



MUSCLE NERDS ONLINE HYPERTENSION COURSE

*Putting health back into the
health and fitness industry™*

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MODULE 1



What is Hypertension

- Symptoms of hypertension
- Risk of death from hypertension
- Awareness of hypertension
- Rate of hypertension in the population
- Life expectancy with hypertension

The Cardiovascular System

- Global effect of hypertension
- Global effect of hypertension
- The physiology of hypertension
- Hypertension symptoms

Damage & Damage Control

- What hypertension can lead to
- Why you need to take hypertension seriously

Measuring Hypertension

- How to measure blood pressure
- What the numbers mean

Categorising Hypertension

- Primary hypertension
- Secondary hypertension
- Hypertension and high BMI

Ranges of Blood Pressure

- Blood pressure ranges
- Health risks

Causes and Risk Factors

- Risk factors for hypertension
- Medication and secondary hypertension
- Differences between biological sexes
- Differences between ethnic groups
- Nature vs. Nurture
- Sedentary lifestyle

An Introduction to Training & Hypertension

Alcohol, Stress, and Sodium Retention

Stress

- General Adaptation Syndrome (GAS)

Perception of Stress & the Nervous System

- Your perception is your reality
- Gut issues
- Physiological components of stress
- Circadian rhythms
- Stress & metabolic syndrome



MODULE 2

Exercise I

- Aerobic training
- Resistance training
- Stretching
- SAID principle

Exercise II

- Insulin sensitivity
- Body fat reduction
- Sleep
- Balancing LDL & HDL cholesterol & triglycerides
- Immune system and brain function
- Stress, depression, anxiety
- Mitochondrial function and blood-related aspects

Exercise III

- Inflammation
- Heart strength
- Gene expression

Hormones and Inflammation

- Hormones and signalling agents
- Interleukin 6
- Lactate and energy production
- Interleukin 15
- Interleukin 8
- Nitric oxide

Training Variables I

- Resistance training

Training Variables II

- Load
- Set effort
- Rep speed
- Training frequency
- Backloaded structural balance™

Training Variables III

- Conditioning
- Aerobic vs anaerobic
- Heart rate monitoring
- VO2 Max
- Interval training

Training Variables IV

- Concurrent training
- Core training
- Neck training
- Stretching
- Training timing

MODULE 3



Nutrition I

- Nutrition and genetics
- Nutrition and beliefs
- Protein

Nutrition II

- Nutritional assessments

Nutrition III

- DASH diet
- Sodium to potassium ratio

Nutrition IV

- Sweat
- Plant based diets
- Fibre

Nutrition V

- Omega 3
- Trans fats
- Saturated fats
- Protein

Nutrition VI

- Fish oil
- Fats

Nutrition VII

- Carbohydrates

Nutrition VIII

- Potassium
- The ideal diet
- Food types to reduce BP

Nutrition IX

- Macros
- Protein
- Fat
- Carbohydrates
- Losing weight
- How to calculate total calories
- Rate of weight loss
- Hydration
- Caffeine
- Alcohol



MODULE 4

Pharmaceuticals I

- Why we need to understand BP medication
- Types of BP control
- Types of BP medication
- Diuretics

Pharmaceuticals II

- Beta blockers
- ACE inhibitors
- Angiotensin II Antagonists
- Calcium channel blockers
- Angiotensin receptor blockers

MODULE 5 & 6



Module 5 - Supplementation

13x Supplement Videos covering 25 supplements

Module 6 - Strategies

How to create an action plan
