

TWIST UNIVERSITY CAREER SPECIALIZATION CERTIFICATION COURSES

Earn certification status per specific course (ie: Certified Athletic Strength Specialist). Study all 4 certification courses in one Learning Pathway, become distinguished with a 5th accredited title (ie: Certified Sport Performance Specialist). You may also curate your own program, selecting courses from a variety of Learning Pathways to meet your education goals and career aspirations.

LEARNING PATHWAYS	SPORT PERFORMANCE	FUNCTIONAL TRAINING	YOUTH HEALTH + HAPPINESS	SPORTS MEDICINE	MENTAL WELL-BEING
CURRICULUM FOCUS	<ul style="list-style-type: none"> ◦ Coaching athlete development ◦ Physical tools for sport excellence 	<ul style="list-style-type: none"> ◦ Active living ◦ Brain training ◦ Muscle building ◦ Movement skills 	<ul style="list-style-type: none"> ◦ Physical literacy ◦ Mental well-being ◦ Social emotional ◦ Healthy inputs 	<ul style="list-style-type: none"> ◦ Injury prevention ◦ Assessment ◦ Injury rehab ◦ Re-training 	<ul style="list-style-type: none"> ◦ Actionable strategies for mental health, hardiness + happiness ◦ Survive to Thrive
CERTIFICATION COURSES	<p>ATHLETIC STRENGTH</p> <p>ATHLETIC MOVEMENT</p> <p>ATHLETIC BALANCE</p> <p>PROGRAM DESIGN + THE ART OF COACHING</p>	<p>FUNCTIONAL SMART MUSCLE</p> <p>FUNCTIONAL PHYSIQUE</p> <p>THE ART OF FASCIAL LINE TRAINING</p> <p>BRAIN BODY REBOOT</p>	<p>YOUTH PHYSICAL LITERACY</p> <p>MENTAL WELL-BEING</p> <p>EXERCISE GAMEIFICATION</p> <p>CHILD TO CHAMPION SPORT TRAINING</p>	<p>INJURY MANAGEMENT</p> <p>INJURY PREVENTION - ENDURANCE SPORTS</p> <p>UPPER QUADRANT INJURY</p> <p>LOWER QUADRANT INJURY</p>	<p>LEADER OF ONE SELF-HEALTH CARE</p> <p>RESILIENCY + SURVIVING</p> <p>ADAPTABILITY + REBUILDING</p> <p>CHAMPION MINDSET PEAK PERFORMANCE</p>
ACCREDITED SPECIALTY DESIGNATION	TWIST Certified Sport Performance Specialist	TWIST Certified Functional Training Specialist	TWIST Certified Holistic Health + High Performance Specialist	TWIST Certified Sports Medicine Specialist	TWIST Certified Mental Well-Being Specialist