

# Sports Supplementation and Ergogenic Aids

## Course Overview

This workshop aims to educate fitness professionals regarding the precaution and usage of different supplements.

## Course Highlights

- Review of fat burners, ergogenic aids for muscle anabolism, pre-workouts, intra-workouts and testosterone booster.

## Why Should You Consider This Course?

- Educate clients better in choosing the right supplements
- Learn risks and benefits on the usage of different supplements

## What Are the Topics Covered?

- Physiology of fat loss: Teaching the process behind fat mobilization and how supplements influence the process
- Fat burners/thermogenic agents such as synephrine/citrus aurantium and ECGC
- Ergogenic aids for muscle anabolism such as BCAA, creatine and HMB
- Pre-workout supplements
- Intra-workout supplements
- Supplements for bone health
- Supplements for boosting immunity
- Testosterone boosting supplements

## Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals
- Health Professionals
- Sports Coaches
- Fitness Enthusiasts

\*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

N/A

## Course Provider

Classic Fitness Academy, India

## CEC Points

N/A

**Course Duration**

6 hours (1 day)

**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