

## Performance Nutrition (Level 2)

### 运动表现营养 (Level 2)

Unleash your client's true potential by providing tailored nutrition guidance on fueling their bodies for success

通过为客户提供量身定制的营养指导，释放他们真正的潜力

#### Course Overview 课程介绍

Beyond mastering the basics learnt in FEA Health & Fitness Nutrition (Level 1), this course propels you into a deeper exploration of the profound impact that nutrition has on your performance. Whether your goal is to improve body composition, or achieving unparalleled athletic prowess, you'll discover the secrets to harnessing the true power of food. Prepare to be amazed as you uncover the astonishing potential that lies within your diet.

But that's not all—equipped with this newfound knowledge, you'll learn how to effectively communicate credible, practical, and relevant nutrition advice to your active clients, all while maintaining the highest level of professional integrity. Empower others to unleash their true potential by providing tailored nutrition guidance on fueling their bodies for success.

在掌握了 FEA 健康与体适能营养（一级）中所学到的基础知识后，本课程将推动您更深入地探索营养对您的表现所产生的深远影响。无论你的目标是改善身体成分，还是实现无与伦比的运动能力，你将发现食物真正力量的秘密。

但这还不是全部 - 掌握了这些新发现的知识，你将学会如何有效地将可信的、实用的和相关的营养建议传达给你活跃的客户，同时保持最高水平的职业操守。通过提供量身定制的营养指导，为他们的身体活动提供所需的燃料，使他们能够释放出他们的真正潜力，并迈向成功之路。

#### Why Should You Consider This Course? 你能从课程中学到什么？

- Explore the dynamic relationship between nutrition and various physical activities - Discover how different activities, from strength training to endurance sports, require unique fueling strategies to optimize performance and recovery.  
探索营养与各种肢体活动之间的动态关系 - 发现不同的活动，从力量训练到耐力运动，如何需要独特的饮食策略来优化运动表现和恢复。
- Gain invaluable insights into the science behind macronutrients and unlock the secrets to unlocking your peak performance potential.  
获得对宏量营养素背后的科学的宝贵见解，并揭开释放你的运动表现潜力的秘密。
- Bridging the Gap: From guidelines to actionable practices, meal selection and preparation - ensuring that you are equipped with the knowledge and skills to craft nutrient-dense, performance-enhancing meals for your high performing clients  
将准则转换成可操作的方法、膳食选择和准备 - 确保你具备知识和技能，为你的高绩效客户制作营养丰富、优化运动表现的膳食。

## What Are the Topics Covered? 课程内容主题

- Building muscle & strength 增肌&肌力
  - Protein turnover & nitrogen balance 蛋白质周转和氮平衡
  - Maximising muscle protein synthesis (MPS) 最大限度地提高肌肉蛋白的合成 (MPS)
  - Staying anabolic the whole day 全天保持肌肉合成状态
  - Fuelling and refuelling carbohydrates 碳水化合物的供给和补充
  - Types of carbohydrates 碳水化合物的类型
  - Essential fatty acids for recovery 用于恢复的必需脂肪酸
- Fat loss 减脂
  - Journey of triglycerides 三酸甘油酯的旅程
  - 3 steps of fat loss 减脂的 3 个步骤
  - Common mistake in creating calorie deficit 创造卡路里赤字的常见错误
  - Deciding energy intake 决定能量的摄入
  - Types of protein source for fat loss 减脂的蛋白质来源类型
  - Insulin & fat gain 胰岛素与脂肪增加
  - Inflammation & fat loss 炎症与减脂
  - Sugar substitute & fermented food 代糖和发酵食品
  - Gut health 肠道健康
  - Eat fat to lose fat? 吃脂肪来减掉脂肪？
  - Medium chain triglycerides (MCT) 中链甘油三酯(MCT)
- Endurance activities 耐力活动
  - Meeting large energy requirements 满足大量的能量需求
  - Carbohydrates and 'bonking' 碳水化合物和 '撞墙'
  - Fat fuelled athletes? 脂肪为燃料的运动员？
  - Nutrient timing 营养时机
  - Food choices before, during and after activities 活动前、中和后的食物选择
  - Meeting fluid requirement 满足液体需求
  - Types and timing of fluid recommended 建议使用液体的类型和时间
  - Choosing sports drinks 选择运动饮料
  - Carbohydrate loading strategies 碳水化合物负荷策略
  - Protein and fats for endurance athletes 耐力运动员的蛋白质和脂肪
- Cross training and team sports 交叉训练和团队运动
  - Energy systems involved 涉及的能量系统
  - Carbohydrates before, during and after activities 活动前、中和后的碳水化合物
  - Protein for recovery 蛋白质用于恢复
  - Preventing dehydration 防止脱水
  - Ready to eat snacks 即食零食
- Case studies 案例研究
- Building a Performance Nutrition Plan (PNP) 制定运动表现营养计划 (PNP)

- Functional foods – looking beyond calories & macronutrients 功能性食品 - 卡路里和宏量营养素以外的世界

### **Who Will This Benefit? 哪些族群适合参与本课程？**

- 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.

本课程专为体适能训练专家设计，让他们能通过营养，帮助客户在饮食上作出更好选择，以达到健康与体适能目标。建议具备基础体适能指导/私人教练认证。

You MUST complete Health & Fitness Nutrition (Level 1) course before attending this Level 2 course. 在参加本 2 级课程之前，您必须完成健康与体适能营养（1 级）课程。

### **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**

Onsite: 现场：

- 12 hours (2 days)  
12 小时（2 天）
- Blended format: Google Classroom (Recorded Science, Concepts & Guidelines) and Live class (Explanation and Application of Science, Concepts & Guidelines)  
混合格式：谷歌教室（已录制视频关于科学、概念及指引）和 现场教学（科学、概念及指引的解释及应用）

Online: 线上

- 8 hours (4 sessions)  
8 小时（4 堂课）
- Blended format: Google Classroom (Recorded Science, Concepts & Guidelines) and Live zoom class (Explanation and Application of Science, Concepts & Guidelines)  
混合格式：谷歌教室（已录制视频关于科学、概念及指引）和 Zoom 现场教学（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 Performance 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。  
运动表现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? 我需要带些什么？**

Onsite: Stationery, Laptop

现场：文具，电脑

Online: Laptop/ computer with camera access and microphone function

线上：需有摄像头和麦克风的笔电/电脑

### **Course Capacity 课程人数**

A minimum of 12 pax and a maximum of 20 pax

至少 12 人，最多 20 人

### **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。