



Course Title: Exercise & Sleep

Produced by: **Fitness Learning Systems**
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Course Type: **e-Learning Home Study**

Credit hours: AEA 2.0, ACSM 2.0, ATRI 0.2, COPS-KT 0.2,
NFPT 1.0, NCSF 1.0, YMCA 1.0, NSPA 1.0

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Gary has been working in the fitness/rehabilitation industry since 1988. He worked in corporate wellness with General Motors, GE and Ford Motor Company before serving as an exercise physiologist in physical therapy and cardiac rehab clinics. Gary currently works as the development manager for Fitness Learning Systems as well as adjunct faculty for Cincinnati State Technical and Community College

Course Summary:

Sleep is a part of everybody's life, but few people know how important it really is. Some people even try to get by with as little sleep as possible. Over the years we have discovered many things about sleep: the body's major organ and regulatory systems are active during sleep, parts of the brain increase activity, and the body produces more of certain hormones. We know that sleep is important for our minds and bodies to function normally. But there is still a great deal we do not know and researchers still work to shed light on the many mysteries surrounding sleep.

As fitness professionals, we all know about the many benefits of regular exercise. We could recite them *in our sleep*. But did you know that even a single bout of exercise can help improve the quality of sleep? And with that improved sleep comes many additional health benefits. So get ready to add to your list of exercise benefits as we discuss healthy sleep, sleep disorders, and what research has discovered about the effects of exercise upon sleep quality.

Objectives:

Upon completion of this course, you will be able to:

1. Define and explain healthy sleep.
2. List the common types of sleep disorders and their causes.

3. Explain how lack of sleep or poor quality of sleep affects a person's immune function, emotional health, and overall quality of life.
4. Discuss how acute and chronic exercise affects sleep.
5. Explain how different durations of exercise affect sleep.
6. Discuss how and when exercise affects the quality of sleep.

Outline:

Healthy Sleep:

Sleep Stages

Why is sleep important?

What is the right amount of sleep?

Tips for Healthy Sleep

Sleep Disorders:

Basic information on types of sleep disorders

What lack of sleep, or poor quality sleep does to the body

Research on Exercise and Sleep:

Exercise Does Help Sleep Quality

When to Exercise

Duration of Exercise

Fit vs Unfit

Weight Training

Body Heat

Disorders

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This is a partial list, there are 33 references in the bibliography on the course.