

Understand Your Sports Supplementation

Help Clients Understand What They Are Buying

Course Overview

In this workshop we will be covering the review of supplements and how these supplements function in the human body. The covered supplements will be fat loss ingredients, supplements promoting anabolism, supplement promoting immunity and supplement for heart health. Note: It is outside the defined scope of practice of a fitness professional to recommend, prescribe, sell or supply nutritional supplements to clients

Course Highlights

- Review of fat burners, ergogenic aids for muscle anabolism, pre-workouts, intra-workouts and testosterone booster.

Course Objectives

- To equip the fitness professional with the review of the supplementation.
- The knowledge will help the professionals to know the basics about supplementation.
- The review will help them to understand the physiology better.

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course EduTrainer

Dr. Chirag Sethi, Master of Sports Physiotherapy, *ACE CPT*
Founder & Managing Director Classic Fitness Academy, India

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

N/A

Course Duration

2 hours

Learning Materials

Electronic Materials

Awards

Fitness Edutraining Asia (FEA)



Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course Completion

Grading Criteria

Completion of course participation and assignment(s)

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

Laptop

Course Capacity

Unlimited

Language

Information displayed above is correct during time of publishing and may subject to change without prior notice

