

## EXERCISE NUTRITION COACH: SCIENCE & APPLICATION

### 运动营养教练：科学与应用

FEA Certified Exercise Nutrition Specialist – Level 1

FEA 认证运动营养专家 – 第 1 级

#### Course Overview 课程概述

Building on the nutrition foundations introduced in personal trainer certifications, the **Certified Exercise Nutrition Specialist (CENS)** empowers fitness professionals to apply evidence-based nutrition strategies with real clients. The two-level program starts with **Level 1: Exercise Nutrition Coach (Science & Application)**, teaching practical methods to help clients make healthier, culturally-appropriate, and sustainable food choices while considering convenience and meal prep. **Level 2: Exercise Nutrition Coach (Goal-Specific Strategies & Coaching)** takes it further, equipping trainers to design personalized, goal-focused nutrition plans for muscle gain, fat loss, strength, endurance, and team sports, while refining coaching skills to navigate client needs and barriers.

在私人教练认证中所学习的营养基础之上，**认证运动营养专家（CENS）**赋予体适能专业人士将循证的营养策略应用于实际客户的能力。该两级课程体系首先从**第一级：运动营养教练（科学与应用）**开始，重点教授实用方法，帮助客户在饮食选择上更健康、更符合文化背景、更具可持续性，同时兼顾便利性与餐食准备。**第二级：运动营养教练（目标导向策略与指导）**更进一步，培养教练为客户设计个性化、目标导向的营养计划，例如增肌、减脂、提升力量、耐力及团队运动表现。同时，强化教练的指导技巧，帮助其更好地应对客户需求与障碍。

Completion of Level 2 also grants access to a comprehensive online self-study course by industry expert Fabio Comana, allowing in-depth exploration of complex nutrition concepts at your own pace. After finishing the course and passing the exam, participants earn the **FEA Certified Exercise Nutrition Specialist** credential, officially recognizing their expertise in evidence-based exercise nutrition coaching.

完成第二级课程后，学员还可获得由行业专家 Fabio Comana 主讲的全面线上自学课程的学习权限，自主深入探索更复杂的营养概念。顺利完成该课程并通过考试后，学员将获得 **FEA 认证运动营养专家**资质，正式认可其在循证运动营养指导方面的专业能力。

#### Course Nature (Category 3) 课程性质（类别 3）

This is a continuing education course intended for certified personal trainers or qualified fitness practitioners. The purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.

这是继续教育课程，专为已获得认证的私人教练或具备资质的体适能从业者而设。其目的在于提供更深入的知识与技能培训，以支持健身行业从业者的持续专业发展。

#### Course Objectives 课程目标

- Apply Nutrient Science to Food Choices – Help clients make healthier daily meal decisions by understanding evidence-based nutrition principles, including the advantages of one food over another while considering personal and cultural preferences, environment, convenience, and preparation time.

将营养科学应用于食物选择 — 通过理解循证营养原则，帮助客户在日常饮食中做出更健康的决策，能够辨别不同食物的优劣，同时兼顾个人与文化偏好、环境、便利性以及准备时间。

- **Coach Practical Nutrition Strategies – Equip clients with real-world tools such as how to make healthier choices when eating out, how to read and interpret menus, and how to modify food orders for better nutrition.**

指导实践营养策略 — 为客户提供可落地的工具，例如如何在外就餐时做出更健康的选择、如何阅读和理解菜单，以及如何调整点餐内容以获得更佳的营养效果。

- **Guide Meal Preparation – Provide clients who cook at home with practical strategies for grocery selection and meal prep to support sustainable, goal-focused eating habits.**

引导餐食准备 — 为在家烹饪的客户实用策略，从食材采购到餐食准备，帮助其养成可持续、以目标为导向的饮食习惯。

### **Class Plan (2-Day Course, 8:30am – 4:30pm) 课程编排（为期 2 天的课程，上午 8:30-下午 4:30）**

<b>Day 天</b>	<b>Duration 时长</b>	<b>Topic 涵盖的主题</b>	<b>Format 格式</b>
1	3.5 Hours 3.5 小时	<ul style="list-style-type: none"> <li>• Introduction 介绍</li> <li>• Energy balance, energy system &amp; metabolism 能量平衡、能量系统与代谢</li> <li>• Science of food choices: Breakfast 食物选择科学：早餐</li> </ul>	Theory 理论
	3.5 Hours 3.5 小时	<ul style="list-style-type: none"> <li>• Science of food choices: Lunch &amp; Dinner 食物选择科学：午餐与晚餐</li> <li>• Pre &amp; post workout meals 运动前与运动后餐食</li> <li>• Popular diets &amp; supplements review 流行饮食与补剂评析</li> </ul>	Theory 理论
2	3.5 Hours 3.5 小时	<ul style="list-style-type: none"> <li>• Meal Prep &amp; Practical strategies 餐食准备与实用策略</li> </ul>	Theory 理论
	3.5 Hours 3.5 小时	<ul style="list-style-type: none"> <li>• Case studies 案例研究</li> </ul>	Theory 理论

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 slide handouts 电子课程投影片讲义

**Pre-requisite 先决条件**

This course is designed for fitness professionals who wish to learn about nutrition to help clients make better food choices 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知识的体适能专业人士而设，旨在帮助他们指导客户做出更佳的食物选择，从而实现健康与健身目标。建议学员具备基础的健身指导或私人教练认证。

**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。

Disclaimer: 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. Thus, 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.

免责声明：结业证书仅证明学员已顺利完成规定的培训或学习内容，并不代表该学员已依据行业标准在此特定领域接受过正式评估或获得专业认证。因此，您并未因本课程而获得在该主题领域执业的资格，本课程仅为继续教育性质。您必须继续在认证私人教练的既定执业范围内开展工作。

**Grading Criteria / Exam Fee 评分标准/考试费**

N/A

**Course Provider 课程提供者**

Fitness Edutraining Asia (FEA)

**CEC Points 继续学习学分**

ACE 0.0 CECs and NASM 0.0 CEUs

**Dress Code 着装要求**

Casual Attire 休闲装

**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 (Bilingual). Local language in respective countries may be available.

Fitness Edutraining Asia (FEA)

英文与中文（双语）。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 课程类别

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.

我们提供四（4）个不同类别的健身教育课程，旨在支持个人在健身旅程的每一个阶段。每个课程类别都清晰地描述了课程的性质、目的和深度。

<b>Category 1: Health and Fitness Workshops 类别一：健 康与健身课 程</b>	<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. 这些课程专为健身爱好者和独立锻炼者而设计，适合那些渴望拓展知识并提升自身训练水平的人士参加。课程开放给非健身专业人士，不需要具备运动科学方面的正式教育背景。</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. 然而，需要注意的是，这些课程具有教育性质，并不能替代一对一私人训练所提供的个性化指导与课程规划。成功出席并积极参与者将获颁结业证书。</p> <p><u>What the Certificate Means 证书含义：</u></p> <p><b>Certificate of Completion</b> — You have attended and completed the course. <b>完成证书</b>—您已出席并完成课程</p>
<b>Category 2: Primary Certification Courses 类别 二：初级认 证课程</b>	<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. 这些是认证课程，旨在评估学员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工作与教学所需的必要能力。</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. 认证的核心目的是通过确保从业人员在这些岗位上符合既定的行业安全、有效性与专业水准，从而保障公众的利益。</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. 因此，认证课程是以客观的行业实践标准为核心架构的，而并非针对个人兴趣或一般知识需求量身定制。对于仅希望学习更多训练知识以用于自身的人来说，与合格的私人教练合作往往是更合适且更有成效的选择。这样的方式能够提供更个性化、实用且灵活的学习体验，同时无需面对正式评估或认证的要求。</p> <p><u>What the Certification Means 认证含义：</u></p> <p><b>Personal Trainer Certification</b> — Certification is awarded upon meeting all exam components and grading criteria.</p> <p><b>私人教练认证</b>—在完成并通过所有考试环节及评分标准后方可获得认证。</p>
<p><b>Category 3:</b> <b>Continuing Education Courses 类别三：继续教育课程</b></p>	<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. 这些是继续教育课程，专为已获得认证的私人教练或具备资质的健身从业者而设。其目的在于提供更深入的知识与技能培训，以支持健身行业从业者的持续专业发展。</p> <p><u>Prerequisites are required 先决条件要求：</u></p> <p>These courses are not designed for individuals without a recognized personal trainer certification, as they build on core competencies expected of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp. 这些课程并不适合没有认可私人教练认证的人士，因为课程内容是建立在具备认证专业人士应有的核心能力之上进行的。缺乏这一基础的学员可能会发现课程内容不适用，或难以完全掌握。</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. 此外，这些并非认证课程。所颁</p>

	<p>发的结业证书仅证明参与者已顺利完成规定的培训或学习，并不代表该人士已按照行业标准在此特定领域接受过正式评估或获得认证。</p> <p><u>What the Certificate Means 证书含义：</u></p> <p><b>Certificate of Completion</b> — You have attended and completed the course.  <b>完成证书</b>—您已出席并完成课程。</p> <p><b>Disclaimer</b> — 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.  <b>免责声明</b>—您并未在该主题领域获得可从事相关工作的认证，因为这仅是继续教育课程。您必须继续在已认证私人教练的既定执业范围内工作。</p>
<p><b>Category 4:</b>  <b>Specialization Courses 类别四：专项进修课程</b></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. 这些是高级继续教育课程，专为已完成该特定领域前序培训的私人教练或具备资质的健身从业者而设。大多数课程采用混合式学习模式，包含现场工作坊与线上自主学习两部分内容。</p> <p><u>Prerequisites are required 先决条件要求：</u></p> <p>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 所有全程参加现场课程的学员将获得结业证书。若要符合资格并获得专项认证，学员必须满足以下条件：</p> <ul style="list-style-type: none"> <li>Completed at least one of the following 完成以下任一项：  <b>FEA Certified Fitness Practitioner – Module 3 OR</b>  <b>NCCA accredited Personal Trainer Certification OR</b>  <b>EuropeActive accredited Personal Trainer Certification OR</b>  <b>Any equivalent qualification</b>  <b>FEA 认证体适能从业者—单元 3，或</b>  <b>NCCA 认可的私人教练认证，或</b>  <b>EuropeActive 认可的私人教练认证，或</b>  <b>任何同等资质</b></li> <li>Completed the prior level (Category 3) of respective courses. 完成相应课程的前一等级（类别 3）培训。</li> <li>Pass all exam components and meet the grading criteria. 通过所有考试环节并达到评分标准。</li> </ul>

	<p><u>What Each Certificate Means 各类证书含义：</u></p> <p><b>Certificate of Completion</b> — You have attended and completed the course.  <b>完成证书</b>—您已出席并完成课程。</p> <p><b>Specialist Certification</b> — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria.  <b>专项认证</b>—您已完成前一等级（类别 3）课程并全程参加本课程。在通过所有考试环节并符合评分标准后，将获颁专项认证。</p> <p><b>Disclaimer</b> — 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.  <b>免责声明</b>—您并未在该主题领域获得可从事相关工作的认证，因为这仅属于继续教育课程。您必须继续在已认证私人教练的既定执业范围内工作。</p>
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