



RECOMMENDATION OF FITNESS CAREER JOURNEY
体适能职业生涯规划

1. 将柔韧性训练、心肺训练、阻力训练等等作为设计课表部分，并实际执行自我调节的体适能训练方案，能够提升健身经验。掌握健康饮食习惯知识也是必不可少的。您可以找一个私人教练帮助您达到这一点。

Gain experience designing workout and implementing of a self-regulated health-fitness programme which includes but not limited to flexibility training, cardiovascular training and resistance training. Having knowledge in healthy eating habits is essential too. Getting a personal trainer can help you to do that.

2. 参加私人教练培训计划，成为体适能从业者。

Undergo a development programme to become a fitness professional

3. 报名，准备，并通过您的体适能从业者认证考试。

Register, prepare and pass your fitness professional certification exam

4. 开始训练客户，或者在健身房受雇为健身教练/私人教练（最好有经验丰富的导师）。

Start training clients or get employed as a fitness instructor/personal trainer at a gym (preferably with an experienced mentor)

5. 发展您的私人教练业务以及建立您的社群。

Grow your personal training business and build your community

6. 探索自己热衷的训练模式或与您相匹配的受众类型。

Discover your favourite training modality or type of audience which matches you.

7. 参加继续教育课程或进阶认证，积极打磨您的职业能力。

Take continuing education courses or advanced certification to sharpen your skills.

8. 持续在您的专项领域训练更多客户。

Continue to train more clients in your area of specialization.

9. 通过阅读期刊，参加大型会议，参加更多的继续教育课程，与行业最新发展与时并进。

Stay current in the industry by reading journals, attend conferences and attend more continuing education courses.



10. 向社群分享以及新晋体适能从业者分享您的智慧，他们渴望像您一样成功。

Share your wisdom with your community and new fitness professionals whom aspire to be successful like you.

预知更多资讯，欢迎写信到 learn@fit.com.my 询问，或 whatsapp 我们(+60)126356126.

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