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DISCLAIMER: You must not rely on this information given to you as an alternative to medical advice. Healthcare related information is to be treated as information and not advice. any information provided and any recommendations made should not be used to, nor are intended to enable you to, diagnose, treat, cure or mitigate any specific health problem for you or any client.

INTRODUCTION

- Why a Program Design Course?
- Course Structure
- What you can expect
- Learning how to learn

ANATOMY

- An Introduction to Anatomy
- Structural Anatomy
- Functional Anatomy
- Cell Physiology

BIOCHEMISTRY

- An Introduction to Biochemistry
- Anabolic Pathways
- Catabolic Pathways
- Anti-Aging Pathways
- Hormones

STRESS

- An Introduction to Stress
- Autonomic Nervous System
- HPTA Axis
- Stress & Adaptation
- Supplementation for Stress

CONDITIONING

- Alactic
- Lactic
- Aerobic
- HIIT vs. IT

ASSESSMENTS

- Lower Body Structural Assessments
- Upper Body Structural Assessments
- Cardiovascular Assessments
- Stress Assessments
- Sleep Assessments
- Initial Consultation Process & Questionnaires

STRENGTH

- Sets
- Reps
- Time Under Tension
- Rest
- Order of Exercise (7 Levels of Exercise)
- Strength Quality - Maximum Strength
- Strength Quality - Functional Hypertrophy
- Strength Quality - Hypertrophy
- Strength Quality - Strength Endurance

MOBILITY VS. FLEXIBILITY

- Definition, Differentiation, & Benefits
- Static
- Dynamic / Ballistic
- PNF & Muscle Nerds Breathing PNF
- The role of Nervous System
- Yoga
- Passive vs. Assisted
- Facial Stretch Therapy (FST)

BREATHING

- An Introduction to Breathing
- Breathing & the Nervous System
- Breathing Techniques & Their Benefits

PERIODIZATION

- An Introduction to Periodization
- Linear
- Alternating
- DUP
- Conjugate / Concurrent
- Determining Periodization
- Periodization Planning

CONSIDERATIONS

- How to address the following considerations:
 - Training Age & Exercise History
 - Injuries
 - Psychology
 - Stress Condition
 - Nutrition

GROUP TRAINING & ONLINE TRAINING

The Group Training module will cover how to best conduct, structure, and coach group training - from small groups through to classes.

The Online Training module will cover:

- Communication
- How to assess through videos and photos
- What markers to track and how

PROGRAM & EXERCISE LIBRARY

This section will include a large range of various exercises, together with application details and their benefits.

It will also include a variety of pre-written programs with explanations and details. These aspects are not received until you have passed the course.