

# Effects of Hormones on Exercise and Performance

Maximize Client Training Potential by Understanding Influence of Hormones

## Course Overview

This workshop aims to educate fitness professionals on the effects different hormones have on exercise and performance. By understanding the critical role of hormones in our exercise regimes, fitness professionals will be able to maximize their client's potential through enhanced program design capabilities.

## Course Highlights

- Learn about hormones with an aim to apply this knowledge to help your clients achieve their health, fitness and performance goal
- Learn about how hormones level change throughout the female menstrual cycle and how your exercise mode and intensity should change to maximize benefits of exercise
- Understand types of hormonal imbalances including PCOS and how to manage their exercise and nutrition habits
- Understanding the blood markers to help you understand your clients' body in order to design individualized exercise programs

## Why Should You Consider This Course?

- Educate fitness professionals on the effects different hormones have on exercise and performance
- Maximize your client's potential through enhanced program design capabilities via understanding the critical role of hormones in our exercise regimes

## What Are The Topics Covered?

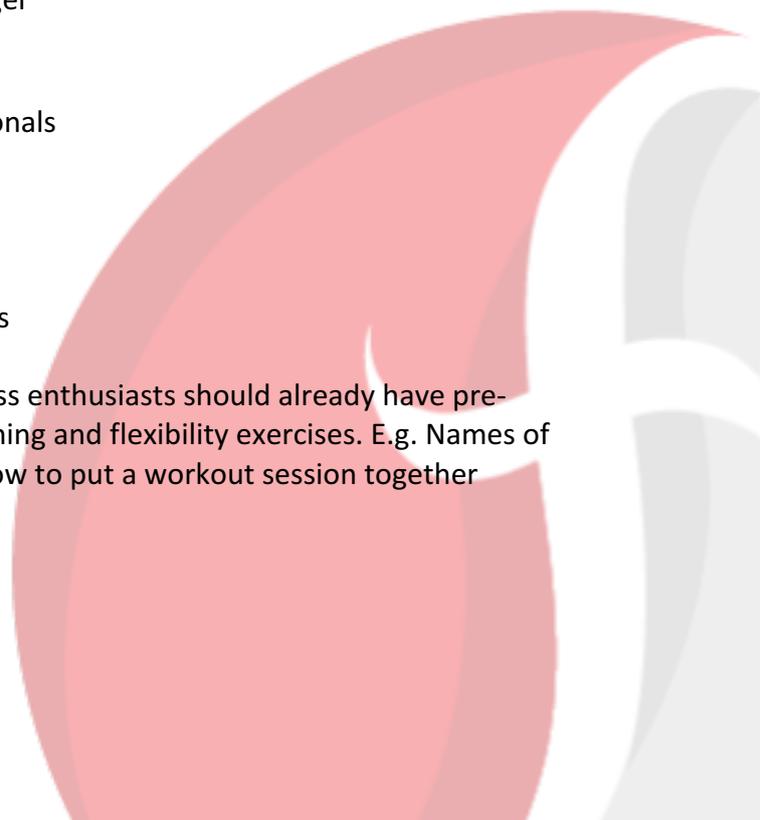
- Release and inhibition of hormones
- Understanding anabolic and catabolic hormones to enhance performance
- Effects of ageing on hormones
- Effects of hormones in controlling hunger
- Female menstrual cycle
- Polycystic Ovarian Syndrome
- Bloodwork analysis for fitness professionals

## Who Will This Benefit?

- Fitness Enthusiasts\*
- Fitness Professionals
- Strength and Conditioning Professionals

\*Note: to gain full benefits of the course, fitness enthusiasts should already have pre-existing knowledge and skills in resistance training and flexibility exercises. E.g. Names of exercises, muscles involved, techniques and how to put a workout session together (irregardless right or wrong).

## Pre-requisite



This course is designed for fitness professionals who wish to learn about hormones with an aim to help clients improve physical and functional capabilities. Basic fitness instructing/personal training certification recommended

**Course Provider**

Classic Fitness Academy, India

**CEC Points**

ACE 0.6 CECs

**Course Duration**

16 hours (2 days)

**Learning Materials**

Handouts, course manual and/or presentation slides

**Awards**

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**

Smart casual/Fitness attire

**What Do I Need To Bring?**

Stationery and a spare change of clothes

**Course Capacity**

A minimum of 16 pax and a maximum of 45 pax

**Language**

English

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