

Effects of Hormones on Exercise and Performance

激素对运动表现与人类行为的影响

Maximize Client Training Potential by Understanding Influence of Hormones
通过了解激素的影响，最大化客户的训练潜能

Course Overview 课程介绍

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.

课程旨在让体适能训练专家理解，不同的激素在运动及运动表现上如何产生影响。通过理解激素在运动上扮演的关键角色，体适能训练专家将有能力改良训练计划，最大化客户的训练潜能。

Course Highlights 课程亮点

- Learn about hormones with an aim to apply this knowledge to help your clients achieve their health, fitness and performance goal
深入了解激素，并应用气质是帮助客户达到健康，体适能与运动表现目标
- 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
了解女性月经周期期间的在激素水平变化，一能够进行运动或强度调整，以最大化运动带来的好处
- Understand types of hormonal imbalances including PCOS and how to manage their exercise and nutrition habits
了解各种不同的激素失调，例如多囊卵巢综合症 PCOS，以及如何通过运动与饮食习惯控制
- Understanding the blood markers to help you understand your clients' body in order to design individualized exercise programs
了解血液分析，以帮助你了解客户，并能针对其特性设计个人化方案

Why Should You Consider This Course? 您为什么需要参与这项课程？

- Educate fitness professionals on the effects different hormones have on exercise and performance
让体适能训练专家了解不同激素对运动与运动表现产生的影响
- Maximize your client's potential through enhanced program design capabilities via understanding the critical role of hormones in our exercise regimes
通过理解激素在运动上扮演的关键角色，体适能训练专家将有能力改良训练计划，最大化客户的训练潜能。

What Are The Topics Covered? 课程内容包含了哪些主题？

- Release and inhibition of hormones
激素的释放与抑制

- Understanding anabolic and catabolic hormones to enhance performance
了解合成代谢与分解代谢激素如何改善运动表现
- Effects of ageing on hormones
激素对老化的影响
- Effects of hormones in controlling hunger
激素控制饥饿的影响
- Female menstrual cycle
女性月经周期
- Polycystic Ovarian Syndrome
多囊卵巢综合症
- Bloodwork analysis for fitness professionals
体适能训练专家了解血液分析

Who Will This Benefit? 这项课程适合谁？

- Fitness Enthusiasts*
健身爱好者*
- Fitness Professionals
体适能训练专家
- Strength and Conditioning Professionals
肌力与体能训练专家

*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).

*注意：为了充分理解课程内容，健身爱好者需具备阻力训练和柔韧性动作的知识和技能。例如。动作的名称，涉及的肌肉，技巧以及如何安排训练课程（无论对与错）。

Pre-requisite 参课条件

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

为了让了体适能训练专家，解如何利用激素改善客户身体与功能上的表现，我们专门设计了这项课程。建议事先获取基本体适能指导/私人教练证书。

Course Provider 课程提供单位

Classic Fitness Academy, India

CEC Points 继续教育学分

ACE 0.6 CECs

Course Duration 课程时长

6 hours

6 小时

Fitness Edutraining Asia (FEA)

Learning Materials 学习材料

Handouts, course manual and/or presentation slides
讲义，课程教材和/或 PPT

Awards 证书

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion
全程参与并完成工作坊/课程后，方能获取结业证书

Grading Criteria 通过标准

Completion of course participation and assignment(s)
全程参与课程与完成作业

Recertification 重新认证

N/A

Exam Fee 考试费用

N/A

Dress Code 着装规范

Smart casual/Fitness attire
休闲服装/运动服装

What Do I Need To Bring? 我需要带什么？

Stationery and a spare change of clothes
文具与一套替换服装

Course Capacity 课程人数

A minimum of 16 pax and a maximum of 45 pax
至少 16 人，最多 45 人

Language 语言

English
英文

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