

HRV Online Training Program



Become a Certified HRV-Professional!

Module 1 HRV **BASIC** Training

1. What is health
2. What is HRV
3. From ECG to HRV
4. Difference between pulse and heartrate
5. Derivation of the pulse curve
6. The LifeFire
7. Basic pattern
8. Sleep
9. Physical activity
10. Selected measurements



Module 2 HRV **ADVANCED** Training

Chapter 1: Principles

1. Chronobiology
2. Heartrate- and tachogram-display
3. Sampling rate and filtering
4. The emergence of the spectrogram
5. The spectrogram in its details

Chapter 2: Advanced software for HRV-analysis

1. The upgrading of
„My Autonom Health measurements“
2. Analysis overview
3. Vital Analysis
4. Med Analysis

Chapter 3: Advanced pattern recognition in HRV diagnostics

1. The „ingredients“ of correct HRV-diagnostics
2. Respiratory Sinus Arrhythmia
3. The difference between regeneration and fatigue
4. Exhaustion in detail
5. Flow in detail

Chapter 4: Sleep

1. Basic Rest Activity Cycle (BRAC)
2. Sleep stages in HRV
3. Regeneration is relaxation & recreation
4. Breathing in sleep and the relation of pulse-frequency to breathing-frequency
5. Snoring and apnea
6. Day performance causes sleep quality – sleep quality causes day performance

Chapter 5: Physical activities and sports

1. How to log different forms of activation
2. HRV and performance
3. Training parameter
4. Neurophysiological stress (NPS)
5. Dynamic C

Chapter 6: Causes and consequences of stress

1. Stress definition and differentiation
2. Stress and society
3. Stress and our brain
4. Stress and HRV
5. Stress - constitution, impulses and stimulus processing

Chapter 7: The Autonom Health Community



Lifelong Upgrade!

After having successfully passed the exam to become a certified HRV-Professional, you'll receive a lifetime upgrade of all your personal My Autonom Health measurements to the professional "complete analysis"-version (= vital + med analysis + health summary)!

Module 3

HRV PROFESSIONAL

Training

Chapter 1: Principles

1. Time domain parameter in HRV
2. Histogram
3. Scatterplot
4. Very low frequency
5. Low frequency
6. High frequency
7. Ultra low frequency
8. Total frequency
9. Artifacts
10. Cardiac arrhythmia

Chapter 2: Special pattern recognition in HRV

1. Strain
2. Good ability to concentrate and mental focusing
3. Meditation
4. Nutritional behavior
5. Overview of patterns for correct HRV analysis

Chapter 3: Special Software for HRV-analysis

1. Resume
2. HRVscan
3. Additional
4. Science software
5. HRV-glossary & Portal-guide

Chapter 4: Various examples of measurements from the HRV training folder

1. High performance HRV

*strong in all frequencies
strength, persistence and physical skills
high-level HRV 1
high-level HRV 2
record values in high frequency*

2. Good life

*bright delight
tiredness during the day
good mindfulness exercise
impressive dynamics
good sex*

3. Stress

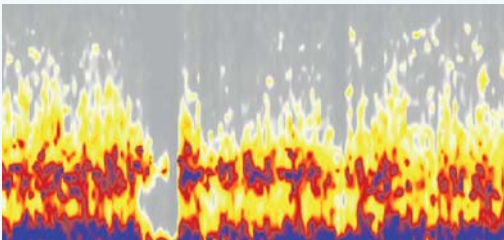
*acute stress
chronic stress
emotional stress
teenager with and without computer
reduced physical resilience*

4. Unhealthy lifestyle

*exhausted in divorce
unhealthy lifestyle
toxic load
occasional night shift
influence of cannabis
remarkable sleep of exhaustion
on the way to burnout
Venice marathon run with very
bad weather*

5. Pathologies

*statur post heart valve surgery
(antiarrhythmic therapy)
severe depression
acute viral infection
effect of mania
stress, depression, sleep disturbance*



Chapter 5: Burnout

1. What is burnout
2. Etiological factors and consequences
3. Phases and stages
4. Analyzing burnout with HRV
5. Extreme vagus overactivation as a special form of burnout
6. How to diagnose burnout

Chapter 6: HRV Coaching

1. What is, how to measure and how to create health
2. How to transform HRV-data into coaching
3. How to transform LifeFire-graphics into coaching
4. HRV typology for coaching
5. SWOT-analysis to identify the message of an HRV analysis
6. The C-O-A-O-C-H process



INTERACTIVE PART

Chapter 7: Interactive learning in groups

Interactive coaching course (preparing and coaching of „examples“ in groups with feedback and discussion)

Discussion of cases (measurements of participants and clients)

Chapter 8: Interactive coachings one on one

Interactive coachings of participants

Module 4 PRACTICE

Documentation of 10 measurements in Autonom Health coaching reports

Exam

Written questionnaire and discussion of one selected measurement

10 advantages of being a certified HRV-Professional by Autonom Health

1. Be an **expert** in digital health
2. Help people by discovering **hidden solutions**
3. Perform the most **effective coachings**
4. Find the best ways to **improve** your own health
5. Motivate your clients **in no time**
6. Use an **ingenious tool** within the world's leading group in HRV
7. Reach **new customers**
8. Help change lifestyles **sustainably**
9. Qualify for our **international** coaching platform
10. Join our **train the trainer** program

Take the chance and start NOW!

