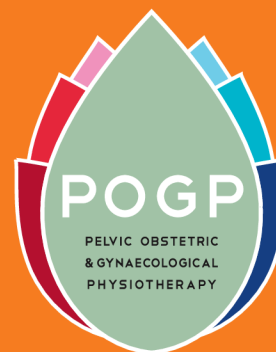


# MENOPAUSE MOVEMENT POGP BADGE COURSE



EXCELLENCE  
MATTERS



## E-LEARNING TRAINING COURSE FOR HEALTH PROFESSIONALS

The Menopause Movement training course gives physiotherapists evidence-based knowledge, delivered by experts, to empower them and support their patients through menopause.

[www.menopausemovement.co](http://www.menopausemovement.co)

### PRICE PLANS:

**1. Full Course (2.5 days, in-depth)**  
**"Menopause Practitioner  
Certification:  
Full CPD Pathway"**

Pages 2- 6

Full Course: Based on 2 ½ days of  
vision learning.  
£495 (ex-vat) POGP Members  
£550 (ex-vat) Non-members

Shortened version of the course with  
key modules for affordability.

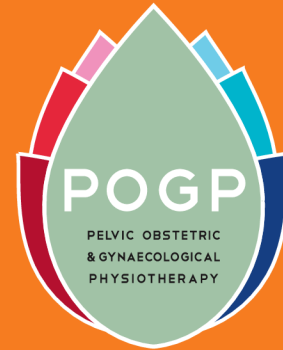
**2. Short Course (basic, affordable)**  
**"Menopause Essentials: Core  
Training & Certification"**

Pages 7- 9

1 ½ days of vision learning.  
£330.00 (ex-vat) POGP Members  
£370.00 (ex-vat) Non-members

Page 1.

# MENOPAUSE MOVEMENT POGP BADGE COURSE



EXCELLENCE  
MATTERS

**Full Course (2.5 days, in-depth)**

**Menopause Practitioner Certification: Full CPD Pathway**

## **MODULE 1: MENOPAUSE OVERVIEW**

### **Notebook**

- **Section 1 - The Vision**
- **Section 2 - Menopause 101**
- **Section 3 - Menopause Basics**
- **Section 4 - Women's Health History**
- **Section 5 - Ethnicity & Culture**

### **Assessment**

## **MODULE 2: MEDICAL PERSPECTIVE**

### **Notebook**

- **Section 1 - Embryology of the urogenital tract**
- **Section 2 - Female reproductive hormones**
- **Section 3 – The definition of menopause**
- **Section 4 – Variety of symptoms**
- **Section 5 – Prolapse, bladder & bowels – Gynaecologists perspective**
- **Section 6 – Management strategies – HRT myths & scares**
- **Section 7 - Types of HRT**

### **Assessment**

## **MODULE 3: THE PELVIC FLOOR & MENOPAUSE**

### **Notebook**

- **Section 1 – Understanding GSM**
- **Section 2 – Prevalence**
- **Section 3 - Sport and GSM**
- **Section 4 - Local Treatment Options**
- **Section 5 - Other Treatment Options**
- **Section 6 – Sexual Function**
- **Section 7 – Pelvic Floor Muscle Training & GSM**
- **Section 8 – Laser Therapy**
- **Section 9 – Case Study - Rosie**

### **Assessment**

## **MODULE 4: MENOPAUSE & MOVEMENT**

### **Notebook**

- **Section 1 – Barriers to exercise**
- **Section 2 - Brain Health**
- **Section 3 – Brain Health**
- **Section 4 - Bone Health**
- **Section 5 – cardiovascular Health**
- **Section 6 - Resistance Training - What, how & why?**
- **Section 7 - Physical Activity & Menopause – Menopause symptoms – The Evidence**
- **Section 8- Menopause & Movement lean muscle mass**

### **Assessment**

## **MODULE 5: EXERCISE PHYSIOLOGY**

### **Notebook & Downloads**

- **Section 1 – Exercise Physiology & Menopause**
- **Section 2 – Consequences of inactivity**
- **Section 3 – Comparative Analysis of Training Approaches**
- **Section 4 - Low Energy Availability (LEA)**
- **Section 5 – Pelvic Health**

### **Assessment**

## **MODULE 6: EXERCISE & MENOPAUSE HEALTH**

### **Notebook**

- **Section 1 - Medical Diagnosis & Considerations (Tendons-Diabetes)**
- **Section 2 - Medical Diagnosis & Considerations (Osteoporosis-BMD)**
- **Section 3 - Menopause Symptoms & Movement**
- **Section 4 - Resistance, power & impact training into menopause**
- **Section 5 - Cardiovascular Fitness in Midlife & Beyond**
- **Section 6 - Supporting Nutrition & Training Into the Menopause**
- **Section 7 - Balance, Mobility, Flexibility and Menopause**

### **Assessment**

## **MODULE 7: NUTRITION TO MANAGE MENOPAUSE**

### **Notebook & Downloads**

- **Section 1 - Stress & The Adrenal Glands**
- **Section 2 - Balancing Blood Sugar**
- **Section 3 - Energy & Nutrition**
- **Section 4 - Improving Digestion, IBS & FODMAP**
- **Section 5 - Gut Dysbiosis**

### **Assessment**

## **MODULE 8: DIET, WEIGHT MANAGEMENT BEHAVIOUR, BONE & HEARTS**

### **Notebook**

- Section 1 - Why do women gain weight?
- Section 2 – Diet & Behaviour
- Section 3 – Portion Control!
- Section 4 – The Essential Food Groups
- Section 5 - Protein, Fat & Alcohol
- Section 6 - Improving Bone Health with Diet
- Section 7 - Improving Heart Health with Diet

### **Assessment**

## **MODULE 9: SPORTS NUTRITION**

### **Notebook**

- Section 1 - Intermittent Fasting
- Section 2 - Low Energy Availability (LEA) & REDS
- Section 3 - Creatine Supplementation in Menopausal Women
- Section 4 - Collagen Peptides & Active Women in Menopause
- Section 5 - Female-Specific Research in Sports Nutrition
- Section 6 - Hydration as Part of a Pre & Post-Exercise Recovery Plan

### **Assessment**

## **MODULE 10: MENOPAUSE IN THE WORKPLACE**

### **Notebook**

- Section 1 - Working with Menopause - A Workplace Concern
- Section 2 - Menopause Symptoms & the Workplace
- Section 3 - Employment Law & Menopause
- Section 4 - Who to Talk to In the Workplace
- Section 5 - Practical Tips for Workplace Support

### **Assessment**

# MODULE 11: THE MENOPAUSE MIND

## Notebook

- Section 1 - Oestrogen's Impact on Mental Health
- Section 2 – How To Motivate Movement
- Section 3 – Self-care & Movement
- Section 4 – Changing Unhealthy Beliefs
- Section 5 – Breaking Shame & Discomfort Barriers
- Section 6 – Encouraging Self-Belief
- Section 7 – Integrating Mindfulness
- Section 8 - Resetting the Menopause Brain with Meditation & Mindfulness
- Section 9 - A Progressive Relaxation Treat for You & to share with your clients

## Assessment

## FULL COURSE COMPLETION

**Feedback Form** (Must be filled in)

**All assessments must be completed correctly.**

**Certificate of Attendance will be issued via email, evidencing CPD points.**

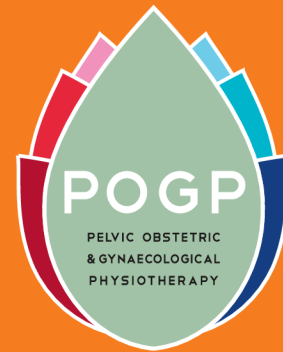
**Download Menopause Movement Badge.**

**Invitation to join the Menopause Movement Directory.**

**Menopause Movement Network Membership information.**



# MENOPAUSE MOVEMENT POGP BADGE COURSE



EXCELLENCE  
MATTERS

## **Short Course**

### **Menopause Essentials: Core Training & Certification**

## **MODULE 1: MENOPAUSE OVERVIEW**

### **Notebook**

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- **Section 3 - Menopause Basics**
- **Section 4 - Women's Health History**
- **Section 5 - Ethnicity & Culture**

### **Assessment**

## **MODULE 2: MEDICAL PERSPECTIVE**

### **Notebook**

- **Section 1 - Embryology of the urogenital tract**
- **Section 3 - Female reproductive hormones**
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### **Assessment**

## **MODULE 3: THE PELVIC FLOOR & MENOPAUSE**

### **Notebook**

- **Section 1 – Understanding GSM**
- **Section 2 – Prevalence**
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- **Section 4 - Local Treatment Options**
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- **Section 8 – Case Study - Rosie**

### **Assessment**

## **MODULE 4: MENOPAUSE & MOVEMENT**

### **Notebook**

- **Section 1 – Barriers to exercise**
- **Section 2 - Brain Health**
- **Section 3 – Brain Health**
- **Section 4 - Bone Health**
- **Section 5 – Cardiovascular Health**
- **Section 6 - Resistance Training - What, how & why?**
- **Section 7 - Physical Activity & Menopause – Menopause symptoms – The Evidence**
- **Section 8- Menopause & Movement lean muscle mass**

### **Assessment**



# MODULE 5: EXERCISE PHYSIOLOGY

## Notebook & Downloads

- Section 1 – Exercise Physiology & Menopause
- Section 2 – Consequences of inactivity
- Section 3 – Comparative Analysis of Training Approaches
- Section 4 - Low Energy Availability (LEA)
- Section 5 – Pelvic Health

## Assessment

## SHORT COURSE COMPLETION

**Feedback Form** (Must be filled in)

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**Course round-up and Menopause Movement Network Membership information.**

