

## Course Name

### **Physique Transformation Masterclass**

## Course Overview

The JPS Physique Transformation Masterclass covers the science and practice of fat loss and muscle hypertrophy and the application of key strategies for competitive bodybuilding preparation. Designed for individuals who want to make better progress or step on the bodybuilding stage, or for coaches who want to take their results to the next level, this course will elevate your knowledge and skill set and will ultimately help you raise your standard.

## Course Highlights

**Module 1: The Science and Practice of Fat Loss** module provides a comprehensive understanding of the physiological principles behind energy balance and equips students with practical strategies for effective weight loss and management.

**Module 2: The Science and Practice of Muscle Hypertrophy** course module delves into the scientific foundations of muscle hypertrophy, offering practical insights and evidence-based strategies for improving resistance training and nutrition to promote muscle hypertrophy.

**Module 3: The Competition Preparation Foundations** module establishes the fundamental principles and strategies essential for guiding individuals through a structured and effective competition preparation process, encompassing training, nutrition, and posing aspects, to achieve peak physique on the competitive stage.

**Module 4: The Female Physiology and Impact on Training/Nutrition** module explores the unique aspects of female physiology, providing a nuanced understanding of important considerations that may improve training and nutrition for females.

**Module 5: The Weight Loss Maintenance and Post-Competition Recovery** module equips individuals with sustainable strategies for maintaining weight loss and guides competitors through a balanced recovery process after competitions, emphasising long-term health and well-being.

**Practical Training Workshop(s):** The Practical Training Workshop integrates exercise demonstrations, applied anatomy principles, and the concept of repetitions-in-reserve (RIR) training, providing participants with hands-on experience and a comprehensive understanding to improve their training programs for effective and personalised results.

## Why Consider This Course

The JPS Physique Transformation Masterclass will be an invaluable investment for anyone seeking expertise in the realms of training, nutrition, and competition preparation. Module 1 delves into the Science and Practice of Fat Loss, unravelling the physiological principles of energy balance and delivering practical strategies for effective weight loss. Module 2 focuses on the Science and Practice of Muscle Hypertrophy, offering evidence-based insights to enhance resistance training and nutrition for improved muscle growth. The Competition Preparation Foundations module (Module 3) provides essential principles for structured and effective competition preparation, covering training, nutrition, and posing strategies. The Female Physiology and Impact on Training/Nutrition module (Module 4) explores unique considerations for women, enhancing understanding and guidance for female clients. Module 5, Weight Loss Maintenance and Post-Competition Recovery, equips individuals with sustainable strategies and balanced recovery after competitions, prioritising long-term health. The course is also enriched with hands-on experience through Practical Training Workshops, incorporating exercise demonstrations, applied anatomy principles, and repetitions-in-reserve (RIR) training concepts, ensuring participants gain practical skills for personalised and effective training that produces results.

## Topics Covered

Module 1 - Science and Practice of Fat Loss

Module 2 - Science and Practice of Muscle Hypertrophy

Module 3 - Competition Preparation Foundations

Module 4 - Female Physiology & Impact on Training/Nutrition

Module 5 - Weight Loss Maintenance & Post Comp Recovery

Practical Training Workshop(s)

Discussion & Q&A Session

## Class Plan

### DAY 1

9:00am - 9:30am

Introduction

9:30am - 11:00am

Module 1: Science and Practice of Fat Loss

11:00am - 11:15am

Short Break

11:15am - 1:00pm

Module 2: Science and Practice of Muscle Hypertrophy

1:00pm - 2:00pm

Lunch Break

2:00pm - 4:00pm

Practical Training Workshop (e.g., exercise demonstrations, applied anatomy principles, proximity-to-failure workshop)

### DAY 2

9:00am - 9:30am	Recap
9:30am - 11:00am	Module 3: Competition Preparation Foundations
11:00am - 11:15am	Short Break
11:15am - 1:00pm	Module 4: Female Physiology & Impact on Training/Nutrition
1:00pm - 2:00pm	Lunch Break
2:00pm - 3:00pm	Module 5: Weight Loss Maintenance & Post Comp Recovery
3:00pm - 4:00pm	Discussion + Question & Answer and Quiz completion

## Target Audience

This course is for you if you are:

- Somebody who wants to lose fat and improve their body composition.
- An advanced trainee who wants to maximise muscle hypertrophy and achieve an aesthetic physique.
- An aspiring bodybuilding competitor looking to understand the fundamentals of competition preparation and post competition recovery.
- A coach that works with the above clientele and want to take your results to the next level.

## Prerequisites

No prerequisites required.

## Course Provider Details

JPS Education is a fitness and personal trainer education provider. Based in Melbourne, Australia for over 10 years our team has provided education and professional development for personal trainers and coaches around the world. Our mission is to Raise the Standard of the fitness industry through enhancing the quality of coaches' knowledge and education.

## CEC Points

N/A

## Course Duration

Two full days, from 9am-4pm each day.

## Course Materials

Course materials will be available to all paid attendees in the week prior to the course commencement.

## Certificate Details

Upon successful completion of the course all participants will receive a certificate of completion.

## Grading Criteria (if applicable)

Attendees must achieve 80% on a 15-question quiz.

## What to Bring to the Course

- Laptop or notepad (something to take note with)
- Water bottle and food as needed.
- Comfortable active/lifestyle wear that is suitable for training.

## Course Capacity

24 participants