

Health & Fitness Nutrition (Level 1)

健康与体适能营养 (Level 1)

Help Your Clients Eat Better for Health and to Perform Better

帮助你的客户吃得更好，以促进健康和运动表现

Course Overview 课程介绍

As a fitness professional, you have a unique opportunity to positively impact your clients' lives by providing sound nutrition education and coaching. Our course will equip you with the knowledge and skills you need to deliver scientifically supported, practical, and relevant nutrition guidance, all while staying within the scope of your practice. With our course, you will gain the skills and knowledge you need to confidently integrate the science of nutrition into educating and empowering clients in nutrition practices while answering your clients' most commonly asked question. By addressing your clients' nutrition issues head-on, you will be adding immense value to your professional services, distinguishing yourself from competitors, and building long-term client loyalty.

作为一名健身专业人士，您有一个独特的机会通过提供合理的营养教育和指导来积极地影响您的客户的生活。我们的课程将为您提供所需的知识和技能，使您能够在自己的执业范围内提供有科学依据的、实用的和相关的营养指南。通过我们的课程，您将获得所需的技能和知识，自信地将营养科学融入教育并授权于客户的营养实践中，同时回答客户最常问的问题。通过正面解决客户的营养问题，您将为您的专业服务增加巨大的价值，使您从竞争对手中脱颖而出，并建立长期的客户忠诚度。

Course Highlights 课程亮点

- Delve into the captivating and intricate world of food and nutrients, unravelling the complex scientific principles that govern their roles in promoting optimal health and wellness.
深入研究食物和营养素迷人又错综复杂的世界，解开它们在促进最佳健康和保健方面的复杂科学原理。
- Understand established nutritional intake recommendations do ascertain whether you are receiving adequate supply of essential nutrition that your body requires to function optimally.
了解既定的营养摄入建议，以确定你是否摄取了足够的基本营养素，并在你的身体发挥最佳功能。
- Decipher the truth behind food and its nutritional value, enabling you to confidently differentiate between marketing ploys, evidence-based science and unsubstantiated myth, empowering your clients to make informed decisions on food choices.
破译食物及其背后营养价值的真相，使你能够自信地区分营销伎俩、基于证据的科学和未经证实的迷思，使你的客户能够在食物选择上做出明智的决定。
- Introducing the D.I.E.T step-by-step nutrition coaching model that is designed to collaboratively engage with clients in a problem-solving process that drives sustainable dietary habit changes.
介绍 D.I.E.T 循序渐进的营养辅导模式，该模式旨在与客户合作解决问题，推动可持续的饮食习惯改变。

- Evaluating popular diets based on the 4S framework – which involves assessing whether they can deliver on their claims, is there evidence-based research to support them and whether they're worth trying.
根据 4S 框架评估流行的饮食 - 这涉及到评估它们是否能够实现其主张，是否有基于证据的研究来支持它们，判断它们是否值得尝试。
- Learn to conduct assessment of the safety and effectiveness of fitness supplements and gain valuable insights of their potential benefits and drawbacks.
学习对健身补给品的安全性和有效性进行评估，并对其潜在的好处和缺点获得宝贵的见解。

What Are The Topics Covered? 课程包含了哪些主题？

- Scope of practice 执业范围
- Common client's goal and expectations 一般客户目标和期待
- What is healthy eating? 什么是健康饮食？
- Energy balance 能量平衡
- Macronutrients & Micronutrients 宏量营养素和微量营养素
- Carbohydrates 碳水化合物
 - Classifications of carbohydrates 碳水化合物的分类
 - Fate of carbohydrates 碳水化合物的命运
 - Daily intake requirement 每日摄取量
 - Starch: Amylose and Amylopectin 淀粉类：直链淀粉和支链淀粉
 - Glycemic Index and Glycemic Load 升糖指数和升糖负荷
 - Fiber 纤维
 - Is sugar bad? 糖不好吗？
 - Sugar alternatives 糖的替代品
 - Carbohydrate intolerances 碳水化合物不耐症
- Fat 脂肪
 - Classifications of fats 脂肪的分类
 - Daily intake requirement 每日摄取量
 - Saturated fat and heart disease 饱和脂肪酸和心脏疾病
 - Meat and cancer 肉类和癌症
 - Meat and environmental issues 肉类和环境问题
 - Trans-fat 反式脂肪酸
 - Omega-3 and Omega-6
 - Cholesterol 胆固醇
- Protein 蛋白质
 - Classifications of protein 蛋白质的分类
 - Daily Intake requirement 每日摄取量
 - Protein quantity vs protein timing 蛋白质份量 VS 蛋白质时间
 - Essential Amino Acids 必需氨基酸
 - Branched Chain Amino Acids (BCAA) 支链氨基酸 (BCAA)
 - DIAAS vs PDCAAS
 - Protein for Vegan 素食者的蛋白质

- Pre- and Post-workout protein 运动前和后的蛋白质
- Protein supplementation 蛋白质补给品
- Nutrition coaching 营养辅导
 - Assessment 评估
 - Evaluation 分析
 - Strategies 策略
- Nutrition education tools 营养教育道具
 - Food label reading 阅读食物标签
 - Supermarket tour 超市之旅
 - Food tracking app 食物追踪应用程序
- Popular diets and fitness supplements evaluation 流行的饮食法和健身补给品评估

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 designed for fitness professionals who wish to learn about nutrition to help clients make better food choices in order to achieve their health & fitness goals. Basic fitness instructing/personal training certification is recommended.

许多体适能训练专家想通过帮助客户选择食物，以达到他们健康与体适能目标。此课程专为他们设计。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 1.2 CECs, NASM 1.2 CEUs

Course Duration 课程时长

12 hours (2 days), Blended format: Google Classroom (Recorded Science, Concepts & Guidelines) and Live class (Explanation and Application of Science, Concepts & Guidelines)

12 小时 (2 天)，混合格式: 谷歌教室 (已录制视频关于科学、概念及指引) 和 现场课堂 (科学、概念及指引的解释及应用)

Learning Materials 学习材料

Recorded Videos in Google Classroom, handouts, course manual and/or presentation slides
视频在谷歌教室，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

100 multiple-choice questions; passing score $\geq 70\%$, 3 attempts within 90 days after live course completion, e-cert of Health & Fitness Nutrition will be auto generated

100 道选择题，合格分数 $\geq 70\%$ （3 次作答机会，期限为课程结束后 90 天内完成。

健康与体适能营养的电子证书将会自动生成。

Recertification 重新认证

N/A

Exam Fee 考试费用

N/A

Dress Code 着装规范

Casual

休闲服装

What Do I Need To Bring? 我需要带什么?

Stationery, Laptop (Onsite) or Laptop/ computer with camera access and mic function (Online)

文具, 笔电（现场）/ 需有摄像头和麦克风的笔电/电脑（线上）

Course Capacity 课程人数

A minimum of 12 pax and a maximum of 24 pax (live class) / 30 pax (virtual class)

至少 12 人，最多 24 人（实体课程）/ 30 人（线上课程）

Language 语言

English, Mandarin

英文，中文

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

以上资讯若有更动，恕不另行通知。