

HEART RATE VARIABILITY

Professional Development Course

COURSE OUTLINE

What is Heart Rate Variability?

Heart rate variability (HRV) is the physiological phenomenon of the variation in the time interval between different heartbeats.

For years the health and fitness industry has relied on (resting) heart rate as a measure of a client's wellness. If a client has a lower resting heart rate, they are considered healthier than a client with a higher resting heart rate. But what if we told you there was a much better overall health indicator – and that health indicator was Heart Rate Variability?

HRV is a tool that can be used to determine how a person's (autonomic) nervous system is functioning on a moment-by-moment and day-by-day basis. The autonomic nervous system is tied to every automatic process in the body and is comprised of two main branches that control the body's stress and recovery processes.

What can HRV be used for?

Using HRV to gain an understanding of the state of a person's autonomic nervous system at any given moment is a huge advantage when identifying specific goals, prescribing specific exercise or recovery programs, or measuring client progress.

Since the autonomic nervous system ties to so many biological systems and processes, HRV also links cardiovascular activity to the respiratory system, digestive system, and other recovery and stress-related systems.

HRV can be used as a daily check-in with the body to determine its readiness to tolerate stress (exercise-induced or otherwise). In this regard, it can be used to optimize and individualise training programs.

It can also be used to determine how various lifestyle choices affect the health and performance of clients, allowing a trainer to recommend changes for optimal health outcomes by trending a client's Heart Rate Variability and correlated events over time.

COURSE OUTLINE

In this course you will cover the following topics:

- ✔ The Anatomy and Physiology of the Heart
- ✔ Understanding Heart Waves and Electrocardiograms
- ✔ The Autonomic Nervous System and Heart Rate Variability
- ✔ Assessing Your Client's Readiness for Physical Stress
- ✔ Using Heart Rate Variability Guided Exercise Prescription
- ✔ The Tools to Measure a Client's Heart Rate Variability
- ✔ The Common Mistakes when using Heart Rate Variability

This course will give you the skills and knowledge to utilise heart rate variability training as a part of a holistic health and wellness approach for any and all of the clients you work with.

DETAILS

PRICE: \$595

STUDY MODE: ONLINE

COURSE TIMELINE: 6 MONTHS

ASSESSMENT REQUIREMENTS:

ONLINE THEORY QUESTIONS

ACCREDITATION & RECOGNITION



INTERNATIONALLY ACCREDITED



RECOGNISED BY FITNESS AUSTRALIA.
Approval Code: 04968FA



RECOGNISED BY FITREC
RTO ID 32107