



COURSE OUTLINE

Getting Started, Searchie, and the Glossary.

- Good to know before you start.
- Welcome to the Course.
- Hi! I'm Stacy.
- Outline and Benefits.
- Searchie.
- Glossary.
- Change Log.
- We want to know about you (survey).

Module 1: Myths and Generalizations

You have to be able to spot what is real and what is marketing hype, this section helps with that.

- Supplementary Learning Material for Module 1.
- Module 1 Introduction.
- Chapter 1: History of Women in Sport and Research.
- Chapter 2: Carbohydrates.
- Chapter 3: Protein.
- Chapter 4 Supplements.
- Chapter 5: Training.
- Module 1 Wrap-up and Critical Thinking Exercise.
- Consolidation Quiz for Module 1.

Module 2: Your Menstrual Cycle and the Pill

Get back to the physiology and really learn about yourself.

- Supplementary Learning Material for Module 2.
- Module 2 Introduction.
- Chapter 1: The Female Sex Hormones.
- Chapter 2: Puberty - The first of over 40 years.
- Chapter 3: Pre-Menopause - The Endogenous Menstrual Cycle.
- Chapter 4: Pre-Menopause - Hormonal Contraceptives.
- Chapter 5: Menopause - What happens when the Hormones Drop.
- Chapter 6: Menstrual Cycle Irregularities and Energy Availability.
- Chapter 7: Scoping Training and Nutrition Differences.
- Module 2 Wrap-up and Critical Thinking Exercise.
- Consolidation Quiz for Module 2.
- Facebook Live recordings for Module1 & 2.

Module 3: Diet Trends

Always popular, the pluses and minuses of the main diets out there.

- Supplementary Learning Material for Module 3.
- Module 3 Introduction.
- Chapter 1: A bit more on Low Energy Availability.
- Chapter 2: Diet Trends and Popular Media.
- Chapter 3: Intermittent Fasting and LCHF/Ketogenic.
- Chapter 4: Plant Based Diets.
- Chapter 5: Considerations.
- Module 3 Wrap-Up and Critical Thinking Exercise.
- Consolidation Quiz for Module 3.
- Facebook Live recordings for Module 3.

Module 4: Train Like A Woman

That's what you are here for.

- Supplementary Learning Material for Module 2.
- Module 4 Introduction.
- Chapter 1: Periodization.
- Chapter 2: Training with Your Natural Cycle.
- Chapter 3: Training with Hormonal Contraception.
- Chapter 4: Training in Peri-Menopause.
- Chapter 5: Training in Menopause.
- Module 4 Wrap-Up and Critical Thinking Exercise.
- Consolidation Quiz for Module 4.
- Facebook Live for Module 4.

Module 5: 'The Conversation'

Hear how these coaches have changed the way they work with their female athletes.

- Module 5 Introduction.
- Chapter 1: An Interview with Ben Day.
- Chapter 2: An Interview with Chris Willett.
- Chapter 3: An Interview with Ray Everest.
- Chapter 4: An Interview with Liza Rachetto.

Module 6: Biohacking

This is the real fun stuff, techniques to help boost performance by working with your physiology.

- Supplementary Learning Material for Module 6.
- Module 6 Introduction.
- Chapter 1: How to Determine the Hormonal Phases of your Cycle.
- Chapter 2: Using the Environment - Heat Acclimation.
- Chapter 3: Hydration - How Much? When? How?
- Chapter 4: How to Mitigate PMS.
- Chapter 5: Using Adaptogens.
- Module 6 Wrap-Up and Critical Thinking Exercise.
- Consolidation Quiz for Module 6.
- Facebook Live recordings for Module 6.

Module 7: Putting It all Together

You will be able to relate to at least one of this series of cases I have worked with.

- Supplementary Learning Material for Module 7.
- Module 7 Introduction.
- Chapter 1: Puberty.
- Chapter 2: Pre-Menopause - The Natural Cycle.
- Chapter 3: Pre-Menopause - The OC.
- Chapter 4: Peri-Menopause.
- Chapter 5: Menopause.
- Module 7 Wrap-Up.
- The Final Survey.
- Facebook Live recordings for Module 7.