

**FEA Certified Fitness Instructor (Level 1 of Certified Fitness Practitioner by FEA)**

**Online Theory Component 理论课**

<p><b>Google Classroom Studies concurrent with the face to face studies</b></p> <p><b>线上学习 (理论)</b></p>	<p>视频Videos (including but not limited 包括可是不局限于): Video maximum 20 minutes/ each. 每个视频不长过20分钟。</p>	<p>1. Qualities of a Good Personal Trainer 2. Certification vs Certificate 3. Certified vs Ability 4. Studying for the ACE Exam 5. What is a Certified Fitness Practitioner (CFP)? 6. How to Become a Certified Fitness Practitioner (CFP)? 7. Personal Trainer's Scope of Practice 8. Role of a Fitness Instructor 9. CFP Level 1 Exam Criteria &amp; Video Submission Guideline 10. Principles of Fitness</p>	<p>12. General Workout Structure 13. Movement Science: a. Bend &amp; Lift b. Single Leg c. Pushing &amp; Pulling d. Shoulder Press e. Rotation 14. Movement Progressions 15. Designing CONTROL Workout 16. Designing TRAIN Workout 17. Cardiovascular Training Guidelines</p>
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**Face to Face Practical/ Tutorial Component 实操/理论应用课**

Day	Date	Time	Duration	Venue	Fitness Attire	Topic
1		9am - 12pm	3 hours	CLR & GYM	✓	The Professional Personal Trainer and Career Pathway Principles of Fitness and Programming Model 专业健身教练, 职业规划, 体适能原则和训练模式
		1pm - 4pm	3 hours	GYM	✓	ACT: Lower Body Training ACT: 下肢训练
2		9am - 12pm	3 hours	GYM	✓	ACT: Upper Body Training ACT: 上肢训练
		1pm - 4pm	3 hours	GYM	✓	Designing & Implementing Workout 课程设计和执行
3		9am - 12pm	3 hours	CLR & GYM	✓	BEAT: Aerobic & Anaerobic Training, Resistance Training Guidelines & Review BEAT: 有氧和无氧, 阻力训练指南和复习
		1pm - 4pm	3 hours	CLR & PR/PG	✓	Exercise Technique and Teaching Skills Review & 动作技巧和指导技巧复习 & CPR 心肺复苏术 Theory Exam (20%), Quiz (5%), Practical Exam (75%): Video Submission - due within 14 days 理论考试 (30%), 小测验 (10%), 实践考试 (60%) 视频提交-14天之内提交

**FEA Personal Trainer in Practice (Level 2 of Certified Fitness Practitioner by FEA)**

**Online Theory Component 理论课**

<p><b>Google Classroom Studies concurrent with the face to face studies</b></p> <p><b>线上学习 (理论)</b></p>	<p>视频Videos (including but not limited 包括可是不局限于): Video maximum 20 minutes/ each. 每个视频不长过20分钟。</p>	<p><b>Personal Trainer in Practice</b> 1. Role of a Personal Trainer 2. The Goal Based Training Model 3. Client's Motivation to Exercise 4. Scope of Practice, Code of Ethics and Legal &amp; Professional Responsibilities 5. Building Rapport 6. Goal Discussion 7. Program Personalization 8. Essential Screening 9. Client Management and Readiness to Change 10. Client Learning Curve and Providing Feedback 11. Case Study : Andrew, Rebecca &amp; Charles 12. Business Essentials &amp; Tools to Become a Successful CFP</p>
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**Face to Face Practical/ Tutorial Component 实操/理论应用课**

Day	Date	Time	Duration	Venue	Fitness Attire	Topic
1		9am - 12pm	3 hours	CLR & GYM	✓	Training to Improve Function 改善功能的训练
		1pm - 4pm	3 hours	CLR & GYM	✓	Training to Improve General Health 改善一般健康的训练
2		9am - 12pm	3 hours	CLR & GYM	✓	Training for General Fitness 一般体适能的训练
		1pm - 4pm	3 hours	CLR & GYM	✓	Training to Improve Body Composition 改善身体成分的训练
3		9am - 12pm	3 hours	CLR & GYM	✓	Making it Personal and Case Studies Review 个人化、案例研究
		1pm - 4pm	3 hours	CLR & GYM	✓	Case Studies Review and Business Essentials 案例研究, 业务和行销 Submission of Assignment: due within 3 months 提交作业: 3个月内

**ACE Personal Trainer Exam Preparation Course**

**Online Theory Component 理论课**

<p><b>Google Classroom Studies concurrent with the face to face studies</b></p> <p><b>线上学习 (理论)</b></p>	<p>视频Videos (including but not limited 包括可是不局限于): Video maximum 20 minutes/ each. 每个视频不长过20分钟。</p>	<p>1. About the ACE Exam 2. Scope of Practice, Code of Ethics and Legal &amp; Professional Responsibilities 3. Insurance 4. The ACE Integrated Fitness Training (IFT) Model 5. ACE IFT Model – Cardiorespiratory Training 6. Heart Anatomy &amp; Physiological Adaptations of Cardiovascular Training 7. Energy System &amp; 3-Zone Training Model</p>	<p>8. ACE IFT Model – Functional Movement &amp; Resistance Training 9. Physiological Adaptations of Stability &amp; Mobility Training 10. Physiological Adaptations of Resistance Training 11. Factors Affecting Strength 12. Anatomy &amp; Movement 13. Client Assessment – Sequencing 14. Client Assessment – CAD Risk Stratification 15. Client Assessment – Readiness to change 16. Nutrition &amp; Weight Management 17. Special Population</p>
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**Face to Face Practical/ Tutorial Component 实操/理论应用课**

Day	Date	Time	Duration	Venue	Fitness Attire	Topic
1		9am - 12pm	3 hours	CLR	-	Cardiorespiratory Anatomy, Adaptations and Bioenergetics 心肺解剖学, 适应和能量学
		1pm - 4pm	3 hours	CLR	-	Functional & Resistance Programming Science 功能性和阻力训练科学
2		9am - 12pm	3 hours	CLR	-	Anatomy and Nutrition 动作解剖和营养
		1pm - 4pm	3 hours	CLR	-	Assessments and Special Population 评估和特殊族群
3		9am - 12pm	3 hours	CLR	-	Trial Exam 模拟考
		1pm - 4pm	3 hours	CLR	-	Trial Exam Review 模拟考复习 ACE Exam (Exam fees: RM 1350)

**Notes:**

- Students are advised to come in fitness/workout attire
- Attendance is very important to ensure smooth learning experience. Classes missed are non-replaceable
- Kindly take note that CPR certificate is required for ACE/NSCA/ACSM examination. Rescheduling of CPR class will incur additional charges
- If you have any questions regarding scheduling/exam registration, please write to registration@fit.com.my
- If you have any academic related questions, please write to helpmelearn@fea.group (english) and helpmelearn.cn@fea.group (chinese)
- Dates/topics stated here are subject to change. Students are advised to check their emails for course details and reminders