

Body Transformation Specialist Level 1 & 2

體形改造專家（第一級與第二級）

Hypertrophy and Fat Loss Strategies for Everyday Clients

日常客戶的肌肥大和減脂策略

Course Overview 課程介紹

Achieving an aesthetic physique seems to be getting immensely popular among our everyday clients. Many of them look for personal trainers to help them achieve their goals via a natural and healthy approach. These clients need sustainable transformation programme instead of competitive strategies. Thus, strategies need to be realistic and fun for the everyday client.

獲得美觀的體形似乎在我們的日常客戶中越來越受歡迎。他們中的許多人尋找私人教練，以幫助他們通過自然和健康的管道實現目標。這些客戶需要永續的體型改造計畫，而不是健美競賽的戰畧。因此，對於日常客戶來說，策略需要現實而有趣。

On the other hand, competitive strategies lead clients to extremely low body fat percentage and high muscle mass which usually last for only a couple of weeks as well as prone to usage of performance enhancement substance. Personal trainers with competitive background should not entirely rely on their personal transformation experience in helping everyday clients to transform because sustainable transformation is very different from competitive transformation.

另一方面，健美競賽策略會導致客戶身體脂肪百分比極低，肌肉質量高，通常此體態僅能持續幾周，並且競賽策略一般包括使用表現增強藥物。具有競賽背景的私人教練不應全然依賴其個人的改造經驗來幫助日常客戶改造，因為永續的體型改造策略與準備競賽的體型改造策略截然不同。

This course aims to provide personal trainers with a strong understanding on scientific evidence available in this field and a systematic approach to manage clients' body transformation programme in terms of building lean mass and losing fat based on scientific evidence and successful practices. The programme is built on the foundation of sustainability and adherence.

本課程旨在為私人教練提供此領域現有的科學證據和國際認可準則的深刻理解，更系統化的管理客戶為其打造體型改造，尤其是基於科學證據和成功實踐性高的增肌減脂策略。此改造計畫建立在可持續性和可依從性的基礎上。

Course Highlights 課程亮點

- Receive Hands-on Coaching on How to Modify Exercise Techniques to Increase Muscle Tension
手把手教你如何通過調整運動技巧來新增肌肉張力
- Muscle Group Exercise Analysis - Understanding Biomechanics and Role ("General", "Focussed" or "Isolation")
肌群運動分析-瞭解生物力學和角色（“整體”、“集中”或“孤立”）
- Science of Hypertrophy, Fat Storage and Fat Loss
肌肥大、脂肪儲存和脂肪流失的科學
- Systematic Programming for Hypertrophy and Fat Loss

肌肥大和減脂：系統化的計畫安排

- Long Term Programming - Preparation, Hypertrophy Phase, Fat Loss Phase and Maintainance
長期規劃-準備、肌肥大階段、減脂階段和維持
- How Female Menstrual Cycle Influence Training and Nutrition
女性月經週期如何影響訓練和營養計畫
- Building a 3D Gluteal Muscle
打造 3D 臀肌
- Gain Insights and Receive Coaching on How to Strike Better Pose for Social Media
就如何為社交媒體打造更好的姿勢獲取見解並接受指導

Why Should You Consider This Course? 您為什麼需要參與這項課程？

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, effective and sustainable. You are also looking for hands-on and face-to-face experience to sharpen your skills in a client's body transformation

身為體適能專業人士，我們希望幫助客戶實現身體成分目標：增肌、減脂。通過瞭解不同客戶對每種訓練和營養策略的不同反應，您可以確保您的計畫安全，有效並永續。甚至能在實踐和面對面的上課體驗中，提升您對客戶體形改造中的技能

What Are the Topics Covered? 課程內容包含了哪些主題？

- Understanding expectations for a better physique
瞭解體形改造訓練的能帶來的效果
- Exercise analysis and modifications for better muscle stimulation and programming
動作分析和調整技巧，以更好地刺激肌肉和肌肥大程式設計
- Science & strategies for hypertrophy and fat loss
增肌減脂的科學與策略
- Long Term Programming - Preparation, Hypertrophy Phase, Fat Loss Phase and Maintainance
長期規劃-準備、肌肥大階段、減脂階段和維持
- How Female Menstrual Cycle Influence Training and Nutrition
女性月經週期如何影響訓練和營養計畫
- Building a 3D Gluteal Muscle
打造 3D 臀肌
- Non-competitive posing techniques
非競賽擺姿勢技巧

Who Will This Benefit? 這項課程適合誰？

- Fitness Professionals
體適能訓練專家
- Strength and Conditioning Professionals
肌力與體能訓練專家

Pre-requisite 參課條件

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 is recommended. It is highly encouraged that candidates have experience in body transformation prior to the course

此課程專為想要幫助客戶改善身體成分，增肌減脂的體適能訓練專家設計。建議事先獲取基本體適能指導/私人教練證書。我們鼓勵營員在參課前具備自身體型改造方面的經驗。

Course Provider 課程提供組織

Fitness Edutraining Asia (FEA)

CEC Points 繼續教育學分

Level 1 & 2 : ACE 2.4 CECs , Level 1 & 2: NASM 1.8 CEUs

Level 1 & 2 : 美國運動委員會 2.4 CECs , Level 1 & 2: 美國國家運動醫學學院 1.8 CEUs

Course Duration 課程時長

18 hours (3 days)

18 小時 (3 天)

Learning Materials 學習資料

Handouts, course manual and/or presentation slides

講義，課程教材和/或 PPT

Awards 證書

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

全勤參加並完成本工作坊/課程後，您將獲得工作坊/課程完成證書

Grading Criteria 通過標準

Completion of course participation and assignment(s)

完成課程參與和工作

Recertification 重新認證

N/A 無

Exam Fee 考試費用

N/A 無

Dress Code 著裝規範

Fitness attire 運動服裝

What Do I Need To Bring? 我需要帶什麼?

Stationery and a spare change of clothes

文具與替換服裝

Course Capacity 課程人數

A minimum of 12 pax and a maximum of 25 pax

Fitness Edutraining Asia (FEA)

至少 12 人，最多 25 人

Language 語言

English or

Mandarin (Translation): Course will be conducted in English by Edutainer; There will be live onsite Mandarin translation

英文或

中文（翻譯）：課程將由講師以英語授課；課堂現場會有中文翻譯

Information displayed above is correct during time of publishing and may subject to change without prior notice

以上資訊若有更動，恕不另行通知。