



## Hinnerk Heuer

PERSONAL TRAINING

### Life

Name Hinnerk Heuer  
Job Personal Trainer  
Born 8 April 1976 in Hanover, Germany  
Hobbies Triathlon, Surfing, Parcour, Traveling, Cooking  
Languages German (native), English (business), Spanish (basic speaking & writing)  
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### Career

- University-entrance Diploma Gymnasium Lehrte (High School), Lehrte, Germany
- Apprenticeship Volksbank Burgdorf eG (Bank), Burgdorf, Germany
- Diploma in Economics Leuphana University Lüneburg (University), Lüneburg, Germany
- Diploma in Sportsmanagement IST - Institute for Sport & Tourism (Institute), Düsseldorf, Germany
- Social Sports Club Management License GOC - German Olympic Committee (Organisation), Frankfurt/Main, Germany
- Profess. Personal Trainer A-License SAFS & BETA (Institute), Hochheim, Germany

### Qualifications & Further Education

- Professional Personal Trainer A-Licence (recognized by the Federal Association Of German Personal Trainers)
  - Fitness Training License
  - Physio-Fitnesstraining Lizenz
  - Personal Training License
  - Fitness Training License
  - Physical Fitness Training License
  - Back Training License
  - Cardio- & Power Performance Diagnostic Licence
  - Food Coaching Licence
  - Mental- & Stress Relaxation Licence
  - Sport- & Recovery Massage Licence
- Further & Additional Education
  - Athletic Training (Born2 Coach / ADH) & Cross Training Instructor (VTF)
  - Functional Training & Functional Movement Screen (ADH)
  - Functional Training After Musculoskeletal Problems (ADH)
  - Sensory-Motor & Stabilization Training (ADH)
  - Intelligent Torso & Deep Abdominal Muscle Training (ADH)
  - Adequate Sport Nutrition For Athletes (ADH)
  - Life Saving Licence Gold – Open Water (DLRG) & First Aid Education (ASB)

### Publications

#### Reference Book – AV Akademiker Verlag (2012)

„Sport And Management – Basics, Perspectives, Recommendations“ (ISBN 3-639-44590-2)

#### Physio Fitness Concept – SAFS & BETA (2010)

„Functional (Core) Training In Companies – to strengthen the core muscles and reduce back pain at workers with postural and muscular imbalances“

#### Cardio Training Concept – SAFS & BETA (2010)

„Creating a health-oriented endurance training concept - the competition preparation of competitive triathletes and triathlon beginners (Sprint & Olympic Distance)“

#### Empirical Master Thesis – Leuphana University of Lüneburg (2005)

„The Synthesis of Sports and Management – Health prevention as an executive function in the context of integrative management concepts in Europe and Asia“