



Hinnerk Heuer

PERSONAL TRAINING

Life

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

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

Qualifications & Further Education

- Professional Personal Trainer A-Licence (recognized by the Federal Association Of German Personal Trainers)
 - Personal Trainer License
 - Fitness Trainer License
 - Physical Fitness Trainer License
 - Back Trainer License
 - Cardio- & Power Performance Diagnostic Trainer Licence
 - Food Coach Licence
 - Mental- & Relax Trainer Licence
 - Sport- & Recovery Massage Licence
- Further & Additional Education
 - Athletic Training Instructor (Born2 Coach / ADH) & Cross Training Instructor (VTF)
 - Cross Training Instructor (DTB)
 - 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 Lueneburg (2005)

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