

Course Information Sheet

Course Title: Women, Exercise & Metabolism

Course Description:

Many of our female clients erroneously believe they can starve themselves into weight loss, but they are setting themselves up for failure. This comprehensive article gives you the facts and figures you need to help your female client learn that successful long-term weight loss is determined by their ability to reset their basal metabolic rate (BMR) with exercise. The article is filled with real world tips and pointers, including an explanation of why weight loss is even harder after menopause, and why lifting weight can be more effective for weight loss than traditional cardio training. PLEASE NOTE: this program includes an article and a test only: there is no book.

Learning Objectives:

After reading "*Women, Exercise & Metabolism*," you should be able to:

1. Define obesity in terms of Body Mass Index.
2. List 3 categories of human processes that are responsible for daily caloric expenditure.
3. Define basal metabolic rate (BMR).
4. List the factors that effect metabolic rate.
5. Describe the effect of hormones on fat storage and hunger cues.
6. Define Thermic Effect of Food (TEF) and list factors that influence it.
7. Explain a Metabolic Equivalent (MET) and its correlation to calories burned per minute.
8. Evaluate variables such as mode, intensity, frequency and duration in order to develop programs that will maximize calorie expenditure.
9. Calculate at least one method for estimating Basal Metabolic Rate (BMR).

Target Audience: Fitness Professionals, Weight Mgmt Professionals

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards:
www.exercisetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

Instructor/Author Credentials:

April Ruther, MS, PhD

April has a diverse background in personal training, weight management, group fitness, boot camp and yoga. She has two Master's Degrees: one in Public Health from the University of Illinois/Chicago, and another Master's Degree in Sports Management from the University of Arkansas. April has a passion for using fitness and proper eating habits as the foundation for sustainable lifestyle change. As the Fitness and Aquatics Center Coordinator at Loyola University in Chicago, IL, April worked with a mix of students and faculty as well as community residents to design and implement effective training programs in a variety of land and water-based applications. At Loyola, one of April's main responsibilities is to plan and organize the annual "Welcome Week Event" for over 2000 Freshmen per year, to emphasize proper nutrition and consistent activity to overcome the dreaded "Freshman Fifteen." A popular boot camp instructor, April is certified by ACSM, ACE, AFAA, and YogaFit and is also a certified Lifeguard and CPR Instructor. April completed her PhD in Wellness in 2019 (while caring for two children under the age of 3!) April joined our faculty in 2009.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Sponsors: N/A