

## FEA Exercise Nutrition FEA 运动营养

Help Your Clients Eat Better for Health and to Perform Better  
帮助您的客户改善健康和提升表现

### Course Overview 课程概述

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，您有机会通过提供合理的营养教育和指导，积极影响客户的生活。我们的课程将为您提供所需的知识和技能，以提供在您的职业范围内科学支持、实用和相关的营养指导。通过我们的课程，您将获得信心，将营养科学有力地融入到教育和赋权客户的过程中，同时回答客户最常询问的问题。通过直接解决客户的营养问题，您将为您的专业服务增添巨大价值，使自己在竞争中脱颖而出，并建立长期客户忠诚度。

### Course Objective 课程目标

1. Understanding the 'What' and 'Why' of Nutrition:
  - Develop a profound grasp of nutrition science, evidence-based practices, and guidelines, establishing yourself as an industry expert
2. Mastering the 'How' – Nutrition Coaching Skills:
  - Equip yourself with practical skills to improve client's eating habits based on general evidence based non-medical nutritional practices, aligning with their individual goals, preferences and challenges

1. 理解营养的“什么”和“为什么”：
  - 深刻掌握营养科学、基于证据的实践和指南，确立自己作为行业专家的地位。
2. 掌握“如何” - 营养辅导技能：
  - 装备自己具备实用技能，根据一般基于证据的非医学营养实践，使客户的饮食习惯得到改善，与其个体目标、偏好和挑战相一致。

### Course Highlight 课程亮点

1. Engaging and applicable learning that brings the science of nutrition to life
2. Gain insights into how food transforms into energy and discover how the human body expends this energy
3. Explore food choices tailored for health, fitness, fat loss and team sports.

4. Real-world problem solving case studies to improve food choices based on clients' unique goals
5. Learn the art of coaching difficult clients and transforming them into motivated success stories

1. 具有吸引力且实用的学习，将营养科学栩栩如生地呈现出来。
2. 深入了解食物如何转化为能量，并发现人体如何消耗这种能量。
3. 探索为健康、体适能、减脂和团队运动量身定制的食物选择。
4. 利用实际问题解决案例研究，改善基于客户独特目标的食物选择。
5. 学习辅导困难客户的艺术，并将他们变成积极的成功故事。

### What Are The Topics Covered in Live class? 实体课程涵盖的主题有哪些?

- Scope of practice
- Definition of food, nutrition and healthy eating
- Energy system and energy balance
- Macronutrient science (what, why, how much and which?)
- Goal-based nutrition strategies and sample meal plan
  - Health
  - General Fitness
  - Fat Loss
  - Endurance & Team Sports
- Nutrition coaching
  - Assessment
  - Evaluation
  - Strategies
- Popular diets and fitness supplements evaluation

- 职业范围
- 食物、营养和健康饮食的定义
- 能量系统和能量平衡
- 宏量营养科学（什么、为什么、多少以及哪些？）
- 基于目标的营养策略和样本餐计划
  - 健康
  - 一般体适能
  - 减脂
  - 耐力和团队运动
- 营养辅导
  - 评估
  - 评价
  - 策略
- 流行饮食和健身补充品评价

### Who Will This Benefit? • 谁会从中受益?

- Fitness and Health Care Professionals



- Strength and Conditioning Professionals
- 健身和健康专业人士
- 力量和体适能专业人士

### Pre-requisite 参考条件

This course is 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.

本课程专为希望学习营养以帮助客户在实现其健康和健身目标方面做出更好食物选择的健身专业人士设计。建议具备基本的健身教练/私人教练认证。

### Course Provider 课程提供者

Fitness Edutraining Asia (FEA)

### CEC Points 继续学习学分

ACE 2.1 CECs ; NASM 1.9 CEUs

### Course Duration 课程时长

3 days 3 天

### Learning Materials 学习教材

Digital presentation slides 电子手册

### Awards 证书

Upon full attendance, completion of this workshop/course and meeting the grading criteria, you will be awarded a Certificate of Workshop/Course completion of Exercise Nutrition by FEA.

在完全参与、完成本研讨会/课程并满足评分标准的情况下，您将被授予由 FEA 颁发的《运动营养》完成证书。

### Grading Criteria 评分标准

N/A 无

### Recertification 重新认证

N/A 无

### Exam Fee 考试费

N/A 无

### Dress Code 着装要求

Fitness Edutraining Asia (FEA)

Casual 休闲

What Do I Need To Bring/ Prepare? 需要携带/准备什么?

Stationery 文具

Course Capacity 参课人数

A minimum of 12 pax and a maximum of 24 pax 最少 12 人, 最多 24 人

Language 语言

English, Mandarin 英文, 中文

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