

Certified Fitness Practitioner – Foundation Programme

FEA 认证体适能从业者 – 基础课程

Fundamentals of Exercise Techniques

运动技术基础

Course Overview 课程概述

In this workshop, the main focus will be on learning and improving proper exercise techniques for a variety of exercises. Understanding and implementing correct form and technique are crucial for optimizing the benefits of your workouts, minimizing the risk of injury, and accomplishing your fitness goals. This workshop will delve into the scientific principles and practical aspects of resistance training, flexibility, and mobility training techniques. It comes highly recommended for individuals aspiring to become Certified Fitness Practitioners and teach others in a professional capacity.

在本课程中，主要重点是学习和改进各种锻炼的正确技术。了解和实施正确的动作和技巧对于优化锻炼效果、最大限度地降低受伤风险和实现健身目标至关重要。本课程会将深入探讨阻力训练、灵活性和灵活性训练技术的科学原理和实践方面。对于有志成为**认证体适能从业-健身指导员**和**认证体适能从业-私人教练**并以专业身份教授他人的个人，我们强烈推荐此课程，为您奠定正确且稳固的基础。

What Are the Topics Covered? 涵盖的主题包括：

SESSION 课堂	GUIDED-LEARNING TOPICS 学习主题	TYPE 类别
1	<ul style="list-style-type: none">Fundamentals of Exercise Technique 运动技术基础Dynamic Stretch 动态拉伸Core and Trunk Exercises 核心与躯干练习Lower Body Exercises 下肢动作	Workshop
2	<ul style="list-style-type: none">Upper Body Push Exercises 上肢推举动作Upper Body Pull Exercises 上肢拉举动作Static Stretch 静态拉伸	Workshop

Who Will This Benefit? 这项课程适合谁？

- Fitness Enthusiasts with at least 12 months experience in resistance training
至少有 12 个月阻力训练经验的健身爱好者

Course Provider 课程提供者

Fitness Edutraining Asia (FEA)

Course Duration 课程时长

9am to 5.30pm / 8.30am – 5pm (1 day 1 天)

Learning Materials 学习材料

Fitness Edutraining Asia (FEA)

Handouts, course manual and/or presentation slides
讲义、课程手册和/或演示幻灯片

Grading criteria 评分标准

This course does not include any formal evaluation or assessment components. 本课程不包括任何正式评估或考核部分。

Awards 证书

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Course completion
全程参加并完成本研讨会/课程后，您将获得课程完成证书

Recertification 重新认证

N/A 无

Exam Fee 考试费

N/A 无

Dress Code 着装要求

Fitness attire 健身服装

What Do I Need to Bring? 我需要带什么？

Stationery and a spare change of clothes 文具和一套备用衣服

Course Capacity 课程人数

A minimum of 6 pax and a maximum of 24 pax 至少 6 人，最多 24 人

Language 语言

English/ Mandarin 英文或中文

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

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