

## **Effect of Hormones on Muscle Growth and Anabolism**

### **Learn How to Maximize Your Anabolic Hormones Naturally**

#### **Course Overview**

In this workshop we will be covering major hormones like growth hormone, Testosterone, Estrogen, Glucagon, insulin, cortisol. This workshop will equip the fitness professionals with the right knowledge about the hormones. How exercise, sleep and other factors impact the human body and performance. This workshop will also cover the impact of hormones on muscle repair and recovery.

#### **Course Highlights**

- Learn about hormones with an aim to apply this knowledge to help your clients achieve their health, fitness and performance goal

#### **Course Objectives**

1. To make the fitness professionals more aware about the hormones and their function in human body.
2. To know more the Release and inhibition of various hormones .
3. To understand the impact of different hormone release on human body.

#### **Who Will This Benefit?**

- Fitness Professionals
- Strength and Conditioning Professionals

#### **Pre-requisite**

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

#### **Course EduTrainer**

Dr. Chirag Sethi, Master of Sports Physiotherapy, *ACE CPT*  
Founder & Managing Director Classic Fitness Academy, India

#### **Course Provider**

Fitness Edutraining Asia (FEA)

#### **CEC Points**

ACE 0.2 CECs

#### **Course Duration**

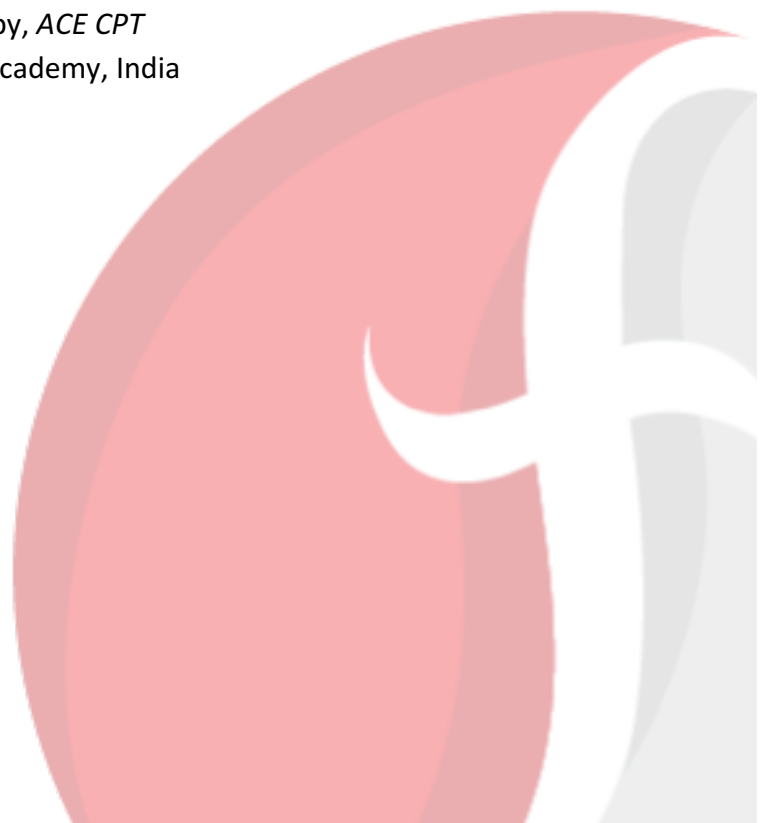
2 hours

#### **Learning Materials**

Electronic Materials

#### **Awards**

Fitness Edutraining Asia (FEA)



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**

Fitness Attire

**What Do I Need to Bring?**

Laptop

**Course Capacity**

Unlimited

**Language**

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

