK 22 | WEEK 23 | WEEK 24 | WEEK 25 | WEEK 26 | WEEK 27 | WEEK 28 | WEEK 29 |
|--|---------|---------------------|---------|----------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| THEORIE EXAMEN | | | | | | | | | | | | | |
| <i>*HERKANSING THEORIE EXAMEN</i> | | Ma 02 mei 10:00 uur | | *Ma 16 mei 10:00 uur | | | | | | | | | |
| | | Za 07 mei 10.00 uur | | *Za 21 mei 10.00 uur | | | | | | | | | |
| PORTFOLIO INLEVEREN | | | | | X | | *X | | | | | | |
| <i>*HERKANSING PORTFOLIO INLEVEREN</i> | | | | | | | | | | | | | |
| PORTFOLIO BEOORDELING | | | | | | X | | *X | | | | | |
| <i>*PORTFOLIO HERBEOORDELING</i> | | | | | | | | | | | | | |
| PRAKTIJKEXAMEN: LESVOORBEREIDINGFORMULIER INLEVEREN | | | | | | | | | | X | | | |
| PRAKTIJKEXAMEN | | | | | | | | | | | X | | *X |
| <i>* PRAKTIJKEXAMEN HERKANSING</i> | | | | | | | | | | | | | |

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FITNESSTRAINER A

PLANNING START JULI 2022



| ONDERDELEN | WEEK 26 | WEEK 27 | WEEK 28 | WEEK 29 | WEEK 30 | WEEK 31 | WEEK 32 | WEEK 33 | WEEK 34 | WEEK 35 | WEEK 36 | WEEK 37 | WEEK 38 |
|--|---------|---------------------|---------|----------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| THEORIE EXAMEN | | | | | | | | | | | | | |
| <i>*HERKANSING THEORIE EXAMEN</i> | | Ma 04 jul 10:00 uur | | *Ma 18 jul 10:00 uur | | | | | | | | | |
| | | Za 09 jul 10.00 uur | | *Za 22 jul 10.00 uur | | | | | | | | | |
| PORTFOLIO INLEVEREN | | | | | X | | *X | | | | | | |
| <i>*HERKANSING PORTFOLIO INLEVEREN</i> | | | | | | | | | | | | | |
| PORTFOLIO BEOORDELING | | | | | | X | | *X | | | | | |
| <i>*PORTFOLIO HERBEOORDELING</i> | | | | | | | | | | | | | |
| PRAKTIJKEXAMEN: LESVOORBEREIDINGFORMULIER INLEVEREN | | | | | | | | | | X | | | |
| PRAKTIJKEXAMEN | | | | | | | | | | | X | | *X |
| <i>* PRAKTIJKEXAMEN HERKANSING</i> | | | | | | | | | | | | | |

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FITNESSTRAINER A

PLANNING START SEPTEMBER 2022



| ONDERDELEN | WEEK 35 | WEEK 36 | WEEK 37 | WEEK 38 | WEEK 39 | WEEK 40 | WEEK 41 | WEEK 42 | WEEK 43 | WEEK 44 | WEEK 45 | WEEK 46 | WEEK 47 |
|--|---------|---------------------|---------|----------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| THEORIE EXAMEN | | | | | | | | | | | | | |
| <i>*HERKANSING THEORIE EXAMEN</i> | | Ma 05 sep 10:00 uur | | *Ma 19 sep 10:00 uur | | | | | | | | | |
| | | Za 10 sep 10.00 uur | | *Za 24 sep 10.00 uur | | | | | | | | | |
| PORTFOLIO INLEVEREN | | | | | | | | | | | | | |
| <i>*HERKANSING PORTFOLIO INLEVEREN</i> | | | | | X | | *X | | | | | | |
| PORTFOLIO BEOORDELING | | | | | | | | | | | | | |
| <i>*PORTFOLIO HERBEOORDELING</i> | | | | | | X | | *X | | | | | |
| PRAKTIJKEXAMEN: LESVOORBEREIDINGFORMULIER INLEVEREN | | | | | | | | | | | X | | |
| PRAKTIJKEXAMEN | | | | | | | | | | | | X | |
| <i>* PRAKTIJKEXAMEN HERKANSING</i> | | | | | | | | | | | | | *X |

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FITNESSTRAINER A

PLANNING START NOVEMBER 2022



| ONDERDELEN | WEEK 44 | WEEK 45 | WEEK 46 | WEEK 47 | WEEK 48 | WEEK 49 | WEEK 50 | WEEK 51 | WEEK 52 | WEEK 01 | WEEK 02 | WEEK 03 | WEEK 04 |
|--|---------|---------------------|---------|----------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| THEORIE EXAMEN | | | | | | | | | | | | | |
| <i>*HERKANSING THEORIE EXAMEN</i> | | Ma 07 nov 10:00 uur | | *Ma 21 nov 10:00 uur | | | | | | | | | |
| | | Za 12 nov 10.00 uur | | *Za 26 nov 10.00 uur | | | | | | | | | |
| PORTFOLIO INLEVEREN | | | | | X | | *X | | | | | | |
| <i>*HERKANSING PORTFOLIO INLEVEREN</i> | | | | | | | | | | | | | |
| PORTFOLIO BEOORDELING | | | | | | X | | *X | | | | | |
| <i>*PORTFOLIO HERBEOORDELING</i> | | | | | | | | | | | | | |
| PRAKTIJKEXAMEN: LESVOORBEREIDINGFORMULIER INLEVEREN | | | | | | | | | | X | | | |
| PRAKTIJKEXAMEN | | | | | | | | | | | X | | *X |
| <i>* PRAKTIJKEXAMEN HERKANSING</i> | | | | | | | | | | | | | |

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