



# FEMMI THEORY FUNDAMENTALS COURSE OUTLINE

## Course Details

Femmi Theory Fundamentals includes 21 modules, each containing:

- A video, hosted by a Femmi Theory Expert, 5 - 15 minutes long
- PDF workbook with notes and academic references
- A graded quiz

Watch the videos and complete quizzes in your own time.

## Accreditation Requirements

In order to be awarded the Femmi Theory Accreditation Certificate, you must:

- Watch video content
- Complete all quizzes with 70% (multiple attempts allowed)

## Cost

Between \$30-\$50 NZD dependent on Athletics NZ subsidy

## Upon Completion

Upon completing Femmi Theory Fundamentals Course, you will:

- Receive the Femmi Theory Accreditation Certificate

## Authors and Experts

- Dr Izzy Smith - Registered Endocrinologist
- Sara Widdowson - Women's Health Dietician
- Grace Coombs - Women's Health Physiotherapist
- Lilli Burdon - Provisional Psychologist
- Esther Keown - Femmi Co-Founder and Coach
- Lydia O'Donnell - Femmi Co-Founder and Coach



Find Out More

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### THEME 1: ENRICHMENT

#### TOPIC 1 - THE FEMALE ATHLETE (5 Modules)

##### Female hormones

Learn about female specific hormones, their role in health and performance and the impact of hormone deficiency.

##### Menstrual cycle physiology

Understand how hormones change throughout the cycle. Gain an in-depth understanding of the different menstrual cycle phases.

##### Nutrition for training

Learn about the crucial role that carbohydrates, protein, fat and hydration play in contributing to training and performance in female athletes.

##### Nutrition across the cycle

Learn about how to approach nutrition across the phases of the cycle and how nutrition can support in mitigating symptoms.

##### Strength training

Cover strength training adaptations across the cycle, the impacts of different types of training and recommendations for building a gym program.

#### TOPIC 2 - RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S) (4 Modules)

##### RED-S

Learn about RED-S (Relative Energy Deficiency Syndrome). Causes, myths and the impact on the female body.

##### RED-S and nutrition

Learn about common nutritional mistakes that cause RED-S and key nutritional strategies to avoid and recover from RED-S.

##### RED-S and Bone Stress Injuries

Understand the link between RED-S and bone stress injuries including how RED-S affects bone density and ways to improve bone density.

##### Injury prevention

Learn about ways to prevent injuries, common injuries around female physiology and ways to reduce time away from sport from injury.



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### **TOPIC 3 - MENTAL HEALTH (2 Modules)**

#### **Mental health**

Gain a thorough understanding of mental health, common mental health disorders and causation as well as tools to approach, take action and improve mental health.

#### **Eating disorders**

Learn about the different types and prevalence of eating disorders and how to approach eating disorders in female athletes.

## **THEME 2: EMPOWERMENT**

### **TOPIC 4 - TRAINING TO THE MENSTRUAL CYCLE (1 Module)**

#### **Enrichment into practice**

Learn about case studies in which athletes and teams have trained to their menstrual cycles, and how you can do the same.

### **TOPIC 5 - KEEPING YOUNG GIRLS IN SPORT (2 Modules)**

#### **Keeping young women in sport**

Understand how gender inequality impacts women dropping out of sport and why it is important to combat this.

#### **Gender inequality**

Learn about the impact our patriarchal system has had on women in sport, understand the discrepancies between men and women in sport and positions of power.

### **TOPIC 6 - BUILDING STRONG FEMALE ATHLETES (5 Modules)**

#### **Building confidence**

Understand the confidence gap and how you can help build and foster confidence in female athletes.

#### **Communication**

Understand what good athlete-coach communication looks like and gain strategies to enhance communication with your athletes.

#### **Pressure**

Understand different forms of pressure, where pressure stems from and strategies to help athletes manage stress.



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### **Identity**

Understand athletic identity and how you can support the development of multidimensional athletes.

### **Mindset**

Understand how to support the development of a growth mindset and how to healthily cultivate mental toughness.

### **TOPIC 7 - TEAM CULTURE FOR FEMALE ATHLETES (1 Module)**

#### **Team culture**

Learn how team culture is formed and key steps to developing your team's culture.

