

## Heart Rate Training Specialist



**AFA Students** become a Heart Rate Training Specialist with the Polar Training Zone courses.

### **Provider**

Polar Training Zone

### **Course Info**

By constantly monitoring your clients' heart rates during exercise, you can ensure they are training at the right intensity to improve their overall health and fitness, weight management, or sporting performance.

Polar Education Zone:

**Basic Heart Rate Training Course** provides the latest information on heart rate training, and you will discover how to plan, implement and execute effective training sessions for both yourself and your personal training clients.

#### **Advanced Heart Rate Training Course**

The course will focus on design, development and delivery of training sessions for general health and fitness, special population groups and amateur athletes.

### **Course Content**

- Benefits of heart rate training.
- The heart muscle and how it effects training.
- The energy pathways, fuel sources and metabolism.
- Heart rate training basics (resting heart rate, average heart rate and maximum heart rate).
- How to determine a maximum heart rate.
- Target heart rate zones for training. Energy System V's Results
- Factors that affect heart rate.
- Principles behind the super compensation curve.
- Overtraining and how to avoid it.
- Different types of training methods.
- Planning sessions for different population groups using heart rate target zones.
- Ways to monitor improvement.

### **Duration of Course**

Basic Course Level 1 The course is to be completed online and requires approximately two hours worth of reading plus questions. (Includes a Download Resource for your Education and Programming)

Advanced Course Level 2 The Course is to be completed online and requires approximately 4 Hours worth of reading plus questions. (Includes an Advanced Heart Rate Downloadable Resource for your Education and Programming)

**Continuing Education Credits with Fitness Australia**

2 CECs – Basic Level 1&2

4 CECs - Advanced Level 2 & 3

**Continuing Education Credits with Physical Activity Australia**

1 PT – Basic Level 1&2

2 PTs – Advanced level 2 & 3

**To Book – [AFA STUDENTS TO RECEIVE 10% OFF – ENTER in AFA as the Promo Code.](#)**

AFA graduates can book the course

Level 1 Basic is normally \$69 and AFA Students will receive a Special AFA discount of 10% OFF = \$62.10.

Level 2 & 3 Advanced heart rate Training Course is normally \$129 and AFA students will receive 10% OFF. = \$116.10

To enrol, visit ***POLAR TRAINING ZONE***

<http://www.polartrainingzone.com.au/>

Enter the promotional code “**AFA**” to receive your discount.

You will be on your way to becoming a Heart Rate Training Specialist!

Clients will want to train with you! You will know more about energy systems and how to train them better than anyone.

Wishing you all the best in your Heart Rate Journey

Regards,

Polar Training Zone Team.