



HEALTHY ROOTS

sport courses



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LIST OF COURSES



Communication. -----



Performance. -----



Rehabilitation. -----



Prevention. -----



Nutrition. -----



Psychology S. -----



P professionals. **S** Sport Trainers. **A** Adults. **K** kids.

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CONNECT ON:



WEB

DESIGN

STRATEGY

COURSE NAME:

REPUTATION ON THE WEB

OUR TRAINING DEVELOPMENT COURSES ARE HIGHLY CUSTOMISED TO GIVE YOU THE BEST SOLUTIONS YOU NEED.

WHO CAN DO THIS COURSE

SPORT TRAINERS ADULTS PROFESSIONALS

HEALTHY ROOTS™

Reputation on the Web.

SPORT COMMUNICATION REFERS TO THE EXCHANGE OF INFORMATION, MESSAGES, AND CONTENT RELATED TO SPORTS THROUGH VARIOUS CHANNELS AND PLATFORMS. IT ENCOMPASSES A WIDE RANGE OF ACTIVITIES INCLUDING MEDIA COVERAGE, PUBLIC RELATIONS, ADVERTISING, SOCIAL MEDIA ENGAGEMENT, EVENT PROMOTION, AND FAN INTERACTION.

OUR EXPERTS SHARE THEIR SPECIALIST KNOWLEDGE AND OFFER YOU PRACTICAL STEPS TOWARDS IMPROVING YOUR COMMUNICATION KNOWLEDGE.

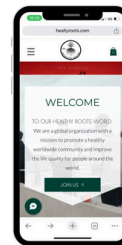
THE COURSE IS FOCUSING ON THE IMPORTANCE OF CLARITY OF COMMUNICATION.

YOU'LL COME AWAY WITH STRATEGIES & COMPREHENSIVE KNOWLEDGE ON COMMUNICATION ACROSS DIFFERENT PLATFORMS.

What do you learn :

- 1) CRAFTING ENGAGING CONTENT.
- 2) MANAGING RELATIONSHIPS WITH MEDIA OUTLETS.
- 3) COORDINATING PUBLIC RELATIONS EFFORTS.
- 4) LEVERAGING MARKETING STRATEGIES TO CAPTIVATE AUDIENCES.
- 5) ENHANCE THE VISIBILITY AND REPUTATION OF SPORTS ENTITIES.

By attending this course you will be able to:



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Course Category:

COMMUNICATION



Evaluation & Programming in Physical Education.

EVALUATION AND PROGRAMMING IN PHYSICAL EDUCATION REFER TO THE PROCESSES INVOLVED IN ASSESSING STUDENTS' PHYSICAL ABILITIES, SKILLS, KNOWLEDGE, AND ATTITUDES, AS WELL AS DESIGNING APPROPRIATE EDUCATIONAL PLANS AND ACTIVITIES TO ENHANCE THEIR OVERALL PHYSICAL DEVELOPMENT AND WELL-BEING.

OUR EXPERTS SHARE THEIR SPECIALIST KNOWLEDGE AND OFFER YOU PRACTICAL STEPS TOWARDS IMPROVING YOUR PHYSICAL EDUCATION KNOWLEDGE.

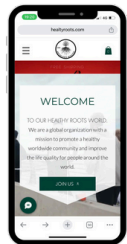
THE COURSE IS SPLIT INTO TWO SECTIONS TO WORK THROUGH: 'EVALUATION' & 'PROGRAMMING'.

YOU'LL COME AWAY WITH STRATEGIES & COMPREHENSIVE KNOWLEDGE ON OVERALL DEVELOPMENT OF PHYSICAL EDUCATION.

What do you learn :

- 1) SKILL ASSESSMENTS.
- 2) FITNESS ASSESSMENTS.
- 3) KNOWLEDGE ASSESSMENTS.
- 4) ATTITUDE ASSESSMENTS.
- 5) SETTING GOALS.
- 6) DESIGNING CURRICULUM.
- 7) ADAPTATION AND DIFFERENTIATION.
- 8) PROGRESS MONITORING.

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Course Category:

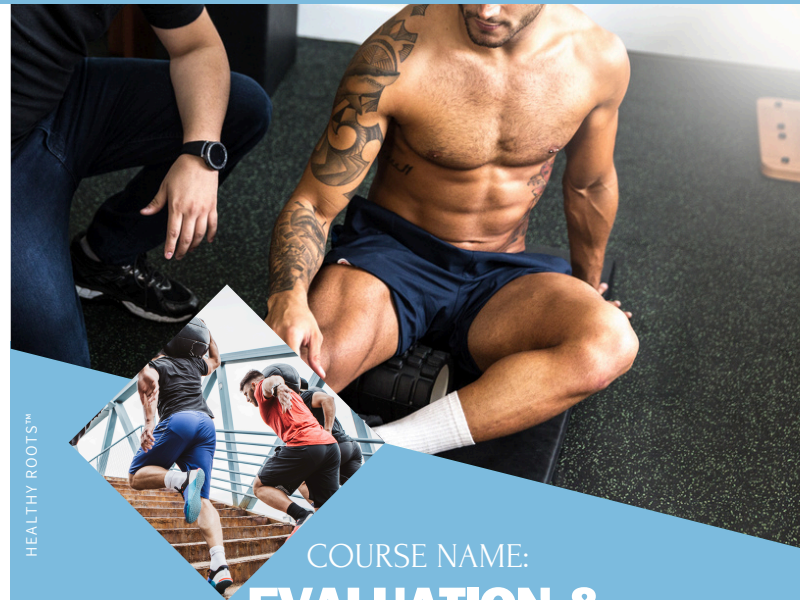
PERFORMANCE
REHABILITATION
PREVENTION



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COURSE NAME:

EVALUATION & PROGRAMMING PHYSICAL EDUCATION

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WHO CAN DO THIS COURSE

SPORT TRAINERS



PROFESSIONALS



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Principles of Movement.

PRINCIPLES OF MOVEMENT REFER TO FUNDAMENTAL CONCEPTS AND GUIDELINES THAT GOVERN HUMAN MOTION AND PHYSICAL ACTIVITY. THESE PRINCIPLES ARE DERIVED FROM BIOMECHANICS, PHYSIOLOGY, MOTOR LEARNING, AND OTHER RELATED FIELDS, PROVIDING A FRAMEWORK FOR UNDERSTANDING AND IMPROVING MOVEMENT EFFICIENCY, EFFECTIVENESS, AND SAFETY.

OUR EXPERTS SHARE THEIR SPECIALIST KNOWLEDGE AND OFFER YOU PRACTICAL STEPS TOWARDS IMPROVING YOUR MOVEMENTS KNOWLEDGE.

THE COURSE IS SPLIT INTO FOUR SECTIONS TO WORK THROUGH: 'BIO-MECHANICAL', 'MOTOR CONTROL AND LEARNING', 'PHYSIOLOGICAL', AND 'PSYCHOLOGICAL'.

YOU'LL COME AWAY WITH STRATEGIES & COMPREHENSIVE KNOWLEDGE ON PRINCIPLES OF MOVEMENT.

What do you learn :

- 1) BIO-MECHANICAL PRINCIPLES (GRAVITY, LEVERAGE, BALANCE & ALIGNMENT).
- 2) MOTOR CONTROL AND LEARNING PRINCIPLES (PRACTICE AND REPETITION, FEEDBACK, TRANSFER OF LEARNING SKILLS).
- 3) PHYSIOLOGICAL PRINCIPLES (ENERGY SYSTEMS, MUSCLE PHYSIOLOGY, CARDIORESPIRATORY FUNCTION).
- 4) PSYCHOLOGICAL PRINCIPLES (MOTIVATION, ATTENTION AND FOCUS & SELF-EFFICACY).

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REHABILITATION
PREVENTION



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COURSE NAME: PRINCIPLES OF MOVEMENT

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WHO CAN DO THIS COURSE



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Sports Nutrition & Integration.

SPORTS NUTRITION AND INTEGRATION INVOLVE THE APPLICATION OF NUTRITIONAL PRINCIPLES AND STRATEGIES TO OPTIMIZE ATHLETIC PERFORMANCE, ENHANCE RECOVERY, AND SUPPORT OVERALL HEALTH AND WELL-BEING IN ATHLETES. IT ENCOMPASSES THE SCIENCE OF HOW NUTRIENTS, FLUIDS, AND DIETARY PATTERNS IMPACT PHYSICAL PERFORMANCE, TRAINING ADAPTATION, INJURY PREVENTION, AND RECOVERY.

OUR EXPERTS SHARE THEIR SPECIALIST KNOWLEDGE AND OFFER YOU PRACTICAL STEPS TOWARDS IMPROVING YOUR SPORT NUTRITION & INTEGRATION KNOWLEDGE.

THE COURSE IS CONCENTRATED ON SEVEN MAIN IMPORTANT AREAS TO WORK THROUGH.

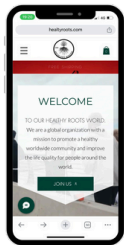
YOU'LL COME AWAY WITH STRATEGIES & COMPREHENSIVE KNOWLEDGE ON OVERALL DEVELOPMENT OF SPORT NUTRITION & INTEGRATION.

What do you learn :

- 1)NUTRIENT TIMING.
- 2)MACRONUTRIENT BALANCE.
- 3)HYDRATION.
- 4)NUTRIENT DENSITY.
- 5)SUPPLEMENTATION.

- 6)INDIVIDUALIZATION.
- 7)EDUCATION AND MONITORING.

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Course Category:

NUTRITION

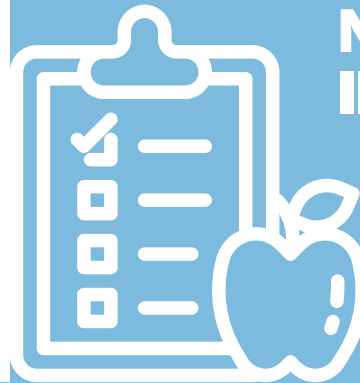


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COURSE NAME:

SPORTS NUTRITION AND INTEGRATION

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WHO CAN DO THIS COURSE



KIDS



ADULTS



SPORT TRAINERS



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COURSE NAME:

SPORT PSYCHOLOGY - COACH - ATHLETE RELATIONSHIP

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YOU NEED.

WHO CAN DO THIS COURSE

KIDS



ADULTS



SPORT TRAINERS



Sport Psychology - Coach - Athlete Relationship.

THE RELATIONSHIP BETWEEN A COACH AND AN ATHLETE IS A CRUCIAL ASPECT OF SPORTS PSYCHOLOGY, AS IT CAN SIGNIFICANTLY INFLUENCE ATHLETIC PERFORMANCE, MOTIVATION, AND OVERALL WELL-BEING.

OUR EXPERTS SHARE THEIR SPECIALIST KNOWLEDGE AND OFFER YOU PRACTICAL STEPS TOWARDS IMPROVING YOUR COACH - ATHLETE RELATIONSHIP KNOWLEDGE.

THE COURSE IS FOCUSING ON THE KEY ELEMENTS OF COACH - ATHLETE RELATIONSHIP.

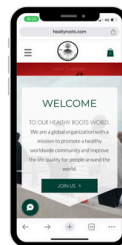
YOU'LL COME AWAY WITH STRATEGIES & COMPREHENSIVE KNOWLEDGE ON OVERALL DEVELOPMENT OF SPORT PSYCHOLOGY.

What do you learn :

- 1) TRUST AND COMMUNICATION.
- 2) SUPPORT AND EMPOWERMENT.
- 3) GOAL SETTING AND ACCOUNTABILITY.
- 4) FEEDBACK AND REINFORCEMENT.
- 5) ROLE MODELING AND LEADERSHIP.

- 6) PSYCHOLOGICAL SKILLS TRAINING.
- 7) CULTURAL COMPETENCE AND DIVERSITY.

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PSYCHOLOGY S.



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Strength Training.

STRENGTH TRAINING IS A FORM OF PHYSICAL ACTIVITY OR EXERCISE THAT FOCUSES ON INCREASING MUSCULAR STRENGTH, ENDURANCE, AND POWER. IT INVOLVES THE USE OF RESISTANCE, SUCH AS WEIGHTS, RESISTANCE BANDS, OR BODY WEIGHT, TO CHALLENGE THE MUSCLES AND STIMULATE ADAPTATION AND GROWTH. STRENGTH TRAINING CAN BE PERFORMED USING VARIOUS TECHNIQUES, EQUIPMENT, AND MODALITIES, AND IT OFFERS NUMEROUS BENEFITS FOR OVERALL HEALTH AND FITNESS.

OUR EXPERTS SHARE THEIR SPECIALIST KNOWLEDGE AND OFFER YOU PRACTICAL STEPS TOWARDS IMPROVING YOUR STRENGTH TRAINING KNOWLEDGE.

THE COURSE IS FOCUSING ON THE VARIOUS TECHNIQUES & MODALITIES.

YOU'LL COME AWAY WITH STRATEGIES & COMPREHENSIVE KNOWLEDGE ON OVERALL DEVELOPMENT OF STRENGTH TRAINING.

What do you learn :

- 1) KNOWLEDGE OF "RESISTANCE" IN STRENGTH TRAINING.
- 2) KNOWLEDGE OF "PROGRESSIVE OVERLOAD" IN STRENGTH TRAINING.
- 3) KNOWLEDGE OF "SPECIFICITY" IN STRENGTH TRAINING.
- 4) KNOWLEDGE OF "VARIETY" IN STRENGTH TRAINING.
- 5) KNOWLEDGE OF "REST AND RECOVERY" IN STRENGTH TRAINING.
- 6) KNOWLEDGE OF "PROPER TECHNIQUE" IN STRENGTH TRAINING.

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COURSE NAME:

STRENGTH TRAINING

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WHO CAN DO THIS COURSE

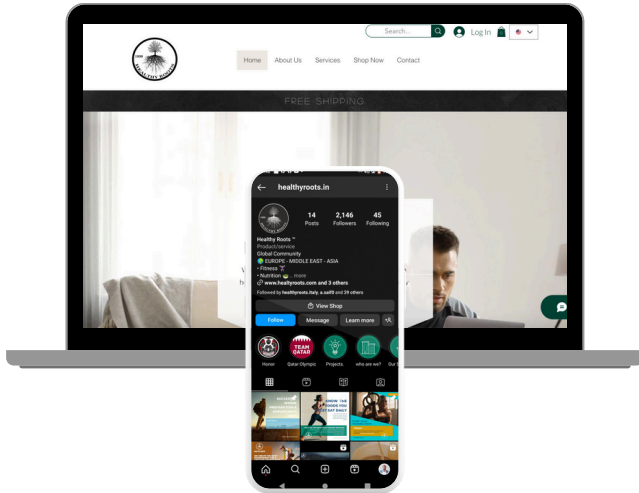


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INTERNATIONAL COMMUNITY

WE ARE A GLOBAL ORGANIZATION WITH A MISSION TO PROMOTE A HEALTHY WORLDWIDE COMMUNITY AND IMPROVE THE LIFE QUALITY FOR PEOPLE WORLDWIDE. ON A GLOBAL SCALE, HEALTHY ROOTS CONCENTRATES ITS RESOURCES AND EFFORTS ON 3 PRIMARY AREAS. WE PARTNER WITH THE WORLD'S LEADING MANUFACTURERS OF HIGH-PERFORMANCE PRODUCTS AND SERVICES. OUR AIM IS TO FOSTER HEALTHY COMMUNITIES AND MAKE THE LIVES OF PEOPLE IN EVERY PART OF THE WORLD BETTER.



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SPORT COURSES

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