

# HIIT Instructor Training

## 高强度间歇训练指导员课程

Experience True HIIT and Learn How to Modify for Different Clientele  
体验真正的 HIIT，并学会如何为不同的客户进行调整

### Course Overview 课程介绍

HIIT has created a craze among social media and social groups alike for its impressive effects on one's physical appearance and fitness performance. But, are you performing TRUE HIIT to be able to enjoy its benefit? Is HIIT for everyone? Are you curious to know how to design a safe and effective HIIT workout that your clients will keep coming back for your programme? If yes, this course is for you! Join us and learn the science behind a successful and effective HIIT programme; from energy system, exercise selections, volume and intensity, to program variations and modifications.

高强度间歇训练（以下简称 HIIT）带来的效果令人印象深刻，尤其是在个人外观和体能表现上，在社交媒体和群组中引起了极大的回响。

但您是否了解 HIIT 的各个指标（强度，训练量……），训练时是否达标，并享受其带来的好处呢？

HIIT 真的适合所有人吗？

您想知道如何设计一种安全有效的 HIIT 课程，让您的客户想继续参与您的训练计划吗？

如果是的话，请赶紧报名，这是专为你设计的课。你将了解 HIIT 成功有效背后的科学知识；并学会如何从能量系统，动作选择，训练量和强度，方案的多样和调整。

### Course Highlights 课程亮点

- Science behind HIIT – how do you lose weight with HIIT?  
HIIT 背后的科学 - HIIT 如何帮助减重？
- 20 ready to use, science-based, effective HIIT workouts  
20 个有科学背书的 HIIT 课表
- Exercise videos – with regular updates for more exercise ideas  
运动视频 - 将会定期更新，给你更多的想法
- We tell you how to select the right exercises, right work rest ratio so you no longer need to rely on mobile apps!  
教你如何选择合适的运动，正确的训练休息比，让你不再依赖手机 APP！

### Why Should You Consider This Course? 您为什么需要参与这项课程？

- Design and lead your own HIIT session  
设计与带领您的 HIIT 课程
- Learn a variety of HIIT modalities to suit different clientele  
学习多种 HIIT 样式，以应付不同客户
- Learn exercise choices to be used in your HIIT session  
学习如何为您的 HIIT 课程选择适合动作

### What Are the Topics Covered? 课程内容包含了哪些主题？

- Define HIIT, goals, benefits and its principles  
定义 HIIT, 目标, 好处, 以及其原则
- Understand the scientific rational behind HIIT  
了解 HIIT 背后的科学原理
- Experience a minimum of 2 athletic HIIT workouts and learn how to distinguish it with other modalities of interval training programmes  
体验至少两种 HIIT 课表, 学习分辨不同 HIIT 样式之间的区别
- Understand common concerns related to HIIT  
了解与 HIIT 相关的常见问题
- Assess suitable populations for HIIT  
学习如何分辨适合 HIIT 训练的族群
- Experience top exercise selection of HIIT workouts; Work and Recovery  
体验最佳 HIIT 课程的运动组合; 训练与恢复
- Design proper and effective HIIT workouts  
设计正确且有效的 HIIT 课程
- Apply different variations of HIIT in developing a HIIT programme  
在 HIIT 训练方案中应用不同样式的 HIIT
- Customize HIIT programmes based on your client's ability; regression and progression  
根据客户能力水平客制 HIIT 训练方案, 退阶与进阶训练

### **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 who wish to learn the science behind designing an effective HIIT workout and the variations. Basic fitness instructing/personal training certification is recommended.

针对想学习 HIIT 背后原理的体适能训练专家而设, 并有能力设计多样 HIIT 课程。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 0.6 CECs and NASM 0.6 CEU

### **Course Duration 课程时长**

6 hours (1 day)

6 小时 (1 天)

### **Learning Materials 学习材料**

<http://fea.group>

Digital course slide handouts  
电子课程投影片讲义

### **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)  
全程参与课程与完成作业

### **Recertification 重新认证**

N/A

### **Exam Fee 考试费用**

N/A

### **Dress Code 着装规范**

Fitness attire  
运动服装

### **What Do I Need to Bring? 我需要带什么?**

Stationery and a spare change of clothes  
文具与一套换洗衣物

### **Course Capacity 课程人数**

A minimum of 12 pax and a maximum of 20 pax (live class) / 30 pax (virtual class)  
线下课程：至少 12 人，最多 20 人/线上课程：30 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  
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