

Get the Protein Scoop – Pre, Peri, and Post-Exercise Protein Timing

Why Train Hard When You Should Train Smart?

Course Overview

We focus heavily upon movement prep, exercise programming and muscle recovery, but many the impact of protein and fluid intake on performance, recovery and muscle adaptation. Why train hard when you should train smart? This session discusses protein and fluid intakes, the timing, type, and quantities needed before, during and following exercise.

Course Objectives

- Discuss protein supplementation versus complementation, and scope of practice for fitness practitioners
- Explain key concepts regarding protein quality and absorbability between animal- and vegetable-based powders.
- Describe the pros and cons of different protein powders
- Explain protein and fluid needs and intake timing to optimize fitness and performance.
- Describe optimal pre-, peri- and post-exercise hydration and protein strategies to optimize fitness and performance.

Course Educator

Fabio Comana, M.A., M.S.,

NASM CPT, CES & PES; NSCA CSCS; ACE-CPT & HC; ACSM EP-C; USAW1; CISSN

SDSU and NASM faculty, and medical advisor board member / scientific advisor for OrangeTheory, Core Health and Fitness, Caloric Responsibility and FEA, Asia . He also works with several international agencies to build fitness throughout Asia. Previously, with ACE, he was the original creator of ACE's IFT™ model and their live educational workshops. Other prior experiences include Division I collegiate head coach and strength-conditioning coach; opening/managing clubs for Club One, and president of Genesis Wellness Consulting. He is an award-winning national and international presenter; media spokesperson and accomplished author.

Pre-requisite

This course is designed for fitness professionals. Basic fitness instructing/personal training certification and exercise science is recommended.

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

0.3 ACE CEC Points

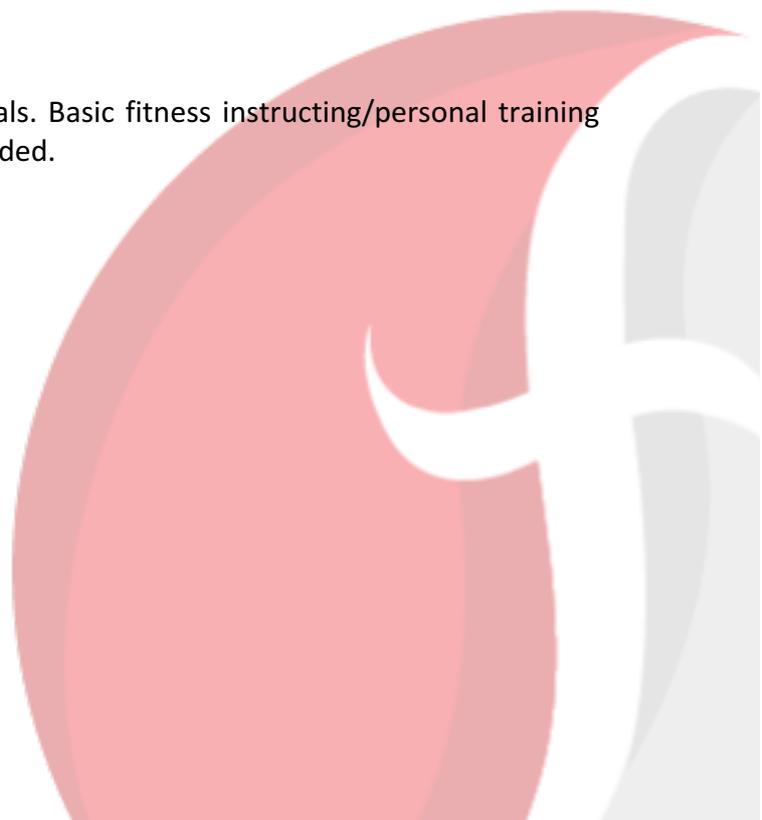
Course Duration

3 hours

Learning Materials

Electronic Materials

Fitness Edutraining Asia (FEA)



Award

Upon full attendance and completion of this online workshop/course, you will be awarded an e-certificate of Workshop/Course completion. If you would like to opt for physical certificate, courier fees will be applied.

Grading Criteria

N/A

Recertification

N/A

Exam Fee

N/A

Dress Code

N/A

What Do I Need to Bring?

Laptop is highly recommended

Course Platform

Zoom/Google Drive

Language

English

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