

Body Transformation Specialist Level 1 & 2

体形改造专家（第一级与第二级）

Help Clients Gain Muscle and Lose Fat Safe & Effectively

帮助客户安全有效地增肌减脂

Course Overview 课程介绍

Achieving an aesthetic physique seems to be getting immensely popular among high school kids, college students, corporate executives, dads and mums! Many of them look for personal trainers to help them achieve their goals, be it for self-improvement or competitive reasons, via a natural and healthy transformation programme.

在高中生、大专生、上班族、爸爸妈妈们等族群中，拥有健美体形是大家流行追求的目标之一！不管是纯粹提升自己或是竞技因素，他们都会倾向于寻求私人教练帮助，透过自然和健康的改造方案达成目标。

Learn how to design and implement transformation programmes for clients based on internationally approved principles, combined with the exposure of various tried and proven strategies for better body composition, muscle size, proportion and muscularity.

Yes, it's both science and experience in this power-packed 3-day body transformation specialist course.

这为期 3 天的体形改造专家课程，结合了科学和讲师实战经验。您将学到如何运用国际认可准则，结合各种有效的增肌减脂策略，为这些客户设计和实施体形改造计划。

Course Highlights 课程亮点

- Receive Hands-on Coaching on How to Modify Exercise Techniques to Increase Muscle Tension
手把手教你如何通过调整运动技巧来增加肌肉张力
- Discover science, secrets of champions, both failed and proven strategies used to transform clients into their best physique of their lives
探索冠军背后的科学秘诀，以及改造客户的失败与成功案例
- Systematic Client Progression Plan (from beginner to advance) for Both Hypertrophy and Nutritional Strategies
从肌肥大与营养策略切入，针对初阶到高阶选手设计周期化训练方案
- Build Long Term Transformation Programme
打造长期可持续的改造方案
- Find out what you can do on the last 12 weeks leading up to your best day
比赛日前 12 周的策略
- Gain Insights and Receive Coaching on How to Strike Better Pose for Social Media and Aesthetic Competitions
学习如何在社交媒体与健美比赛中摆出更好的姿势

Why Should You Consider This Course? 您为什么需要参与这项课程？

You are a fitness professional and want to help clients with body composition goals; gain lean muscle mass and lose body fat. Understanding that every client's body responds differently to each training and nutritional strategies, you want to ensure your programme is safe and effective. You are also looking for hands-on and face-to-face experience to sharpen your skills in a client's body transformation

身为体适能专业人士，我们希望帮助客户实现身体成分目标：增肌、减脂。通过了解不同客户对每种训练和营养策略的不同反应，您可以确保您的计划安全并有效。甚至能在实践和面对面的体验中，打磨您对客户体形改造中的技能

What Are the Topics Covered? 课程内容包含了哪些主题？

- Understanding expectations for a better physique
了解体形改造训练的能带来的效果
- Exercise modifications for better muscle stimulation
有效刺激肌肉的动作调整技巧
- Science & strategies for hypertrophy and fat loss
增肌减脂的科学策略
- Transformation programmes for clients
为客户设计改造方案
- Posing techniques
健美姿势

Who Will This Benefit? 这项课程适合谁？

- Fitness Professionals
体适能训练专家
- Strength and Conditioning Professionals
肌力与体能训练专家

Pre-requisite 参课条件

This course is designed for fitness professionals who wish to learn how to help clients with body composition goals; gain lean muscle mass and lose body fat. Basic fitness instructing/personal training certification recommended.

此课程专为想要帮助客户改善身体成分，增肌减脂的体适能训练专家设计。建议事先获取基本体适能指导/私人教练证书。

Course Provider 课程提供单位

Fitness Edutraining Asia (FEA)

CEC Points 继续教育学分

Level 1: ACE 1.2 CECs , Level 2: ACE 0.8 CECs , Level 1 & 2: NASM 1.8 CEUs

Course Duration 课程时长

18 hours (3 days)

18 小时 (3 天)

Fitness Edutraining Asia (FEA)

Learning Materials 学习材料

Handouts, course manual and/or presentation slides
讲义，课程教材和/或 PPT

Awards 证书

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion
全程参与并完成工作坊/课程后，方能获取结业证书

Grading Criteria 通过标准

Completion of course participation and assignment(s)
全程参与课程与完成作业

Recertification 重新认证

N/A

Exam Fee 考试费用

N/A

Dress Code 着装规范

Fitness attire
运动服装

What Do I Need To Bring? 我需要带什么？

Stationery and a spare change of clothes
文具与一套替换服装

Course Capacity 课程人数

A minimum of 12 pax and a maximum of 20 pax
至少 12 人，最多 20 人

Language 语言

English
英文

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