

→ WELCOME



TO FUNCTIONAL SPORTS MEDICINE

Cohort #5

Education is not
preparation for life;
education is life itself.

JOHN DEWEY





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Welcome Booklet

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Dr. Ara's

PHILOSOPHY



Dr. Ara Supaya is a physician uniquely trained in allopathic medicine, functional medicine, acupuncture, sports science, and culinary medicine. Over the past 25 years, he has worked with some of the world's top athletes—particularly elite golfers including several world number ones. His core philosophy centers on interpreting blood biomarkers through a performance lens, rather than a disease-based one, to help athletes and high performers optimize health, training, and recovery.

Dr. Ara believes that true performance begins with clarity—clarity in data, clarity in mindset, and clarity in the body's signals. He doesn't treat lab results in isolation. Instead, he contextualizes each biomarker within the athlete's lifestyle, training load, and personal goals. This individualized approach allows him to spot early signs of dysfunction before they become limitations.

His methodology integrates Eastern wisdom with cutting-edge science. From functional lab testing and nutrient tracking to acupuncture and recovery protocols, every decision is intentional, and every

intervention is measurable. Whether working with a world-class golfer or a driven executive, Dr. Ara's goal remains the same: to extend the window of high performance while minimizing injury, fatigue, and burnout.

He often says, "You can't fix what you don't measure—and you can't improve what you don't understand." That's why education is at the core of his practice. He empowers his clients to understand their own biology, equipping them to take ownership of their health both on and off the field.

THE MASTER CLASS

Education with a Purpose

**WHAT YOU SHOULD EXPECT, BEGIN TO THINK
ABOUT AND HOW ARE YOU GOING TO MOVE ON
WITH THIS KNOWLEDGE?**

WHAT TO EXPECT:

His masterclasses are designed to teach practitioners:

- How to order and interpret blood work
- When and how to use urine, stool, and oxidative stress panels
- How to translate lab results into performance plans
- How to apply frameworks to optimize resilience and avoid burnout

He also emphasizes personalization—treat the person, not the symptom—and insists this approach is for healthy, high-functioning individuals rather than those with clinical disease.

This is a self-paced online class, designed for flexibility so you can progress through the material at your own rhythm. Whether you're a coach, trainer, or health professional, you'll be able to absorb the depth of the content without the pressure of real-time schedules.

Each module includes video lessons, supplemental resources, and assignments to help you apply the material in real-world scenarios. Homework is built into the course to ensure you:

- Understand the core concepts
- Practice interpreting lab data
- Begin using Dr. Ara's performance frameworks with confidence

This isn't just about passive learning—it's an immersive educational experience built to elevate your clinical insight and hands-on skills.



IN DEPTH BREAKDOWN

1

Core Modules

The Masterclass is delivered in a series of video-based modules, each building on the previous one. The flow is intentional—early modules teach you how to think, while later ones show you what to do.

- Start with Modules 2-5. These are the foundational modules that lay the groundwork for Dr. Ara's entire framework. Expect deep dives into systems biology, inflammation, the stress response (allostasis), and primary metabolic imbalances.
- Each module is self-paced. Re-watch often. Layer your understanding over time—just like your athletes layer performance gains.

2

Live Coaching Calls

After each module, there will be live group calls with Dr. Ara. This is where theory becomes real:

- Case breakdowns from real athletes (including pro tour insights)
- Application of biomarker interpretation in clinical context
- Personalized answers to your questions
- Open discussion on real-world obstacles in applying what you're learning

Note: These calls are where you gain mentorship—not just information. Attendance is highly encouraged.

3

Quizzes & Mastery Testing

To ensure retention and application, each module concludes with a quiz.

- You must score 100% to pass.
- If you don't? You retake it.
- This isn't to create stress—it's to raise your standard of mastery.

Why 100%? Because your future clients, athletes, or teams are counting on you to not miss the small stuff that can make or break a career.

4

Homework & Real-World Practice

Every module includes practical homework assignments to help you apply the lessons immediately. This may include:

- Reviewing lab data with the FSM lens
- Writing your interpretation of a biomarker trend
- Creating an intervention plan based on inflammation triggers
- Identifying the "three whys" in an athlete's case

These exercises ensure you're not just learning, but integrating. This is where you begin to think like Dr. Ara.

CHECKLIST



HOW TO SUCCEED

- Show up 100%. Watch every minute of Modules 2-5.
- Take notes. Review them weekly.
- Complete every quiz with a perfect score. Retake if needed.
- Join the live calls. Bring your clinical questions and patterns you're noticing.
- Stay curious. Re-watch modules as needed, especially Module 5 on Allostatic Load.
- Remember: you're learning to think differently, not follow a protocol.



LIVE CALL DATES

Live coaching call will take place 7pm EST.

- Aug 19th
- Sept 2nd
- Sept 16th
- Sept 30th
- Oct 14th
- Oct 28th
- Nov 11th



SUPPORT & COMMUNITY

As part of the course, you'll gain access to a private learning community where you can:

- Ask questions between modules
- Share difficult cases
- Get feedback from Dr. Ara and fellow practitioners
- Stay motivated and accountable



CONTACT

You're not alone on this journey. In addition to Dr. Ara's guidance, our support team is here to ensure you feel confident, equipped, and never stuck.

If you have any questions about the course, your access, or how to implement what you're learning, please reach out.

Contact Ashley at support@functionalsportsmedicine.com — we're here to help.



LIFETIME ACCESS

You'll have lifetime access to the core content. This means:

- You can revisit key modules during different stages of your career
- You'll have access to updates as science, lab testing, or FSM methodologies evolve
- You'll never be behind the curve again

EDUCATION FOR YOU



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