

ESSENTIALS OF RESISTANCE TRAINING TECHNIQUES

阻力训练技巧核心内容

Foundation Programme of Certified Fitness Practitioner 认证体适能从业者基础课程

Course Overview 课程概述

This entry-level course equips you with the essential knowledge, insights, and skills to perform resistance training safely and effectively. You will learn how to select and execute exercises for each major muscle group based on sound scientific principles. This is an essential course to take prior to the Certified Fitness Practitioner – Module 1. 本入门课程将为你提供必备的知识、见解和技能，帮助你安全且有效地进行阻力训练。你将学习如何根据科学原理，为每个主要肌群选择并正确执行动作。这是在参加认证体适能从业者 – 单元 1 之前必须修读的一门基础课程。

Course Nature (Category 2) 课程性质（类别 2）

These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher. 这些是认证课程，旨在评估考生是否具备在特定专业角色中（例如私人教练、健康教练、瑜伽导师、体能与力量训练专家或普拉提教师）高效且负责任地执行与指导所需的核心能力。

Course Objectives 课程目标

- Understand the primary functions of major muscle groups and how to select appropriate exercises to target them effectively. 了解主要肌群的主要功能，并掌握如何选择合适的动作以有效锻炼这些肌群。
- Learn to perform resistance exercises safely and efficiently, in alignment with established industry standards and scientific principles. 学习如何按照既定的行业标准和科学原理，安全且高效地完成阻力训练动作。

Class Plan (1-Day Course, 9:00am - 4:00pm)

课程编排（为期一天的课程，早上 9 点-下午 4 点）

| Day 天 | Topics Covered 涵盖的主题 | Format 格式 |
|----------|---|------------------|
| 1 | Lower Body Exercises – Glutes, Quadriceps, Hamstrings, Calf 下肢训练动作—臀肌、股四头肌、腘绳肌、腓肠肌 | Practical 实践课 |
| | Upper Body Exercises – Pectoralis Major, Latissimus Dorsi, Rhomboid & Trapezius, Deltoids, Biceps Brachii, Triceps Brachii, Abdominals, Erector Spinae 上肢训练动作—胸大肌、背阔肌、菱形肌&斜方肌、三角肌、肱二头肌、肱三头肌、腹肌、竖脊肌 | Practical 实践课 |

Note: This is a general class plan. The actual schedule may be adjusted based on the audience and class capacity, without altering the course content or learning objectives

注意：这是一个总体课程计划。实际时间安排可能会根据学员情况和课堂容量进行调整，但不会更改课程内容或学习目标。

Learning Materials 学习材料

Digital course slides handouts and course manual. 电子课程讲义及课程手册。

Pre-requisite 参考条件

Participants should have at least one year of resistance training experience, be able to exercise independently, and not require direct supervision. This workshop is educational in nature and conducted in a group format. It is not a substitute for the personalized guidance and programming provided through one-on-one personal training sessions. 学员应具备至少一年阻力训练经验，能够独立进行锻炼且无需直接监督。本课程具有教育性质，并以小组形式进行，并不能替代一对一私人训练课程所提供的个性化指导与训练计划。

Awards 证书

The Certificate of Completion is awarded upon full attendance and completion of the course. 完成全程出席并顺利完成课程后，将颁发结业证书。

Grading Criteria / Exam Fee 评分标准/考试费

N/A 无

Course Provider 课程提供者

Fitness Edutraining Asia (FEA)

CEC Points 继续学习学分

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

6 - 24 pax 6 – 24 人

Language 语言

English, Mandarin. Local language in respective countries may be available.

英文、中文。您的培训中心可能会另外提供您所在国家的本地语言。

Course Categories

We offer four (4) distinct categories of fitness education designed to support individuals at every stage of their fitness journey, while clearly describing the nature, purpose, and depth of each course.

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| Category 1: Health and Fitness Workshops | <p>These workshops are designed for fitness enthusiasts and independent exercisers who are eager to expand their knowledge and improve their own training practices. They are open to non–fitness professionals and do not require prior formal education in exercise science.</p> <p>However, it’s important to note that these workshops are educational in nature and do not replace the personalized guidance and programming offered through one-on-one personal training. Certificates of Completion are awarded upon successful attendance and participation.</p> <p><u>What the Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p> |
| Category 2: Primary Certification Courses | <p>These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher.</p> <p>The core purpose of certification is to protect the public by ensuring that individuals who work in these roles meet established industry standards for safety, effectiveness, and professionalism.</p> <p>As such, certification courses are structured around objective standards of practice, not tailored for personal interest or general knowledge. For those whose goal is simply to learn more about training for their own use, working with a qualified personal trainer is often a more suitable and impactful approach. It offers a more personalized, practical, and flexible learning experience without the demands of formal evaluation or certification.</p> <p><u>What the Certification Means:</u> Personal Trainer Certification — Certification is awarded upon meeting all exam components and grading criteria.</p> |
| Category 3: Continuing Education Courses | <p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.</p> <p><u>Prerequisites are required:</u> These courses are not designed for individuals without a recognized personal trainer certification, as they build on core competencies expected</p> |

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| | <p>of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp.</p> <p>Additionally, these are not certification courses. The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards.</p> <p><u>What the Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p> <p>Disclaimer — You are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p> |
| <p>Category 4: Specialization Courses</p> | <p>These are advanced continuing education courses intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. Most courses are blended learning in nature, consisting of both live workshops and online self-learning components.</p> <p><u>Prerequisites are required:</u> All participants who fully attend the live course will receive a certificate of completion. To be eligible to earn the Specialist Certification, participants must have:</p> <ul style="list-style-type: none"> Completed at least one of the following: FEA Certified Fitness Practitioner – Module 3 OR NCCA accredited Personal Trainer Certification OR EuropeActive accredited Personal Trainer Certification OR Any equivalent qualification Completed the prior level (Category 3) of respective courses. Pass all exam components and meet the grading criteria. <p><u>What Each Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p> <p>Specialist Certification — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria.</p> <p>Disclaimer — You are not certified in this topic or to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p> |

The information displayed above is correct during the time of publishing and may subject to change without prior notice.