



# Hinnerk Heuer

PERSONAL TRAINING

## Life

Name Hinnerk Heuer  
Job Personal Trainer / Athlete Trainer / Coach (Nutrition & Competition) / Dive Master (in training)  
Born 8 April 1976 in Hanover, Germany  
Languages German (native), English (business), Spanish (basic speaking & writing)  
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## Career

➤ University-entrance Diploma	1995	Gymnasium Lehrte, Lehrte, Germany (High School)
➤ Apprenticeship	1998	Volksbank Burgdorf eG, Burgdorf, Germany (Bank)
➤ Diploma in Economics	2005	Leuphana University Lüneburg, Lüneburg, Germany (University)
➤ Diploma in Sportsmanagement	2005	IST - Institute for Sport & Tourism, Düsseldorf, Germany (Sports Institute)
➤ Sports Club Management License B	2005	GOC - German Olympic Committee, Frankfurt/Main, Germany (Sports Organisation)
➤ Professional Personal Trainer License A	2012	SAFS & BETA, Hochheim, Germany (Sports Institute)
➤ Divemaster / OWSI (in training)	since 2020	OWD (2020) / AOWD (2021) / Dive Master/ Scuba Diving Instructor (in education)

## Qualifications & Further Education

- Professional Personal Trainer A-Licence (recognized by the Federal Association Of German Personal Trainers)
  - Personal Trainer License
  - Physical Fitness Trainer License
  - Back Trainer License
  - Mental- & Relax Trainer License
  - Fitness Trainer License
  - Cardio- & Power Performance Diagnostic Trainer Licence
  - Nutrition Coach Licence
  - Sport- & Recovery Massage Licence
- Further & Additional Education
  - Athletic Training Instructor (Born2 Coach / ADH)
  - Sensory-Motor & Stabilization Training (ADH)
  - Functional Training & Functional Movement Screen (ADH)
  - Functional Training After Musculoskeletal Problems (ADH)
  - Cross Training Instructor (DTB)
  - Intelligent Torso & Deep Abdominal Muscle Training (ADH)
  - Adequate Sport Nutrition For Athletes (ADH)
  - First Aid Training (ASB)
- Diving – Brevets & Specialties
  - OWD (IAC / RSTC – No. 397157 – March 2020 – DC Aquanautic Club Tenerife, Marco Plenert / Timo Scheffler)
  - Special Nitrox-Basic (IAC / RSTC – No. 397858 – March 2020 – DC Aquanautic Club Tenerife, Marco Plenert / Timo Scheffler)
  - Special Navigation (IAC / RSTC – No. 402829 – Jan2021 – Manta Diving Madeira, Stefan Maier / Christina Ludwig)
  - Special Deep (IAC / RSTC – No. 402843 – Jan 2021 – Manta Diving Madeira, Stefan Maier / Christina Ludwig)
  - AOWD (IAC / RSTC – No. 402844 – Jan 2021 – Manta Diving Madeira, Stefan Maier / Christina Ludwig)
  - Rescue Diver (PADI – March 2021 – Madeira Divepoint, Ralf Hein / Wilfried Pilzer)
  - Dive Master (PADI – In training / internship since Feb 2021 – Madeira Divepoint, Ralf Hein / Wilfried Pilzer)
  - Diver's Logbook (from 15.03.2021): Logged Dives: 60+, Max. Depth: 33 Meter

## Publications

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

„Sport And Management – Basics, Perspectives, Recommendations“ (ISBN 3865503500)

**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: A topic of management boards in the context of integrative management concepts in Europe and Asia“