

Health Coaching for Clients with Weight Management Goal

为有体重管理目标的客户提供健康辅导

Enjoy Higher Success Rates of Client Fat Loss Programme through Effective Coaching System

学习高效辅导系统，帮助客户成功达成减脂目标

Course Overview 课程介绍

The prevalence of overweight and obesity along with chronic, inactivity-related diseases is on the rise. Since obesity is a multifactorial disease involving a complex interplay among environmental, behavioral, genetic and hormonal factors, training these clients requires more than just looking at the energy balance; exercise more, and make better food choices. By having deeper understanding of client's background and challenges, health coaches facilitate goal setting, help clients overcome barriers and choose strategies which fits into their lifestyle. 超重和肥胖症以及慢性，久坐不动相关疾病的患病率正在逐渐上升。由于肥胖症是一种多因素疾病，涉及多种因素之间的复杂相互作用，包括：环境，行为，遗传和荷尔蒙的因素，因此在训练这些客户时需要的不仅仅只是关注能量平衡；多运动，和做出更好的食物选择。通过更深入地理解客户的背景和挑战，健康教练协助客户设定目标，帮助客户克服障碍并选择适合其生活方式的策略。

Health Coaches are uniquely positioned as skilled partners who can help individuals change behaviours that create health risks, as well as empower individuals to better self-manage their weight and chronic health conditions. Thus, clients is able to sustain healthy lifestyle behaviors that prevent, mitigate and even reverse chronic diseases.

健康教练具有独特的定位，是有专业技能的体适能教练，可以帮助客户改变对其健康有害的行为，并使客户更好地自我管理其体重和慢性健康状况。因此，客户能够维持对有益健康的生活方式的的行为，并从而预防，减轻甚至逆转慢性疾病。

Thus, elevate your career by becoming a health coach. Learn the science and skills to support meaningful and lasting lifestyle change for those you are called to serve. As a health coach you'll expand your skillset and move your career forward enabling your to help people while earning additional income. You'll also gain greater flexibility to work with others when and how you want, including even virtually by phone or video.

因此，来提升你的职业生涯，成为一名健康教练。通过学习科学和专业技能来给予您的客户有意义的支持和永久的生活方式改变。作为一名健康教练，您将扩展您的技能并推动您的职业发展，使您能够在获得额外收入的同时帮助人们。您还可以获得更大的工作弹性，可以随时随地与他人合作，甚至包括通过电话或视频进行虚拟辅导工作。

Course Highlights 课程亮点

- 10 Steps System to Coach Clients With Fat Loss Goals
学习如何通过 10 个步骤来辅导有体重管理目标的客户
- Physiology of fat storage and fat loss
脂肪储存与减脂的生理学
- Stress management strategies

压力管理策略

- Dietary strategies for weight loss and weight maintenance
减脂及维持重量的饮食策略
- Exercise programming for overweight and obese clients
为超重和有肥胖症的客户设计运动方案

Course Objectives 课程目标

1. Establish rapport with clients using effective communication strategies in order to build and maintain collaborative relationships.
使用有效的沟通策略与客户建立融洽的关系，以建立和维护合作关系。
2. Help clients take responsibility for personal health by identifying strengths, challenges, and available resources in order to make healthful lifestyle choices.
通过识别优势，挑战和可用资源，帮助客户承担个人健康责任，以便做出健康的生活方式选择。
3. Facilitate client-directed behaviour change using evidence-based coaching strategies to promote healthful lifestyle choices.
使用有根据的辅导策略促进以客户为导向的行为改变，以促进健康的生活方式选择。
4. Use available health, medical, wellness and lifestyle information by employing appropriate assessment tools and standards in order to stratify risk, identify the need for medical clearance and referrals.
通过采用合适的评估工具和标准，使用可用的健康、医疗、保健和生活方式信息，以对风险进行分层，确定对体检合格证和转诊的需求。
5. Design individualised plans based on interviews, screenings, assessment data and goals in order to progress clients toward healthful lifestyle management.
根据访谈、筛查、评估数据和目标设计个性化计划，以使客户朝着健康的生活方式管理迈进。
6. Implement individualised plans using evidence based coaching practices in order to progress clients toward healthful lifestyle and behaviour change
使用有根据的辅导实践实施个性化计划，以推动客户朝着健康的生活方式和行为改变迈进
7. Evaluate plan effectiveness in collaboration with clients to monitor outcomes and support progress toward goals.
与客户合作评估计划的有效性，以观察结果并支持实现目标的进度。
8. Collaborate with clients to adjust plans based on ongoing evaluations in order to promote adherence, personal responsibility and success.
与客户合作，根据正在进行的评估调整计划，以促进坚持、个人责任和成功。
9. Build and develop your health coaching business to make it work for both you and your client.
建立和发展您的健康教练业务，使其对您和您的客户都有效。

Why Should You Consider This Course? 你为什么考虑这门课程？

Become a successful health coach by being able to empower clients who are overweight and obese to better self-manage their weight and chronic health conditions
成为一名成功的健康教练，能够使超重和肥胖症的客户更好地自我管理体重和慢性健康状况

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 to learn health coaching thus being able to help clients achieve fat loss goals via lifestyle modifications. Basic fitness instructing/personal training certification recommended.

许多体适能训练专家想通过学习健康辅导，调整生活习惯，帮助客户达到减脂目标。而此课程专为他们设计。建议课前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 CECs 1.6, NASM CEUs 1.8

Course Duration 课程时长

14 hours (2 days)

14 小时 (2 天)

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)

全程参与课程和完成作业

通过标准

Completion of course participation and assignment(s)

Fitness Edutraining Asia (FEA)

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

Casual

休闲

What Do I Need To Bring? 我需要携带什么?

Stationery

文具

Course Capacity 课程人数

A minimum of 12 pax and a maximum of 20 pax

最少 12 人，最多 20 人

Language 语言

English, Mandarin

英语, 中文

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