Course: Fitness & Menopause

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Course Description:

“Fitness and Menopause” is a fitness professional’s guide to training clients approaching their menopausal years and beyond. This course explains the physiology of menopause and details the four stages in a woman’s reproductive lifecycle—premenopause, perimenopause, menopause, and postmenopause. The influence of lifestyle choices and exercise programming will be discussed as they relate to the reproductive stages and accompanying symptoms of menopause.

Course Objectives:

1. Participants will be able to identify the four stages of a woman’s reproductive lifecycle.
2. Participants will learn symptoms associated with menopause and helpful strategies for managing them.
3. Participants will understand the affects of prolonged estrogen deficiency after menopause as it relates to an increased risk for osteoporosis and cardiovascular disease.
4. Participants will gain knowledge of the results of recent research regarding the controversial topic of hormone replacement therapy after menopause.
5. Participants will understand exercise programming techniques unique to each stage of a woman’s reproductive lifecycle and the important fitness issues of women during these stages.

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16. American Heart Association Science Advisory Statement
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1. FDA Updates Hormone Therapy Information for Post Menopausal Women
2. NHLBI Stops Trial of Estrogen Plus Progestin
3. Increased Stroke Risk With Estrogen Alone

Bibliography


National Institutes of Health, National Heart, Lung, and Blood Institute. Women’s Health Initiative. Available at: www.nhlbi.nih.gov/whi


