

# Kettlebell Performance Training Level 1

## 壶铃运动表现训练—第一级

**Build Client's Strength, Power and Endurance with Kettlebell**  
利用壶铃提升客户的肌力，爆发力与耐力

### Course Overview 课程介绍

Many personal trainers incorporate kettlebell training into their clients' workout. Kettlebells are mobile fitness tools that can be taken around with you, anytime and anywhere. Training with kettlebells allow your clients to build strength, power and endurance while having fun! 许多私人教练在带领客户训练时会加入壶铃训练。壶铃方便携带，让您能在何时何地进行训练。壶铃训练除了能让训练变得有趣以外，同时也能建立肌肉力量，爆发力以及耐力。

Through this course, you'll receive the coaching tools you need to incorporate kettlebell workouts and movements into your clients' training programmes. As a result, you'll help your clients get leaner, stronger and faster while building functional strength and improving athletic performance.

您将学到壶铃训练的指导技巧，以更好地整合在客户的训练计划里。帮助客户身体变得更结实、更强壮、更快速的同时，也提升功能性力量与运动表现。

### Course Highlights 课程亮点

- Complex movements broken down into step by step progression every client can follow!  
学习复杂动作的拆解，让客户快速上手！
- Get coached by our edutrainers personally to ensure you as coaches can perform these movements seamlessly  
讲师亲自指导，确保你能流畅的“玩”壶铃。

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

- Get your clients leaner, faster and stronger using kettlebell training  
透过壶铃训练让身体变得更结实、更快速与更强壮。
- You want to learn how to execute Kettlebell exercises safely and correctly  
学习如何安全正确的用壶铃来训练
- You want to learn how to breakdown Kettlebell exercises to step by step progressions to help clients learn it effectively  
学习如何拆解复杂的壶铃，然客户能够循序渐进、有效学习

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

- Technical proficiency in performing the various core kettlebell lifts; the kettlebell swing, snatch, and clean and jerk  
掌握各种核心壶铃训练：荡壶，抓举，上博，挺举。
- Correctly and safely train and spot clients using these techniques  
以安全正确的方式训练与保护客户

- Advise clients on technique progression and scaling of kettlebell movements based on client's current skill level  
因材施教，根据客户的能力，为其安排难度适当的训练
- Design and implement kettlebell fitness programmes based on clients' goals and current fitness levels  
根据客户的目标与当前能力，为其设计与执行壶铃体适能计划。

### **Who Will This Benefit? 这项课程适合谁？**

- Fitness Professionals  
体适能训练专家
- Health Professionals  
医疗专家
- Strength and Conditioning Professionals  
肌力与体能训练专家
- Sports Coaches  
体育教练
- Fitness Enthusiasts\*  
健身爱好者\*

\*Note: to gain full benefits of the course, fitness enthusiasts should already have pre-existing knowledge and skills in resistance training and flexibility exercises. E.g. Names of exercises, muscles involved, techniques and how to put a workout session together (irregardless right or wrong).

\*注意：为了充分理解课程内容，健身爱好者需具备阻力训练和柔韧性动作的知识和技能。例如。动作的名称，涉及的肌肉，技巧以及如何安排训练课程（无论对与错）。

### **Pre-requisite 参课条件**

This course is designed for fitness professionals who wish to incorporate Kettlebell training into their workout sessions. Basic fitness instructing/personal training certification is recommended.

此课程专为想要把壶铃加入私教课程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**

ACE 0.7 CECs

### **Course Duration 课程时长**

7 hours (1 day)

7 小时 (1 天)

### **Learning Materials 学习材料**

Fitness Edutraining Asia (FEA)

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)  
全程参与课程和完成作业

### **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  
文具和一套替换服装

### **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  
中文

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