

FEA Certified Fitness Practitioner (EQF Level 4 - Personal Trainer)

FEA 认证体适能从业者 (EQF 四级-私人教练)

The Revolutionary Personal Training Certification
创新私人教练认证

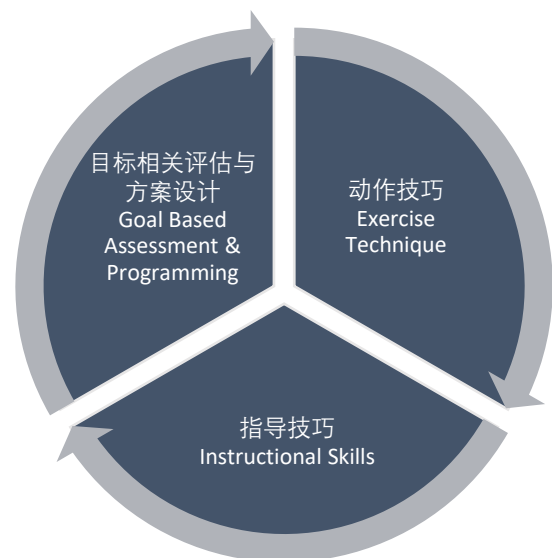
Course Overview 课程介绍

The FEA Certified Fitness Practitioner (Personal Trainer) or CFP is a revolutionary certification programme that aims to produce highly employable and internationally certified fitness professionals. Fitness Edutraining Asia (FEA) is the first fitness certification provider in Southeast Asia to receive approval from the EuropeActive Standards Council. This certification signifies that the FEA CFP meets the standards of practice in Europe and is equivalent to the EQF Level 4 Personal Training certification standards. FEA CFP graduates have the privilege of joining the European Register of Exercise Professionals (EREPS), which is a database of exercise professionals referenced by more than 10,000 clubs throughout Europe during the hiring process.

FEA 认证体适能从业者（私人教练）（CFP）是一个革命性的认证课程，旨在培养高度就业能力和国际认证的体适能专业人员。Fitness Edutraining Asia（FEA）是东南亚第一个获得欧洲标准委员会批准的体适能证照。此认证意味着 FEA CFP 符合欧洲的实践标准，并等同于 EQF Level 4 个人训练认证标准。FEA CFP 毕业生有特权加入欧洲运动专业人员注册（EREPS），这是一个在聘用过程中被欧洲超过 10,000 个俱乐部引用的运动专业人员数据库。

In this 16-weeks certification programme, fitness practitioners will learn how to implement FEA's state-of-the-art personal training system, the "Goal Based Training Model". This system provides personal trainers with a solution to coach clients with diverse needs and expectations, helping them lead a healthier and fitter lifestyle. To ensure that FEA achieves this mission, the evaluation criteria (which consists of both theoretical and practical component) will place a higher emphasis on areas of exercise instructional skills, exercise techniques and goal based assessment and programming, with both theoretical and practical components.

在这个 16 周的认证课程中，体适能从业者将学习如何应用 FEA 引以为傲的私人教练系统“目标训练模型”，以应付客户各种不同的目标，让客户变得更健康，拥有健康的生活方式。为了确保 FEA 能实现这使命，我们的评估标准（理论与术科）更着重于运动指导技巧，动作技巧以及目标相关评估与方案设计。



The certification programme comprises two modules. In Module 1 – Fitness Instructor (Exercise Coaching), participants will learn how to coach clients in performing exercises based on principles of stability, mobility, and functional movements. The programme emphasizes developing students' skills in providing clear and effective instructions for exercise set-up and execution, as well as their ability to evaluate movements. The programme will introduce participants to the FEA A.C.T Resistance Training Method, which outlines how coaches should progressively advance their clients' exercises.

此认证课程包含两个单元。在单元 1，运动指导（Exercise Coaching）认证中，学员将学习如何根据稳定性、灵活性和功能性动作的原则指导客户执行动作。此课程着重培养教练给予清晰有效的动作设置和执行动作的技能，以及他们评估动作的能力。此课程也会向学员们介绍 FEA A.C.T 阻力训练法，此方法概述了教练应如何逐步进阶客户的动作。

The programme provides participants with a comprehensive library of exercises for each basic movement categorized by difficulty level. This resource empowers fitness practitioners to suggest specific exercises that are best suited for their clients. For cardiorespiratory training, participants will learn about the FEA 4 Zones Cardiorespiratory Training Model, which allows them to select a training modality tailored to their clients' needs and goals. Furthermore, participants will acquire the essential components of a workout session, including how to plan enjoyable and purposeful routines for beginner, intermediate, and advanced clients, based on applied exercise science and internationally recognized training guidelines.

课程为参与者提供了一个按难度分类的基本动作综合库。这一资源使体适能从业者可以提出最适合其客户的具体动作选择。对于心肺训练，参与者将学习 FEA 4 区心肺训练模式，这使他们能够根据客户的需求和目标选择适合的训练方式。此外，学员将掌握训练日课程的基本组成部分，包括如何根据应用运动科学和国际公认的训练准则，为初级、中级和高级客户计划愉快和有目的的课表。

| “调整” “ALIGN” | “控制” “CONTROL” | | “锻炼” “TRAIN” | |
|---------------------------------|---|--|--------------------------------------|-------------------------------------|
| 灵活性和稳定性 Mobility & Stability | 基本动作 Basic Movement | 进阶 Progression | 目标 Goals | 进阶 Progression |
| 肌筋膜放松 Myofascial Release | 下腰提起 Bend & Lift 单腿 Single Leg 推 Push 拉 Pull 旋转 Rotation | 稳定分离/机械的 Stable Isolated/Machine Based | 肌力 Strength | 增加：负重 或爆发力 Add: Load or Power |
| 静态拉伸 Static Stretching | | 增加：不稳定性或复杂性 Add: Instability or Complexity | 肌肥大 Hypertrophy | |
| 激活练习 Muscle Activation | | 增加：不稳定性 & 复杂性 Add: Instability & Complexity | 肌耐力 Endurance 爆发力 Power | |
| 动态拉伸 Dynamic Stretching | | | | 增加：负重 & 爆发力 Add: Load & Power |

FEA A.C.T Resistance Training Method FEA A.C.T 阻力训练法

Equipped with a library of exercises, guidelines, and coaching skills, participants are then ready to delve into Module 2 (Personal Training), which focuses on designing and implementing personalized programs that help clients achieve their fitness goals. In this module, participants will learn how to manage common client objectives, including movement preparation, health, fitness, hypertrophy, and fat loss, by leveraging the FEA G.B.T. Model's four key components: resistance training, cardiorespiratory training, lifestyle strategies, and nutrition strategies. Additionally, participants will discover how to effectively monitor and track client progress, enabling them to adjust programs as necessary to ensure optimal results.

有了动作库、并掌握了运动指南和指导技巧后，学员就可以继续单元 2（私人教练），该单元侧重于设计和实施个人化的方案，帮助客户实现其体适能目标。在这个单元中，学员将学习如何通过利用 FEA G.B.T.模型的四个关键部分：阻力训练、心肺训练、生活方式策略和营养策略来管理常见的客户目标，包括动作准备、健康、体适能、肌肥大和减脂。此外，参与者将学习如何有效地监测和跟踪客户的进展，使他们能够在必要时调整方案，以确保达到最佳效果。



FEA Goal Based Training Model
FEA 目标训练模型

The FEA G.B.T. Model consists of five different programs, each tailored to meet specific client goals and needs:

FEA G.B.T.模型包含五个不同的方案，以满足客户的具体目标 and 需求：

1. "PREPARE": This programme aims to prepare sedentary clients to begin exercising safely by improving their stability and mobility and meeting minimum physical activity requirements to reduce the risk of injury.
"准备": 这个方案目的是为久坐的客户做好运动的准备，通过提高他们的稳定性和灵活性和达到最低的肢体活动要求，以减少受伤的风险，从而开始安全地进行训练。
2. "HEALTH": In this program, clients are introduced to a variety of resistance training exercises and moderate-intensity aerobic exercise to encourage movement and exercise. The focus is on building positive exercise experiences and adherence.
"健康": 在这个方案中，我们将向客户介绍各种阻力训练动作和中等强度的有氧运动，以鼓励动作和运动。重点是建立积极的运动经验和坚持。
3. "FITNESS": The "FITNESS" programme aims to lead clients towards achieving muscular training adaptations such as muscular endurance, hypertrophy, strength, and power, as well as implementing aerobic endurance exercises for cardiorespiratory adaptations.
"体适能": "体适能"方案的目的是引导客户实现肌肉训练的适应性，如肌耐力、肌肥大、肌力和爆发力，以及实施有氧耐力训练以适应心肺功能。
4. "HYPERTROPHY" and "FAT LOSS": These programs are designed to help clients reduce body fat and increase muscle mass for better aesthetics and health. Specific hypertrophy and fat loss strategies are implemented to achieve these goals.
"肌肥大"和"减脂": 这些方案旨在帮助客户减少体脂率和增加肌肉量，以获得更好的体态和健康。具体的肌肥大和减脂策略将会被实施以实现这些目标。

Additionally, health and fitness programs are incomplete without a sound nutrition plan. Eating habits are influenced by personal, social, and environmental factors, so changing them should be done progressively, taking these factors into account to ensure the likelihood of success.

此外，如果没有一个合理的营养计划，健康和体适能方案是不完整的。饮食习惯受个人、社会和环境因素的影响，因此改变饮食习惯应循序渐进，将这些因素考虑在内，以确保成功的可能性。

Lifestyle factors such as sleep and stress management play a vital role in the success of any program. Disruptions to these factors can lead to weight gain, poor recovery, and hormonal imbalances. The role of a personal trainer is to help clients become successful in managing their sleep and stress to maximize their progress.

睡眠和压力管理是对任何方案的成功起着至关重要的作用的的生活方式因素。这些因素的破坏会导致体重增加、恢复不佳和荷尔蒙失衡。私人教练的角色是帮助客户成功地管理他们的睡眠和压力，使他们的进展最大化。

Get ready to experience a new and highly effective way of learning that prioritizes the development of practical job skills. Our comprehensive CFP certification programme offers a live workshop and electronic learning platform, allowing you to learn at your own pace and access materials at any time. As a bonus, completing the course will prepare you to sit for the American Council on Exercise (ACE) and American College of Sports Medicine (ACSM) Personal Trainer certification exam, ensuring you meet the industry's top competencies. FEA-CFP graduates will have a strong practical foundation, setting them apart in the personal training industry and positioning them for success.

准备好体验一种新颖、高效、优先发展实际工作技能的学习方式。我们全面的 CFP 认证课程包括现场教学和电子学习平台，使您能够按照自己的节奏学习，并在任何时候复习教材。完成此课程将为您参加美国运动委员会（ACE）和美国运动医学会（ACSM）私人教练认证考试做准备，确保您达到行业的最高能力。FEA-CFP 的毕业生将有一个强大的实践基础，使他们在健身教练行业中脱颖而出，并为他们的成功定位。

Course Highlights 课程亮点

- Functional Movement Coaching – set-up and execution cues plus movement evaluation
功能性动作指导 – 动作设置，执行口令和动作评估
- A.C.T Resistance Training Method – Your Training Tool for Programming
A.C.T 阻力训练法 – 设计方案的好助手
- The Exercise Movement Hierarchy - Progression of Client's Movement Pattern
动作训练层级 – 客户动作训练的进程
- Personal Training System (G.B.T – Goal Based Training Model)
私人教练训练系统（G.B.T—目标训练模型）
- Workout Design Made Simple, Effective and Fun
简单，有趣，有效的课表设计

About EuropeActive and EREPS 关于 EuropeActive 和 EREPS



The **European Register of Exercise Professionals (EREPS)** uses the **EuropeActive** standards to ensure that exercise professionals are qualified to offer safe and effective fitness programmes to their clients across Europe. EREPS provides consumers, employers and partners in medical professions with the confidence that registered trainers are both competent and able to work to support its Code of Ethical Practice, which defines the rights and principles of exercise professionals. Referencing the EuropeActive standards and being registered mean that trainers have met the minimum standards of good practice and that they are committed to enhancing their skills and professional status through a process of lifelong learning.

欧洲运动专业人员登记册（EREPS）使用 EuropeActive 的标准来确保体适能从业者拥有资格向欧洲各地的客户提供安全和有效的健身计划。EREPS 为消费者、雇主和医疗行业的合作伙伴提供了信心，即注册教练既能胜任工作，又能符合其道德实践准则，也保护体适能从业者的权利和原则。跟随欧洲运动标准和拥有登记意味着教练已经达到了良好实践的最低标准，并且他们致力于通过终身学习的过程来提高他们的技能和专业地位。

EREPS is regulated by the EuropeActive Professional Standards Committee using the official European Qualifications Framework (EQF), which describes the knowledge, skills and competencies exercise professionals need for registration.

EREPS 透过官方的欧洲资格框架（EQF），由 EuropeActive 专业标准委员会监管，该框架描述了体适能从业者登记所需的知识、技能和能力。

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

- Earn your fitness certification and get internationally recognised
获取体适能认证并获得国际认可
- Get trained on Exercise Coaching and Personal Training with a strong emphasis on practical skills and job training
接受着重强调实用技能和工作培训的动作指导和私人教练培训
- Discover the right training and nutrition strategies to suit diverse clientele
习得正确训练与营养策略, 已满足不同的客户
- Enjoy higher passing rates for American Council on Exercise (ACE) Certified Personal Trainer exam
拥有美国运动委员会 (ACE) 私人教练考试较高的通过率
- Learn safe and effective exercise techniques and guidelines to ensure the safety of your clients.
学习安全有效的运动技巧与准则以确保客户安全性
- Become eligible to join the European Register of Exercise Professionals (EREPS) and get listed on their member directory featuring registered fitness professionals from more than 40 different countries
有资格加入欧洲运动专业人员登记册 (EREPS), 并被列入其来自 40 多个不同国家的注册健身专业人员会员名录

What Is The Course Outcome? 课程宗旨是什么?

In Module 1, fitness practitioners are expected to demonstrate the skills of exercise coaching which includes:

在单元 1 中, 体适能从业者应展示动作指导的技能, 包括:

- Introducing exercise name and purpose
介绍动作的名称和目的
- Demonstrating exercise based on the principles of stability-mobility
根据稳定性-灵活性的原则示范动作
- Explaining set-up position and execution of exercises
解释动作的设置位置和如何执行
- Being able to observe, evaluate and correct exercise technique
能够观察、评估和纠正动作技巧
- Being able to suggest exercise modifications
能够建议其他动作
- Progressing and regressing exercises
进阶和退阶动作
- Effectively coaching a beginner client to perform exercises
有效地指导新手客户执行动作
- Writing and leading a general exercise session
设计和带领一般运动日课程

In Module 2, fitness practitioners are expected to demonstrate the skills of personal training which includes:

在单元 2 中, 体适能从业者应展示私人教练的技能, 包括:

- Understanding client's goal with effective communication skills
以有效的沟通技巧理解客户的目标
- Selecting, conducting and interpreting goal-based assessment
选择、执行和解读目标相关的评估
- Choosing appropriate strategies for each training component (resistance training, cardiorespiratory training, lifestyle and nutrition)
为每个训练元素 (阻力训练、心肺训练、生活方式和营养) 选择正确的策略
- Design personalised all-encompassing goal-based programme
设计个人化的、全方位的目标相关方案
- Understand applied exercise science
理解应用运动科学

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

In Module 1, you will learn Exercise Coaching, which includes coaching clients on exercises based on the principles of stability and mobility as well as functional movement from its very fundamental movement to complex exercises. You will be able to suggest the exercise that best fits your client's needs. The topics covered in this module include:

在单元 1 中, 您将学习动作指导, 包括指导客户根据关节稳定性和灵活性原则执行动作, 以及从最基本的动作到复杂功能性训练。您将能够根据客户需求建议最适合的动作。本单元涵盖的主题包括:

- Professional roles
职业角色
- Principles of fitness, exercise guidelines and techniques
体适能原则, 运动准则与技巧
- Stability and mobility and functional movement training
稳定性与灵活性 & 功能性动作训练
- The exercise movement hierarchy - progression of client's movement pattern
动作训练层级 – 客户动作训练进程
- Exercise Coaching - set-up and execution cues, movement evaluation
运动指导学 – 动作设置和执行口令, 动作分析
- General workout structure
一般课表结构
- Cardiorespiratory training
心肺训练
- Cardiopulmonary resuscitation & automated external defibrillator (CPR & AED) (only available in Malaysia)
心肺复苏术&自动体外除颤器 (CPR & AED) (只限马来西亚)

In Module 2, you will acquire essential personal training skills. You will learn how to assess your clients before training them and select the appropriate strategies and exercise programmes that best suit their needs to help them reach their goals. The topics covered in this module include:

在单元 2 中, 您将获得私人教练技能。您将学习如何在训练客户之前对他们进行评估, 并选择最适合他们需求的适当策略和训练方案, 以帮助他们达到目标。本单元涵盖的主题包括:

- Role of a personal trainer
私人教练的角色
- FEA Goal Based Training Model
FEA 目标训练模型
- Resistance training: science, assessment and strategies
阻力训练: 原理, 评估和策略
- Cardiorespiratory training: science, assessment and strategies
心肺训练: 原理, 评估和策略
- Lifestyle strategies: assessments and strategies
生活习惯策略: 原理, 评估和策略
- Nutrition: science, assesment and strategies
营养策略: 原理, 评估和策略
- Art of personalization
方案客制化
- Programme modifications for special populations
特殊族群的方案调整
- Behaviour change and motivation
行为改变与动机
- Effective communication and goal setting techniques
有效沟通与目标设定技巧

Who Will This Benefit? 这项课程适合谁?

- Fitness enthusiasts who meet the prerequisites listed below
健身爱好者*
- Fitness professionals who wants to obtain a certification or wants to build strong foundation in training
想考取证书或想拥有坚实训练基础的健身专业人士
- Strength and conditioning professionals
肌力与体能训练专家

**Note: To fully benefit from this course, fitness enthusiasts should have pre-existing knowledge and skills in resistance training and flexibility exercises, such as knowledge of exercise names, muscles involved, techniques, and how to design a workout session, regardless of whether it is correct or incorrect.*

**注意: 为了充分从课程中获益, 健身爱好者需具备阻力训练和柔韧性动作的知识和技能。例如: 动作的名称, 涉及的肌肉, 技巧以及如何安排训练课程(无论或与错)。*

Pre-requisite 参课条件

- 18 years old and above
18 岁或以上
- Possess a current and valid CPR & AED - Basic Life Support certification (*the training & evaluation will be offered during this certification course*)
CPR 心肺复苏&自动体外除颤器-基本生命保护证书有效期限当前有效 (会在认证课程期间进行培训与评估)
- Completed high school; graduates of college or universities will have an added advantage
高中; 大专或大学毕业生能更好掌握学习内容。
- This is a train-the-trainer course and not a course to develop personal fitness, health or exercise movement/techniques. To benefit fully and be successful in this course, you should possess the following prior to joining: -
此为教练培训课程, 无法帮助您达成自身体适能, 健康或运动技巧等目标。为能顺利通过此课程并从中受益, 您需事先:
 1. A minimal level of cardiorespiratory fitness (be able to complete moderate intensity cardiorespiratory exercise for at least 20-30 minutes)
拥有一定的心肺适能 (能够完成至少 20-30 分钟的中等强度运动)
 2. The ability to perform to following exercises: bodyweight squat, static lunges, conventional deadlift, barbell hip thrust, bench press, barbell/dumbbell bent-over rows, seated rows, push-ups, barbell/dumbbell standing/seated shoulder press and lat-pull down with minimal supervision and feedback.
能在无他人指导或回馈之下, 做出自重深蹲, 静态弓步蹲, 传统硬举, 杠铃臀推, 卧推, 杠铃/哑铃俯身划船, 坐姿划船, 俯卧撑, 杠铃/哑铃站姿/坐姿推肩以及背阔肌下拉。
 3. Knowledge of the prime mover(s) for exercises in point 2 above.
清楚了解上列第 2 项中各个运动的主动肌。
 4. Knowledge of how to stretch all major muscle groups
了解如何拉伸所有主要肌群。
 5. Experience developing a structured exercise programme (cardiorespiratory, resistance and flexibility training) for yourself.
有自我设计结构化课表的经验 (心肺, 阻力与柔韧性训练)
 6. Currently an independent exerciser (do not require supervision)
当前是个能独立训练的运动者 (无需他人在旁指导或回馈)

If you currently do not meet all the requirements stated above, you may want to consider hiring a fitness practitioner or personal trainer to assist you. Let us know if you need a recommendation.

如果您目前不具备第四点所述的所有要求, 我们建议您寻求一个体适能从业者或是私人教练的帮助。如果您需要推荐, 请告诉我们。

Course Provider 课程提供单位

Fitness Edutraining Asia (FEA)

Course Developers 课程开发团队

Jerrican Tan

This course is the brainchild of Jerrican Tan, CSCS, NSCA-ACE-NASM CPT, NASM CES, ACE MES-HC-GFI, FEA Founder. Jerrican has been a master instructor of the ACE Personal Trainer Course for the past 16 years, and has vast experience in training and developing personal trainers in Asia. He is also the Managing Director of FITM, a training and development centre for fitness professionals based in Malaysia and he serves as industry advisor for multiple universities in Malaysia that offers sport science-related graduate programmes. Finally, he is also a state bodybuilding judge. Jerrican's strong interest in fitness education comes from his past experiences as a former Malaysia National Junior Bodybuilding Champion, a personal trainer, and a manager of high-performance personal training teams. Before founding FEA, Jerrican Tan held the position of Regional Manager of FIT® Asia. With his extensive experience in training and developing personal trainers in Asia, he recognized the need for edutraining: training that emphasizes practical skills in addition to academic knowledge. Jerrican's passion for fitness education and his expertise in the industry have made him a respected figure in the region, and he continues to play an active role in promoting professional standards for fitness education and training.

本课程是由 Jerrican Tan, CSCS, NSCA-ACE-NASM CPT, NASM CES, ACE MES-HC-GFI, FEA 创办人所创始的。在过去的 16 年里, Jerrican 一直是 ACE 私人教练课程的主讲师, 在亚洲培训和发展私人教练方面拥有丰富的经验。他也是 FITM 的董事总经理, FITM 是一家位于马来西亚的健身专业人士的培训和发展中心。除此之外, 他还担任马来西亚多所提供运动科学相关研究生课程的大学的行业顾问, 同时也是一名国家健美裁判。Jerrican 对体适能教育的强烈兴趣来自于他过去作为前马来西亚国家青少年健美冠军、私人教练和高性能私人教练团队经理的经历。在创立 FEA 之前, Jerrican Tan 在 FIT® 亚洲担任区域经理的职务。凭借他在亚洲培训和发展私人教练的丰富经验, 他意识到教育培训需要强调实际技能而不仅仅是学术成果。Jerrican 对体适能教育的热情和他在该行业的专业知识使他成为该地区受人尊敬的人物, 他继续在促进健身教育和培训的专业标准方面发挥积极作用。

Fabio Comana

The course is enhanced by the expertise of Fabio Comana, an academic consultant for the program. Fabio Comana, M.A., M.S., NASM CPT, CES and PES; NSCA CSCS; ACE-CPT and HC; ACSM EP-C; USAW1; CISSNs is holds a double master's degree in exercise physiology and exercise nutrition and he is a faculty instructor at San Diego State University, the University of California, San Diego and the National Academy of Sports Medicine (NASM), and he is president of Genesis Wellness Group. He covers a wide range of areas in fitness, from training for health and fitness goals to functional goals to performance and conditioning goals and to pre and post rehabilitation goals. In addition, he is an expert in sports and fitness nutrition. Fabio previously served as an exercise physiologist for the American Council on Exercise (ACE), where he created the IFT™ model and ACE's live Personal Trainer educational workshops. He is also one of the leading course developers of fitness specialized course. His past experiences include collegiate head coaching, university strength and conditioning coaching, and

opening/managing clubs for Club One. He has presented at numerous health and fitness events worldwide, and has been featured in multiple media outlets as a spokesperson, as well as an accomplished chapter and book author. With his exceptional reputation in the international fitness community, Fabio Comana joined the FEA family in May 2018, responsible for course development, reviewing course content and structure, and participating in the educator training process.

此课程通过该课程学术顾问, Fabio Comana 的专业知识得到加强。Fabio Comana, 文学硕士, NASM CPT、CES 和 PES; NSCA CSCS; ACE-CPT 和 HC; ACSM EP-C; USAW1; CISSNs 是拥有运动生理学和运动营养学的双硕士学位, 他是圣地亚哥州立大学和加州大学圣地亚哥分校以及国家运动医学学会 (NASM) 的讲师, 也是 Genesis Wellness Group 的总裁。他在健身方面涉及广泛的领域, 从健康和体适能目标的训练到功能目标, 再到运动表现和体能目标以及康复前和康复后的目标。此外, 他还是运动和体适能营养方面的专家。Fabio 曾担任美国运动委员会 (ACE) 的运动生理学家, 在那里他创建了 IFT™ 模型和 ACE 的现场私人教练教育研讨会。他也是健身专业课程的主要课程开发者之一。他过去的经验包括大学的主教练, 大学的肌力体能教练, 以及为 Club One 俱乐部开设/管理俱乐部。他曾在全球众多的健康和体适能活动中发表演讲, 并作为发言人被多家媒体报道, 同时也是一位成功的章节和书籍作者。凭借其在国际健身界的卓越声誉, Fabio Comana 于 2018 年 5 月加入 FEA 大家庭, 负责课程开发, 审查课程内容和结构, 并参与教育家培训过程。

Ee-Ling, Yeoh

FEA's edutrainers are guided and supported by Ee-Ling, ACE PT-HC-MES, NASM PT-FNS, a fitness education specialist and dietitian by profession. She has been a full-time edutainer for over a decade and is a Master Instructor of the ACE Personal Trainer Course and ACE-approved continuing education courses. Ee-Ling is dedicated to ensuring that FEA's courses are engaging, practical, and user-friendly, with an emphasis on fostering the development of essential skills for fitness professionals.

FEA 的训师都由 Ee-Ling 指导和支持, 她是 ACE PT-HC-MES, NASM PT-FNS, 一位体适能教育专家和职业营养师。她担任全职体适能教育课程讲师已超过十年, 是 ACE 私人教练课程和 ACE 认可的继续教育课程的主讲师。Ee-Ling 致力于确保 FEA 的课程具有吸引力、实用性和用户友好性, 强调培养体适能专业人士的基本技能。

Topics Covered 涵盖主题

FEA Certified Fitness Practitioner Module 1 – Fitness Instructor (Exercise Coaching)

FEA 认证体适能从业者单元 1-健身指导员（运动指导学）

| SESSION 课堂 | GUIDED-LEARNING TOPICS 实体课程课题 | TYPE 类型 | SELF-LEARNING 自学部分 | EST. HOURS 估计时间 |
|---------------|---|---------------------|--|-----------------------|
| 1 | Introduction & Exercise Orientation 介绍 & 动作基础练习 | CLR & Gym 教室& 实操 | <p>Read session handouts and google classroom course materials, familiarise yourself with: 阅读课程讲义和谷歌课堂课程教材，并复习：</p> <ul style="list-style-type: none"> Each component of fitness and its definition 每个体适能的元素和它的定义 Exercise orientation 动作基础练习 Practise core activation drills (performing the exercise yourself and coaching a partner) 练习核心激活练习（自己练习动作再练习指导伙伴） Practise verbalising exercise cues 练习口头表达动作口令 <p>Complete tutorial assignment 完成练习题作业</p> | 3 hours 3 小时 |
| 2 | A.C.T Resistance Training Method: “CONTROL” – Lower Body Exercise Techniques A.C.T 阻力训练法：“控制” – 下肢动作技巧 | Gym 实操 | <p>Read session handouts and google classroom course materials and perform the following: 阅读课程讲义和谷歌课堂课程教材，并复习：</p> <ul style="list-style-type: none"> Review all lower body dynamic stretches and activation drill (purpose, set-up and execution cues, observation) 复习所有下肢动态拉伸和激活练习（目的、设置和执行口令、观察） Practise performing the exercises yourself and coaching a partner 自己练习动作再练习指导伙伴 Practise by filming yourself performing the following exercises and review according to the exercise demonstration grading criteria 通过拍摄自己执行以下动作，并根据动作示范的评分标准进行审核 <ul style="list-style-type: none"> Bodyweight Squat or Static Lunges 自重深蹲或静态弓步蹲 Conventional Deadlift or Barbell Hip Thrust 传统硬举或杠铃臀推 Review and practise verbalising set-up and execution cues of each exercise 复习和练习口头表达动作口令 Practise observing common errors with partner and provide feedback accordingly 与伙伴练习观察常见的错误，并提供相应的反馈 Review progressions and regressions of each movement 复习每个动作的进退阶 <p>Complete tutorial assignment 完成练习题作业</p> | 8 hours 8 小时 |

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| 3 | A.C.T Resistance Training Method: “CONTROL” – Upper Body Exercise Techniques A.C.T 阻力训练法: 控制 – 上肢动作技巧 | Gym 实操 | <p>Read session handouts and google classroom course materials and perform the following: 阅读课程讲义和谷歌课堂课程教材, 并复习:</p> <ul style="list-style-type: none"> Review all upper body dynamic stretches and activation drill (purpose, set-up and execution cues, observation) 复习所有上肢动态拉伸和激活练习 (目的、设置和执行口令、观察) Practise performing the exercises yourself and coaching a partner 自己练习动作再练习指导伙伴 Practise by filming yourself performing the following exercises and review according to the exercise demonstration grading criteria 通过拍摄自己执行以下动作, 并根据动作示范的评分标准进行审核 <ul style="list-style-type: none"> Push-ups or Barbell/Dumbbell Standing/Seated Shoulder Press 俯卧撑或杠铃/哑铃站姿/坐姿推肩 Barbell/Dumbbell Bent-Over Row or Lat-Pull Down 杠铃/哑铃俯身划船或背阔肌下拉 Review and practise verbalising set-up and execution cues of each exercise 复习和练习口头表达动作口令 Practise observing common errors with partner and provide feedback accordingly 与伙伴练习观察常见的错误, 并提供相应的反馈 Review progressions and regressions of each movement 复习每个动作的进退阶 <p>Complete tutorial assignment 完成练习题作业</p> | 8 hours 8 小时 |
| 4 | A.C.T Resistance Training Method: “ALIGN” – Lower & Upper Body A.C.T 阻力训练法: 调整 – 下肢&上肢 | Gym 实操 | <p>Read session handouts and google classroom course materials and perform the following: 阅读课程讲义和谷歌课堂课程教材, 并复习:</p> <ul style="list-style-type: none"> Purpose of “ALIGN” “调整”的目的 Review all myofascial release technique, static stretching and activation drills (purpose, set-up and execution cues, observation) 复习所有肌筋膜放松技巧, 静态拉伸和激活练习 (目的、设置和执行口令、观察) Practise performing the exercises yourself and observe improvement in movement efficiency 自己练习所有动作并观察自己的动作效率是否改善 Practise coaching a partner and observe improvement in movement efficiency 练习指导伙伴并观察伙伴的动作效率是否改善 <p>Complete tutorial assignment 完成练习题作业</p> | 8 hours 8 小时 |
| 5 | Muscle Group Training and Movement Progression 肌肉群训练和动作进阶 | Gym 实操 | <p>Read session handouts and google classroom course materials, familiarise yourself with: 阅读课程讲义和谷歌课堂课程教材, 并复习:</p> <ul style="list-style-type: none"> Exercise and prime movers associated 动作和相关的主动肌 Review all exercises introduced (purpose, set-up and execution cues, observation) | 8 hours 8 小时 |

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| | | | <p>复习所有动作（目的，设置和执行口令，观察）</p> <ul style="list-style-type: none"> • Practise performing the exercises yourself and coaching a partner 自己练习动作再练习指导伙伴 • Practise observing common errors with partner and provide feedback accordingly 与伙伴练习观察常见的错误，并提供相应的反馈 • Practise performing movements with instability and complexity 练习不稳定和复杂动作 • Practise suggesting exercises for beginner, immediate and advance exerciser based on the concept of movement progression 练习根据动作进阶的概念给初阶，中阶和高阶的运动者提议动作 <p>Complete tutorial assignment 完成练习题作业</p> | |
| 6 | <p>A.C.T Resistance Training Method “TRAIN”, Workout Design and Cardiorespiratory Training Design A.C.T 阻力训练法“锻炼”，日课程设计和心肺训练</p> | <p>Gym & CLR 实操&教室</p> | <p>Read session handouts and google classroom course materials, familiarise yourself with: 阅读课程讲义和谷歌课堂课程教材，并复习：</p> <ul style="list-style-type: none"> • Muscular fitness guidelines (“TRAIN”) 肌肉体适能准则 • Definition of repetition maximum (RM) and repetition in reserve (RIR) 最大重复次数（RM）的定义和储备次数*（RIR）的定义 • Difference between muscular fatigue and cardiorespiratory/mental fatigue 肌肉疲劳和心肺/神经疲劳的分别 • Identify exercises which allows greater chance of muscular fatigue 识别允许更大机会的肌肉疲劳的动作 • Discover your repetition in reserve (RIR) in your main lifts 尝试发现您自己的储备次数（RIR） • Ideal way of progressing through sets and workout sessions 训练组和训练课程之间进阶的理想方法 • Components in a general workout and what to include in each component 一般日课程的元素和每个元素该加入的 • Practise designing workouts from the in-class assignment 根据课堂作业练习设计日课程 • Execute the workouts and review if the objective of the workout is achieved 执行所设计的日课程并审核是否达到日课程的目标 • Review cardiorespiratory training guidelines (FITT) 复习心肺训练准则（FITT） • Review usage of ratings perceived exertion (RPE) 复习自感用力度（RPE）的用处 • Practise calculating heart rate reserve (HRR) and identify your own training zones 练习计算储备心率（HRR）和识别自己的训练区域 • Experience training in all zones of the G.B.T model 在 G.B.T 模型的所有训练区体验训练 <ul style="list-style-type: none"> ○ Zone 1: NEAT 非运动性生热活动 ○ Zone 2: Aerobic base 有氧基础 ○ Zone 3: Aerobic endurance 有氧耐力 | <p>10 hours 10 小时</p> |

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| | | | <ul style="list-style-type: none"> Zone 4: Anaerobic endurance and anaerobic power 无氧耐力和无氧爆发力 <p>Complete tutorial assignment 完成练习题作业</p> | |
| 7 | Exercise Coaching: Instructional Skills 动作指导: 指导技巧 | Gym 实操 | Read session handouts and google classroom course materials, familiarise yourself with: 阅读课程讲义和谷歌课堂课程教材, 并复习: | 12 hours + 30 hours (Exam Preparation) 12 小时 + 30 小时 (考试准 备)。 |
| 8 | Exercise Coaching: Instructional Skills 动作指导: 指导技巧 | Gym 实操 | <ul style="list-style-type: none"> Spotting techniques 保护技巧 Film yourself instructing exercises and review based on the grading criteria 拍摄自己指导动作, 并根据评分标准进行审查 Practise on different exercises 练习指导不同动作 Practise on different individuals 练习指导不同的人 Prepare for theory exam and video submission (exercise demonstration and exercise coaching) 准备理论考试和提交视频 (示范动作和动作指导)。 | |
| 9 | CPR & AED: Basic Life Support 心肺复苏术 (CPR) & 自动心外除颤器 (AED): 基本生命保护 | Gym 实操 | | |
| 10 | Theory Exam 理论考试 | Online 线上 | | |

FEA Certified Fitness Practitioner Module 2 - Personal Trainer
FEA 认证体适能从业者单元 2-私人教练

| SESSION 课堂 | GUIDED-LEARNING TOPICS 实体课程课题 | TYPE 类型 | AFTER GUIDED LEARNING 实体课程课题后 | |
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| | | | SELF-LEARNING 自学部分 | |
| 1 | The Professional Personal Trainer & FEA GBT Model - "PREPARE" Programme 专业的私人教练 & FEA GBT 模型 "准备" 方案 | Gym-CLR 实操-教室 | Before course commencement, experience the sample resistance training, concurrent training and cardiorespiratory training workouts for "PREPARE", "HEALTH", "FITNESS", "HYPERTROPHY" and "FAT LOSS" 在课程开始前, 您必须体验我们所提供的"准备"、"健康"、"体适能"、"肌肥大"和"减脂"训练样本包括阻力训练、混合训练和心肺训练。 | 30 hours 30 小时 |
| | | | Read session handouts and google classroom course materials, familiarise yourself with: 阅读课程讲义和谷歌课堂课程教材, 并复习: • Scope of practice and code of ethics of a personal trainer 私人教练的执业范围和道德守则 • Legal responsibilities, legal forms and negligence 法律责任, 法律表格和过失 Review in class assignment 复习课堂作业 Complete tutorial assignment 完成练习题作业 | 5 hours 5 小时 |
| | | | Experience the resistance training, cardiorespiratory training, lifestyle and nutrition strategies in "PREPARE" programme 体验 "准备" 方案中的阻力训练、心肺训练、生活方式和营养策略。 | 5 hours 5 小时 |
| 2 | FEA GBT Model - "HEALTH" Programme FEA GBT 模型 "健康" 方案 | Gym-CLR 实操-教室 | Experience the resistance training, cardiorespiratory training, lifestyle and nutrition strategies in "HEALTH" programme 体验 "健康" 方案中的阻力训练、心肺训练、生活方式和营养策略。 | 5 hours 5 小时 |
| 3 | FEA GBT Model - "FITNESS" Programme FEA GBT 模型 "体适能" 方案 | Gym-CLR 实操-教室 | Experience the resistance training, cardiorespiratory training, lifestyle and nutrition strategies in "FITNESS" programme 体验 "体适能" 方案中的阻力训练、心肺训练、生活方式和营养策略。 | 5 hours 5 小时 |
| 4 | FEA GBT Model - "HYPERTROPHY" & "FAT LOSS" Programme FEA GBT 模型 "肌肥大" & "减脂" 方案 | Gym-CLR 实操-教室 | Experience the resistance training, cardiorespiratory training, lifestyle and nutrition strategies in "HYPERTROPHY" and "FAT LOSS" programme 体验 "肌肥大" & "减脂" 方案中的阻力训练、心肺训练、生活方式和营养策略。 | 5 hours 5 小时 |
| 5 | Delivering a World-class Personal Training Session 领导卓越的私教课程 | Gym-CLR 实操-教室 | Practise delivering a PT session with a partner based on the guidelines given in class 根据课堂上给出的准则, 与伙伴一起练习领导 PT 课程。 | 5 hours 5 小时 |
| 6 | FEA GBT Model - Making it Personal (Client Assessment) FEA GBT 模型 - 方案个人化 (客户评估) | Gym-CLR 实操-教室 | Read session handouts and google classroom course materials, familiarise yourself with: 阅读课程讲义和谷歌课堂课程教材, 并复习: • Pre-participation health screening purpose and procedure 参与前健康筛检的目的和步骤 | 12 hours + 30 hours |

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| 7 | FEA GBT Model - Making it Personal (Client Assessment) FEA GBT 模型 – 方案个人化 (客户评估) | Gym-CLR 实操-教室 | <ul style="list-style-type: none"> Forms involved in health screening 健康筛检的表格 Exercise contraindications 运动禁忌 | (live case study) 12 小时+30 小时 (实际案例研究) |
| 8 | FEA GBT Model - Making it Personal (Client Assessment) FEA GBT 模型 – 方案个人化 (客户评估) | Gym-CLR 实操-教室 | <p>Find a partner and practise implementing all assessments, interpreting results, and deciding training strategies 找一个伙伴, 练习执行所有的评估, 解读结果, 并决定训练策略</p> <p>Initiate your live case study and complete all reports required for submission 开始执行您的实际案例研究并完成所有需要提交的报告</p> | |
| 9 | Human & Exercise Physiology 人体和运动生理学 | Online/ CLR 线上/教室 | <ul style="list-style-type: none"> Read session handouts and google classroom course materials 阅读课程讲义和谷歌课堂课程教材 Practise explaining all concepts in the chapter to another individual 练习向另一个人解释章节里的概念 Complete tutorial assignment 完成练习题作业 | 6 hours 6 小时 |
| 10 | Movement & Functional Anatomy 动作和功能解剖学 | Online/ CLR 线上/教室 | <ul style="list-style-type: none"> Practise joint actions in each anatomical plane 练习每一个动作平面里的关节动作 Review in class assignment (exercise analysis) 复习课堂作业 (动作分析) Complete tutorial assignment 完成练习题作业 | 6 hours 6 小时 |
| 11 | Functional & Resistance Training – Assessment, Programming & Physiology 功能性&阻力训练 – 评估, 方案设计&生理学 | Online/ CLR 线上/教室 | <ul style="list-style-type: none"> Find a partner and practise implementing all assessments and interpreting results 找一个伙伴, 练习实施所有的评估和解释解读结果 Read session handouts and google classroom course materials 阅读课程讲义和谷歌课堂课程教材 Practise explaining all concepts in the chapter to another individual 练习向另一个人解释章节里的概念 Complete tutorial assignment 完成练习题作业 | 6 hours 6 小时 |
| 12 | Cardiorespiratory Training – Physiology & Programming 心肺训练-生理学和方案设计 | Online/ CLR 线上/教室 | <ul style="list-style-type: none"> Read session handouts and google classroom course materials 阅读课程讲义和谷歌课堂课程教材 Practise explaining all concepts in the chapter to another individual 练习向另一个人解释章节里的概念 Review in-class assignment 复习课堂作业 <ul style="list-style-type: none"> Blood flow 血流 Energy system 能量系统 Bioenergetics 生物能量学 Acute and chronic adaptations 急性和慢性适应 Complete tutorial assignment 完成练习题作业 | 3 hours 3 小时 |

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| 13 | Tutorial 复习 | Online/ CLR 线上/教室 | Refer the google classroom for assignment and be prepared to present in class 请参考谷歌教室的作业, 并准备好在课堂上报告。 | 6 hours 6 小时 |
| 14 | Nutrition: Science and Education 营养学: 科学和教育 | Online/ CLR 线上/教室 | <p>Read session handouts and google classroom course materials, familiarise yourself with: 阅读课程讲义和谷歌课堂课程教材, 并复习:</p> <ul style="list-style-type: none"> • Macronutrients: Food source, function, guidelines, how to choose 巨量营养素: 食物来源, 功能, 准则, 如何选择 • Energy balance concept 能量平衡概念 • Special nutrition considerations 特殊营养考量 • Supplements 补剂品 <p>Review in-class assignment: Case study Andrew 复习课堂作业: 案例安德鲁</p> <p>Complete tutorial assignment 完成练习题作业</p> | 3 hours 3 小时 |
| 15 | Behaviour Change and Motivation 行为改变和动机 | Online/ CLR 线上/教室 | <ul style="list-style-type: none"> • Read session handouts and google classroom course materials • 阅读课程讲义和谷歌课堂课程教材 • Understand health belief model and self-efficacy 了解健康信念模型和自我效能 • Identify stages of change and how to promote change 识别改变的阶段和如何促进改变 • Perform decisional balance activity on an action that you are currently in the contemplation stage 在您自己处于思考期的一个行为上进行决策平衡 • Understand concept of operant conditioning, behavioural shaping, and cognitive behavioural techniques 了解操作性调节、行为塑造和认知行为技术的概念 • Review in-class assignment: 复习课堂作业: <ul style="list-style-type: none"> ◦ Likelihood of behaviour change 行为改变的可能性 <p>Readiness to change 改变准备度</p> | 3 hours 3 小时 |
| 16 | Effective Communication and Goal Setting Techniques 有效的沟通和目标设定技巧 | Online/CLR 线上/教室 | <ul style="list-style-type: none"> • Read session handouts and google classroom course materials • 阅读课程讲义和谷歌课堂课程教材 • Review stages of client-trainer relationship 复习客户-教练关系阶段 • Review in-class assignment: 复习课堂作业 <ul style="list-style-type: none"> ◦ Initial interview session 初步访谈 ◦ SMART goals SMART 目标 <p>Providing feedback 提供反馈</p> | 3 hours 3 小时 |

| | | | | |
|----|--|------------------|--|--|
| 17 | Programming for Special Populations and Musculoskeletal Injuries 特殊族群和骨骼肌肉损伤方案设计 | Online/CLR 线上/教室 | Read session handouts and google classroom course materials, familiarise yourself with: 阅读课程讲义和谷歌课堂课程教材, 并复习: <ul style="list-style-type: none"> Each condition and its sign & symptoms 每种情况及其征兆和症状 How exercise and nutrition can help to manage the condition 运动和营养如何有助于控制病情 Recommendations and contraindications 建议和禁忌症 Modify programs based on guidelines 根据准则修改方案 | 3 hours 3 小时 |
| 18 | Exam Review 考试复习 | Online/CLR 线上/教室 | Complete revision by reading course manual, session handouts and all course materials in google classroom to prepare for the theory exam. 通过阅读课本、课堂讲义和谷歌课堂上的所有课程教材完成复习, 为理论考试做准备。 | 50 hours exam review 50 小时复习 考试 |
| 19 | Practical Exam 实践考试 | Gym 实操 | Complete all live case study training sessions and submit reports via google classroom before submission due date (theory exam day). | |
| 21 | Theory Exam 理论考试 | CLR 教室 | 在实际案例研究报告提交日 (理论考试日) 前, 完成所有培训课程并通过谷歌课堂提交报告。 | |

Learning Materials 学习材料

- Certified Fitness Practitioner digital manual and course slide handouts
认证体适能从业者电子课本课程投影片讲义
- Access to E-learning platform via Google Classroom for CFP (and ACE - only in Malaysia)
CFP Google Classroom CFP 线上学习平台 (和 ACE – 只限于在马来西亚)

Note: The e-learning platform via Google Classroom will be accessible at least 14 days prior to the course date and will remain valid for one year from the course start date. Digital manuals and slide handouts are also available on Google Classroom.

Google Classroom 电子学习平台将在课程日期前至少 14 天提供权限，有效期为 1 年（从课程开始日期起）。电子课本和课程讲义可在 Google Classroom 寻得。

Awards 证书

Module 1 – Fitness Instructor (Exercise Coaching)

单元 1 – 健身指导员（运动指导学）

Upon completing the course, passing the exam, and meeting all the requirements to coach exercises, you will be awarded the *FEA Certified Fitness Practitioner Module 1 – Fitness Instructor* certificate by Fitness Edutraining Asia (FEA).

在完成课程，通过考试，以及满足所有指导与带领健康成年人一般训练课程条件之后，您将获得由 Fitness Edutraining Asia (FEA) 所颁发的“FEA 认证体适能从业者单元 1—健身指导员”证书。

CPR & AED - Basic Life Support

心肺复苏术 & 自动体外除颤器 – 基础生命保护

Upon meeting all requirements of this workshop, you will be awarded a Certificate of Course Completion. This certification has a 2-year validity.

达到课程要求后，您将获得一份课程结业证书。该证书的有效期为 2 年。

Module 2 - Personal Trainer

单元 2 – 私人教练

Upon completing the course, passing the exam, and meeting all the requirements to assess, design and implement health and fitness programmes for apparently healthy adults, you will be awarded the *FEA Certified Fitness Practitioner– Personal Trainer (EQF Level 4)* certificate by Fitness Edutraining Asia (FEA). This certificate has a 2-year validity. Please refer to ‘Recertification’ section on renewal procedure.

在完成课程，通过考试，以及满足所有指导与带领健康成年人一般训练课程条件之后，您将获得由 Fitness Edutraining Asia (FEA) 所颁发的“FEA 认证体适能从业者—私人教练 (EQF 四级)”证书。

To receive the *FEA Certified Fitness Practitioner – Personal Trainer (EQF Level 4)* certificate, you must pass both the Module 1 and Module 2 exam.

只有完成单元 1 和 2 后，方能获取“FEA 认证体适能从业者—私人教练 (EQF 四级)”证书。

Exam Components & Grading Criteria 考试组成部分&通过标准

| | Exam Components 考试组成部分 | Method of Testing 考试方法 | Contributions 贡献 |
|-------------------------|--|--|------------------|
| Module 1 单元 1 | Theory Exam (Multiple Choice Exam) 理论考试 (选择题) | Online 线上 | 40% |
| | Practical Exam (Exercise Demonstration) 实践考试 (动作示范) | Submission via Google Classroom 通过 Google Classroom 提交 | 20% |
| | Practical Exam (Exercise Coaching) 实践考试 (动作指导) | Submission via Google Classroom 通过 Google Classroom 提交 | 40% |
| | To pass the Module 1 exam, you must achieve a total score of at least 70%. 要通过单元 1 的考试, 您必须达到总分的 70%以上。 | | |
| Module 2 单元 2 | Compulsory Passing of Module 1 必须通过单元 1 的考试 | | 20% |
| | Theory Exam (Multiple Choice Exam) 理论考试 (选择题) | Online 线上 | 50% |
| | Live Case Study 实际案例研究 | Submission via Google Classroom 通过 Google Classroom 提交 | 30% |
| | Compulsory Passing of Practical Summative Assessment 必须通过实践总结性评估 | Onsite 现场 | - |
| | To pass the Module 2 exam, you must achieve a total score of at least 70% and pass the Practical Summative Assessment 要通过单元 2 的考试, 您必须达到总分的 70%以上并通过实践总结性评估 | | |

Module 1 – Fitness Instructor (Exercise Coaching)

单元 1 – 健身指导员 (运动指导学)

- Theory Exam 理论考试
 - 60 Multiple Choice Questions - 40%
60 道选择题 – 40%

You will have 90 minutes to complete the online proctored exam. The theory exam is typically scheduled for 2-3 weeks after the completion of the course, and exam candidates must register for the Module 1 exam by the last day of the course. For more information, please refer to the 'Exam Procedures' section below.

您将有 90 分钟的时间完成在线监考考试。理论考试通常安排在课程结束后的 2-3 周, 考试者必须在课程的最后一天前注册参加单元 1 的考试。欲了解更多信息, 请参考下面的 "考试程序" 部分。

- Practical Exam 实践考试

- Exercise Demonstration - 20%

- 动作示范 – 20%

- At the end of the course, you are required to submit a video of yourself demonstrating 5 exercises (options will be given). You will be evaluated based on the standards presented in class.

- 在课程结束后，您需要提交一段自己示范 5 个动作的视频（将给出选项）。我们将根据课堂上提出的标准对您进行评估。

- Exercise Coaching - 40%

- 动作指导 – 40%

- At the end of the course, you are required to submit a video of yourself coaching a beginner exerciser 5 exercises (options will be given). You will be evaluated based on the standards presented in class.

- 在课程结束后，您需要提交一段自己指导一名初级运动者做 5 个动作的视频（将给出选项）。我们将根据课堂上提出的标准对您进行评估。

Passing requirement: $\geq 70\%$

Gold award: $\geq 90\%$ (1st attempt only)

合格要求: $\geq 70\%$

金奖: $\geq 90\%$ (重考不算)

Results will be announced via email three weeks after the exam submission deadline. Successful candidates will receive their digital certificate via email. In case a passing score is not achieved, candidates are allowed two retake attempts, with the first retake being complimentary. The second retake will be subject to a fee (please refer to your local provider) and will include an additional 60 minutes of online coaching by an FEA Edutainer. Please note that feedback on exam performance will not be provided. All retakes must be completed within three months from the date of the initial exam result. Requests for a detailed review of scoring will not be entertained. Candidates who did not pass the exam should review the scoring rubrics or grading criteria outlined in the course and manual prior to retaking the exam.

考试成绩将在考试提交截止日期三周后通过电子邮件公布。成功的考生将通过电子邮件收到他们的电子证书。如果没有达到合格分数，考生可以有两次重考机会，第一次重考是免费的。第二次重考将收取费用（请向您当地的学院咨询费用），并包括由 FEA 讲师提供的额外 60 分钟的在线辅导。请注意，讲师将不提供考试成绩的反馈。所有重考必须在初次考试结果出来后的三个月内完成。任何要求公开仔细评分的请求将不被受理。未通过考试的考生在重考前应复习课程和手册中列出的评分标准。

CPR & AED – Basic Life Support

心肺复苏术 & 自动体外除颤器 – 基础生命保护

The instructor will provide a live onsite (face to face) skills check; participants are required to demonstrate primary care skills, based on pre-set scenarios

讲师会在线下（面对面）进行技能检查，学员需要根据情境，给讲师示范初级基础生命保护技巧

Requirements are as such:

要求如下：

- Full attendance 全程出席
- Completion of workshop/course 完成课程
- Passing all evaluations 通过所有评估项目

Module 2 - Personal Trainer

单元 2 – 私人教练

- Module 1 Exam Score – 20 %

单元 1 考试得分 – 20%

- To be eligible to take the Module 2 examination, you must have obtained the Module 1 certification within 365 days. If it has been more than 365 days, you will be required to retake the Module 1 examination. Please note that retaking the exam incurs a fee, and you may contact your local provider for more information. Once you pass the Module 1 exam, you will be awarded a new FEA Certified Fitness Practitioner Module 1 - Fitness Instructor digital certificate.

要有资格参加单元 2 的考试，您必须在 365 天内获得单元 1 的认证。如果已经超过 365 天，您将被要求重新参加单元 1 的考试。请注意，重考需要付费。您可以联系您当地的学院了解更多信息。一旦您通过了单元 1 的考试，您将获得新的 FEA 认证体适能从业者 单元 1-健身指导员电子证书。

- Theory Exam

- 100 Multiple Choice Question - 50%

100 道选择题 – 50%

You will have 120 minutes to complete the online proctored exam. The theory exam is typically scheduled for 4-5 weeks after the completion of the course, and exam candidates must register for the Module 2 exam by the last day of the course. For more information, please refer to the 'Exam Procedures' section below.

您将有 120 分钟的时间完成在线监考考试。理论考试通常安排在课程结束后的 2-3 周，考试者必须在课程的最后一天前注册参加单元 2 的考试。欲了解更多信息，请参考下面的 "考试程序" 部分。

- Live Case Study - Programme Design – 30%

- As part of the certification requirements, you are required to complete a Live Case Study. This involves working with a real client and leading them through the personal training process. In addition to this, you must also complete a guided report and submit it by the theory examination date. The specific timeline for the Live Case Study is outlined in the 'Topics Covered' section, so please refer to it for further details.

作为认证要求的一部分，您需要完成一个实际案例研究。这涉及到与一个真正的客户合作，带领他们完成私人教练过程。除此之外，您还必须完成一份引导性报告，并在理论考试日期前提交。实际案例研究的具体时间表在 "涵盖的主题" 部分有概述，所以请参考它以了解更多细节。

- **Compulsory passing of Practical Summative Assessment**
必须通过实践总结性评估
 - You will be evaluated in programme implementation which includes: training methods and delivering a complete workout session.
我们将评估您的方案实施能力，包括：训练方法和指导一堂完整的日课程

Passing requirement: $\geq 70\%$

合格分数: $\geq 70\%$

Gold award: $\geq 90\%$ (1st attempt only)

金奖: $\geq 90\%$ (重考不算)

| Domain 范畴 | Exam Outline Domain 考试大纲 | No. of Questions 问题数 | % |
|--------------|---|-------------------------|-------|
| 1 | Basic and Applied Sciences and Nutritional Concepts 基础和应用科学及营养概念 | 30 | 15% |
| 2 | Interviews and Assessments 面谈与评估 | 30 | 15% |
| 3 | Client Relations, Behavioural Coaching and Programme Adherence 客户关系、行为辅导和方案的坚持 | 25 | 12.5% |
| 4 | Professional Development and Responsibility 专业发展和责任 | 15 | 7.5% |
| | Total from CFP M2 Multiple Choice Questions CFP L2 选择题总数 | 100 Q | 50% |
| 5 | Live Case Study 实际个案研究 - Programme Design 方案设计 | | 30% |
| 6 | Exercise Guidelines, Technique and Training Instruction (CFP Module 1) 运动准则，技巧和训练指导 (CFP 单元 1) | | 20% |
| | Total 总数 | | 100% |

Results will be announced via email three weeks after the exam submission deadline. Successful candidates will receive their digital certificate via email. In case a passing score is not achieved, candidates are allowed two retake attempts, with the first retake being complimentary. The second retake will be subject to a fee (please refer to your local provider) and will include an additional 60 minutes of online coaching by an FEA Edutrainer. Please note that feedback on exam performance will not be provided. All retakes must be completed within three months from the date of the initial exam result. Requests for a detailed review

of scoring will not be entertained. Candidates who did not pass the exam should review the scoring rubrics or grading criteria outlined in the course and manual prior to retaking the exam.

考试成绩将在考试提交截止日期三周后通过电子邮件公布。成功的考生将通过电子邮件收到他们的电子证书。如果没有达到合格分数，考生可以有两次重考机会，第一次重考是免费的。第二次重考将收取费用（请向您当地的学院咨询费用），并包括由 FEA 讲师提供的额外 60 分钟的在线辅导。请注意，讲师将不提供考试成绩的反馈。所有重考必须在初次考试结果出来后的三个月内完成。任何要求公开仔细评分的请求将不被受理。未通过考试的考生在重考前应复习课程和手册中列出的评分标准。

Note:

注意事项

Grading criteria have been established in the course and in the manual. Candidates who meet the pre-requisites prior to joining the course and who successfully completed this course will have a better chance of passing the examination.

我们除了会在课程中讲解考试通过标准，您也可在课本中找到。符合参课条件并顺利完成课程的学员，考试通过的机会会大大提升。

The grading criteria is to ensure you will meet the minimum standards expected in the fitness industry. This means that candidates who do not receive a passing score, did not meet the requirements to carry out safe and effective exercises and programmes, which will be expected by clients and health/fitness club employers. Therefore, we are unable to certify you as our goal is to uphold the industry standards. We strictly do not honor any request for leniency.

考试标准是为了确保您能达到健身行业所期望的最低标准。这意味着没有得到合格分数的考生，没有达到进行安全和有效的动作和方案的要求，这将是客户和健康/健身俱乐部雇主的期望。因此，我们无法给予您认证，因为我们的目标是维护行业标准。任何宽大处理的要求将一律拒绝。

Course Availability 开课地点

Module 1 – All countries in Asia

单元 1 – 亚洲所有国家

Module 2 – Currently only available in Malaysia

单元 2 – 目前只限于马来西亚

EREPS Membership EREPS 会员

Upon earning the FEA Certified Fitness Practitioner – Personal Trainer (EQF Level 4) certificate, you will be eligible to join EREPS. As a FEA CFP graduate, you will receive a complimentary annual registration fee for the first year from FEA (original fee: €40 Euro per year). To renew your membership, you will need to complete 10 hours of lifelong learning or continued career development activity for each year of your membership. Additional information can be found at <https://www.ereps.eu/llp/directory>

获得 FEA 认证体适能从业者-私人教练（EQF 四级）证书后，您将有资格加入 EREPS。FEA CFP 毕业生将获得 FEA 赠送的第一年年度注册费（原费用：每年 40 欧元）。若要

更新会员资格, 请在每一年完成 10 小时的终身学习或持续职业发展活动。更多的细节可以在这里找到: <https://www.ereps.eu/llp/directory>

This is a stipulation of the EREPS Code of Ethical Practice:

https://www.ereps.eu/sites/ereps.eu/files/docs/EREPS_Code_Of_Practice_March21.pdf.

Once you submit your application and payment for registration, they will be reviewed for compliance and equivalency with the EuropeActive standards. If your application is approved, you will receive an email confirmation along with a unique Certificate of Registration that specifies your main occupation and EQF equivalent level. Your information will also be added to the EREPS website's Directory of Members. The certificate confirms your compliance with the EREPS Code of Ethical Practice and includes your membership expiration date.

这是 EREPS 道德行为准则的一项规定:

https://www.ereps.eu/sites/ereps.eu/files/docs/EREPS_Code_Of_Practice_March21.pdf。

一旦您提交了您的注册申请和付款, 它们将被审查是否符合和等同于 EuropeActive 的标准。如果您的申请被批准, 您将会收到一封确认邮件, 以及一份独特的注册证书, 其中注明了您的主要职业和 EQF 等效等级。您的信息也将被添加到 EREPS 网站的会员目录中。该证书确认您符合 EREPS 的道德实践准则, 并包括您的会员资格到期日。

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

文具与一套替换运动装

Laptop or mobile devices for online guided-learning, self-learning, and exams

用于线上学习、自学和考试的笔记本电脑或电子设备

Course Capacity 课程人数

A minimum of 12 pax and a maximum of 24 pax (live class). Maximum capacity may be subjected to venue and standard operating procedure of COVID-19 pandemic.

至少 12 人, 最多 24 人 (实体课程)。新冠病毒疫情期间, 人数上限将依据地点与标准程序 (SOP) 进行调整。

Language 语言

English or Mandarin

英文或中文

Exam Procedures 考试程序

| | Exam Components 考试组成部分 | Method of Testing 考试方法 | Contributions 贡献 |
|-------------------------|---|--|------------------|
| Module 1 单元 1 | Theory Exam (Multiple Choice Exam) 理论考试 (选择题) | Online 线上 | 40% |
| | Practical Exam (Exercise Demonstration) 实践考试 (动作示范) | Submission via Google Classroom 通过 Google Classroom 提交 | 20% |
| | Practical Exam (Exercise Coaching) 实践考试 (动作指导) | Submission via Google Classroom 通过 Google Classroom 提交 | 40% |
| | To pass the Module 1 exam, you must achieve a total score of at least 70%. 要通过单元 1 的考试, 您必须达到总分的 70%以上。 | | |
| Module 2 单元 2 | Compulsory Passing of Module 1 必须通过单元 1 的考试 | | 20% |
| | Theory Exam (Multiple Choice Exam) 理论考试 (选择题) | Online 线上 | 50% |
| | Live Case Study 实际案例研究 | Submission via Google Classroom 通过 Google Classroom 提交 | 30% |
| | Compulsory Passing of Practical Summative Assessment 必须通过实践总结性评估 | Onsite 现场 | - |
| | To pass the Module 2 exam, you must achieve a total score of 70% and pass the Practical Summative Assessment 要通过单元 2 的考试, 您必须达到总分的 70%以上并通过实践总结性评估 | | |

The theory exam is typically scheduled for 2-3 weeks after the completion of the course, and exam candidates must register for the respective module exams by the last day of each module.

理论考试一般安排在课程结束后的 2-3 周, 考生必须在每个单元的最后一天之前报名参加相应单元的考试。

| Online Proctored Exam 线上监考考试 | |
|--|--|
| Exam Date & Time 考试日期&时间 | Please refer to the 'Study Itinerary' in Google Classroom 请参考 Google Classroom 里的'学习行程表' |
| Exam Location 考试地点 | Anywhere (exam candidate must meet the environment requirement) 任何地方 (考生必须满足环境要求) |
| Device required 需要的设备 | <ul style="list-style-type: none">Laptop with webcam 带网络摄像头的笔记本电脑Smartphone with camera 带摄像头的智能手机 |
| Set-up required prior to exam 考试前需要进行设置 | Yes 需要 |

Online Exam Requirements 线上考试需求

Equipment 设备

- You will need a computer with a webcam and reliable internet connection access
您将需要一台带摄像头的电脑和可靠的互联网连接。
- Your computer must have a compatible operating system: Windows 10 onwards, macOS 10.11 onwards
您的电脑必须有一个兼容的操作系统: Windows 10 及以上版本, macOS 10.11 及以上版本
- Please note: Tablets/iPads, dual/multi monitors and projectors are not allowed to be used as testing device.
请注意: 平板电脑/iPads、双/多显示器和投影仪不允许作为测试设备使用。
- You will need to have your webcam on throughout the exam
在整个考试过程中, 您需要打开您的电脑摄像头。
- You may need to use your mobile device as a secondary video camera during the exam.
您还需要一部辅助手机, 以便在测试期间拍摄您的周围。
- You will need to switch your phone into "Do Not Disturb Mode"
您将需要把您的手机设置为 "请勿打扰"。

Environment and Attire 环境和着装规范

- Make sure you are in a bright and well-lit, quiet, and private room to minimize distractions and ensure clear visibility
确保您所在的房间明亮、光线充足、安静且私密, 以尽量减少干扰并确保清晰可见
- Ensure that your background and desk are clean and organised; otherwise the exam proctoring system might detect prohibited objects leading to interruptions in the exam progress

确保您的背景和桌面整洁有序, 否则监考系统可能会检测到违禁物品, 导致考试进程中断

- Do not use any virtual backgrounds or overlays that may interfere with the proctor's observation.

不要使用任何可能会干扰监考人员观察的虚拟背景或覆盖物。

- Pets, family members and other individuals are strictly prohibited in the room during the examination

考试期间严禁携带宠物、家庭成员和其他人员进入考场。

- Do not wear hats, caps, or anything that obscures your face or hinders facial recognition
请勿戴帽子、帽子或任何遮挡面部或妨碍面部识别的物品

- Do dress appropriately and maintain a professional appearance.

着装得体, 保持专业形象。

- No toilet breaks are allowed during the exam.

考试期间禁止上厕所。

Things to bring 需要携带的物品:

- Please have your ID/passport ready for examination verification.
请准备好您的身份证/护照, 以备考试验证。

Not allowed 不允许:

- iPods, MP3 players, headphones, cameras, smartphones, secondary screen, recording devices and watches (including smartwatches) are not allowed.
不允许携带 iPod、MP3 播放器、耳机、相机、智能手机、第二屏幕、录音设备和手表 (包括智能手表)。
- No food and drink are allowed during the examination
在考试期间不允许食物和饮品。
- Smoking and vaping are not permitted at any time.
不允许吸烟和吸电子烟。
- Personal writing utensils, including paper, pencils and books are not allowed.
不允许使用个人书写工具, 包括纸张、铅笔和书籍。
- Reading the questions out loud during exam is not permitted.
考试期间不允许大声读题。

Strict Adherence to Exam Procedures

严格遵守考试程序

To ensure a smooth exam experience, it is of utmost importance to complete all necessary computer settings well before the exam day. It is crucial to avoid any potential disruptions during the exam. If the system or the proctor detects any suspicious activity, the exam will be terminated without hesitation and FEA's decision will be final. In such cases, a comprehensive report on the exam termination will be sent via email from helpmelearn@fea.group within 7 working days following the exam termination.

为确保考试顺利进行, 最重要的是在考试前完成所有必要的计算机设置。这对于避免考试期间出现任何潜在干扰至关重要。如果系统或监考人员发现任何可疑活动, 将毫不犹豫地终止考试, FEA 的决定为最终决定。在这种情况下, 考试终止后的 7 个工作日内, helpmelearn@fea.group, 通过电子邮件发送一份关于考试终止的综合报告。

In the event of an exam termination, students will be granted a second attempt, regular exam fee is applied. Alternatively, they can choose to accept a score of '0' for the terminated attempt and proceed to their first retake. It is essential for students to respond promptly within 7 days upon receiving the termination report to indicate their preferred option for the reattempt. By adhering to these guidelines and promptly addressing any issues, we can ensure a fair and conducive exam environment for all participants.

在考试终止的情况下, 学生将获得第二次考试机会, 但需支付正常的考试费用。或者, 学生可以选择接受被终止考试的 "0" 分, 然后进行第一次重考。学生必须在收到终止考试报告后 7 天内及时回复, 说明他们选择的重考方案。通过遵守这些准则并及时处理任何问题, 我们可以确保为所有参与者提供一个公平、有利的考试环境。

Exam Domain for FEA Certified Fitness Practitioner – Personal Trainer
FEA 认证体适能从业者 – 私人教练考试范畴

Domain 1: Basic and Applied Sciences and Nutritional Concepts 15%

范畴 1: 基础和应用科学及营养概念

Knowledge of: -

需具备的知识点: -

1. Concepts and structures of anatomy, including the nervous system, muscular system, skeletal system, cardiorespiratory system, and endocrine system
解剖学的概念和结构, 包括神经系统、肌肉系统、骨骼系统、心肺系统和内分泌系统。
2. Functions of exercise physiology related to:
与下相关的运动生理学的功能:
 - a. nervous system 神经系统
 - b. muscular system 肌肉系统
 - c. skeletal system 骨骼系统
 - d. endocrine system 内分泌系统
 - e. cardiorespiratory system 心肺系统
 - f. digestive system 消化系统
 - g. bioenergetics and exercise metabolism 生物能量学和运动代谢
3. Functional biomechanics (such as levers, force, torque)
功能性生物力学 (如杠杆、力、扭矩)
4. Principles of human movement science related to:
人类运动学的相关原则:
 - a. planes of motion (sagittal, frontal, and transverse)
运动平面 (矢状面, 额状面, 横切面)
 - b. muscle action spectrum (isometric, concentric, and eccentric)
肌肉的动作光谱 (等长收缩, 向心收缩, 离心收缩)
 - c. force-couple relationships (agonist, antagonist, synergist, and stabilizer)
力偶关系 (主动肌, 拮抗肌, 协同肌, 稳定肌)
 - d. length-tension relationship
长度-张力关系
 - e. stretch-shortening cycle
牵张缩短循环
 - f. reciprocal inhibition and autogenic inhibition
相互抑制和自生抑制
 - g. joint actions (such as rotation, flexion, extension)
关节动作 (如旋转, 弯曲, 伸展)
5. Macronutrients (carbohydrates, protein, and fat)
宏量营养素 (碳水, 蛋白质和脂肪)
6. Micronutrients (vitamins and minerals)
微量营养素 (维生素和矿物质)

7. Hydration concepts and guidelines
保持水份的概念和准则
8. Recommendations and guidelines for caloric intake and expenditure
热量摄取和支出的建议和准则
9. Energy systems (ATP-PC System, glycolytic, and oxidative)
能量系统 (ATP-磷酸肌酸系统, 糖酵解和氧化)
10. Exercise post-oxygen consumption [EPOC]
运动后过摄氧量 EPOC
11. Units of energy measurement (kcal and calories)
测量能量的单位 (大卡和卡路里)
12. Dietary reference intakes
膳食参考摄入量
13. Portion sizes, meal timing, and meal frequency
份量大小、用餐时机和用餐频率
14. Nutrient and energy density
营养和能量密度
15. Crash/fad/myth diets
激素减肥法/流行饮食法/饮食法的迷思
16. Common nutritional supplements including possible risks, benefits, uses, and effects
常见的营养补给品, 包括可能风险、益处、用途和效果
17. Food and supplement label reading
食物和补给品的标签阅读
18. Factors that can influence weight management physiology (such as the law of thermodynamics, poor sleep, endocrine abnormalities, medications, metabolism)
影响体重管理的生理学因素 (如热力学定律, 睡眠不佳、内分泌异常、药物、新陈代谢)

Domain 2: Interviews and Assessments 15%

范畴 2: 面谈和评估 15%

Obtain relevant health and lifestyle information necessary for successful programme design and outcomes.

取得相关所需的健康与生活方式资讯, 来设计方案, 获取成果。

TASK 1: Obtain comprehensive health, medical, exercise, and lifestyle information using questionnaires, interviews, and appropriate documents to determine risk for exercise participation, identify the need for medical clearance and referrals, and facilitate programme design.

任务 1: 使用问卷调查、面谈和适当的文件获得全面的健康、医疗、运动和生活方式的信息, 以得知参与运动的风险, 确定是否需要医疗许可和转诊, 并设计方案。

TASK 2: Identify and evaluate the quality of foundational movements through observations and assessments to develop appropriate exercise programming that enhances function, health, fitness, and performance.

任务 2: 通过观察和评估, 识别和评量基础动作的品质, 以制定适当的运动计划, 提升功能、健康、健身和运动表现。

TASK 3: Select and conduct baseline physiological assessments based on client interviews, questionnaires, and standardized protocols to facilitate safe and effective programme design and monitor changes over time.

任务 3: 根据客户面谈、问卷调查和标准化协议, 选择和进行生理基线评估, 以设计安全和有效的项目, 并随着时间推移, 实施监测变化。

Domain 3: Client Relations, Behavioral Coaching and Programme Adherence 12.5%

范畴 3: 客户关系、行为辅导和计划的坚持 12.5%。

Develop rapport with clients, facilitate lifestyle and behavioral change through education, monitoring and communication strategies as well as to promote client adherence and ensure progress toward goals.

与客户建立默契关系, 通过教育、监控和沟通策略促进生活方式和行为的改变, 以及促进客户的坚持度和确保目标的进展。

TASK 1: Establish and maintain professional client-trainer relationship using techniques such as rapport building, active listening and communication strategies

任务 1: 使用建立默契关系、积极倾听和沟通策略等技巧, 建立并维持专业的客户-教练关系。

TASK 2: Assess client readiness for behavior change and evaluate exercise attitudes and beliefs through effective communication to build rapport and establish appropriate goals.

任务 2: 通过有效的沟通, 评估客户对行为的改变意愿情况, 并评估训练的态度和信念, 以建立默契关系并建立适当的目标。

TASK 3: Promote programme adherence through motivation, education, and modification to achieve client goals.

任务 3: 通过激励、教育和调整来促进方案坚持, 以实现客户的目标。

TASK 4: Recognize and respond to lapses in programme adherence by identifying barriers and providing solutions to ensure consistent client engagement.

任务 4: 通过识别障碍和提供解决方案, 认识并应对方案坚持的失误, 以确保客户的持续参与。

Domain 4: Professional Development and Responsibility 7.5%

范畴 4: 专业发展和责任 7.5%

Fulfill professional responsibilities through continuing education, collaboration with allied health professionals, and adherence to industry standards and practices necessary to protect clients, facility operators, and the personal trainer.

通过继续教育、与专职医疗人员合作以及遵守产业标准和规范来履行专业责任，以保护客户、设施经营者和私人教练。

TASK 1: Apply risk-management strategies in accordance with recognized standards, guidelines, laws, and regulations to protect the client, personal trainer, and other relevant parties to minimize liability.

任务 1: 根据公认的标准、准则、法律和法规，运用风险管理策略来保护客户、私人教练和其他相关方，以减少责任。

TASK 2: Document and secure client data, communications, and progress in accordance with legal and regulatory requirements to maintain confidentiality and minimize liability.

任务 2: 根据法律和法规的要求，记录并保护客户的数据、通信记录和进展，以保持机密性并将责任降至最低。

TASK 3: Enhance competency by using credible resources to stay current with evidence-based research, theories, and practices.

任务 3: 通过使用可靠的资源来提高能力，时时更新循证研究、理论和实践。

TASK 4: Prevent injury by identifying and reporting potential hazards in accordance with recommended industry or facility protocols.

任务 4: 根据建议的行业或设施协议，通过识别和报告潜在的危险来防止伤害。

TASK 5: Adhere to applicable professional standards, guidelines and regulations and codes of conduct

任务 5: 遵守适用的专业标准、指南、法规和行为准则。

TASK 6: Act within the CPT scope of practice (such as respecting occupational limitations, referring clients to other professionals when necessary)

任务 6: 在 CPT 的执业范围内行事（如尊重职业限制，必要时将客户转给其他专业人员）。

Domain 5: Programme Design 30%

范畴 5: 方案设计 30%

Create individualized programs that promote healthy behaviors through exercise, nutrition, education, and coaching.

通过运动、营养、教育和辅导，设计个人化方案，并促进健康行为。

TASK 1: Establish appropriate functional, health, fitness, or performance goals by interpreting client interview and assessment data to design personalized exercise programs.

任务 1: 通过解读客户面谈和评估数据，建立适当的功能、健康、体适能或运动表现目标，以设计个人化运动方案。

TASK 2: Design personalized exercise programs by applying appropriate exercise principles and guidelines to enhance cardiorespiratory fitness, muscular strength and endurance, and flexibility.

任务 2: 运用适当的运动原则和准则来设计个人化运动方案，以提高心肺功能，肌肉力量和耐力，以及灵活性。

TASK 3: Select appropriate exercises and equipment and integrate them into client programs in accordance with evidence-based research to improve function, health, fitness, and performance.

任务 3: 根据循证研究，选择适当的练习和设备，并将其整合到客户的方案中，以改善功能、健康、体适能和运动表现。

TASK 4: Routinely evaluate progress by using data, observations, and client feedback to modify programs as needed.

任务 4: 通过使用数据、观察和客户反馈来评估进展，并根据需要来调整方案。

Domain 6: Exercise Guidelines, Technique and Training Instruction 20%

范畴 6: 运动准则, 技巧和训练指导 20%

TASK 1: Instruct clients on safe and effective equipment use and exercise techniques using verbal, visual, and kinesthetic cues to achieve programme goals.

任务 1: 使用听觉、视觉和动觉指令, 指导客户安全 and 有效地使用设备和训练技巧, 以实现方案目标。

TASK 2: Apply the knowledge and demonstrate safe and effective exercise techniques based on knowledge of the musculoskeletal system and biomechanical concepts as they relate to movement and exercise

任务 2: 根据肌肉骨骼系统和生物力学概念的知识, 运用知识并示范安全和有效的训练技巧, 因为它们与运动和锻炼有关。

TASK 3: Observe clients who are exercising and suggest corrections and adaptations as necessary to ensure techniques and procedures (posture, range of motion, control, timing and form) are safe and effective

任务 3: 观察正在训练的客户, 并提出必要的纠正和调整, 以确保技巧和步骤 (姿势、关节运动范围、控制、时间) 是安全和有效的。

TASK 4: Work within the parameters, recognising the standards and professional limitations that this provides, and ensuring essentials personal skills and knowledge to be a fitness instructor are maintained and updated

任务 4: 在参数范围内工作, 承认其提供的标准和专业限制, 并确保保持和更新作为健身指导员的个人技能和知识。