

Optimising Recovery After Exercise

This short course explores the effect of fatigue and considers how a variety of methods can be used to facilitate recovery and assist clients to achieve their health and fitness goals.



Workshop Overview:

- Learn about the different types of fatigue, the mechanisms by which it occurs and the effect fatigue has on recovery and performance.
- Develop skills and knowledge to enable you to apply fatigue management principles.
- Explore the role that sleep, nutrition and periodisation of training goals play in exercise recovery.
- Examine recent scientific research highlighting the advantages and disadvantages of common recovery methods such as compression garments, cold therapies, contrast water therapy, stretching and active recovery, massage, foam rolling and electrostimulation.
- Discover practical ways to implement a variety of recovery methods to assist clients in achieving their health and fitness goals.

Pre-requisite:

Participants must have completed the Certificate IV in Fitness and be registered as a Personal Trainer to be eligible to attain Fitness Australia CEC's from this course.

Upon completion of this course, Fitness Australia Registrants are eligible to have the Health Promotion and Injury Prevention/Rehabilitation Support knowledge and skill areas acknowledged on their registration profile.

For more information, contact Australian Fitness Academy on 1300 AFA FIT (232 348).

To enrol, complete details below and email to: info@afa.com.au

Name: _____ Email: _____

Address: _____ Suburb: _____ State: _____ Postcode: _____

Phone: (H): _____ Phone (M): _____ Phone (W): _____

Fitness Australia Registration Number: _____ Date: _____

Delivery Option: Online

Course Cost: \$200

Visa
 Mastercard
 Cardholder's Name: _____
 Card Number: _____

Expiry: /
 CSV: _____

I, _____ (name), have read, clarified and understand each of the following:

- Payment Terms & Conditions - including the Payments, Cancellations, Refund and Deferment Policies.
- Student Handbook - including the course information, online learning requirements, participation and assessment requirements, code of conduct, privacy policy and student support services.

I understand that Australian Fitness Academy must be supplied with my Unique Student Identifier (USI) before I am eligible to receive official outcomes of my studies, including a Statement of Attainment, Statement of Results or a Testamur Certificate.

I understand & agree to the terms, conditions and policies outlined in these documents and on the website.

I verify that the information provided above is true and correct.

Name:

Signature:

For Office Use Only:

Careers Consultant Signature:

Careers Consultant Name:

Date: / /