

# Sports Supplementation and Ergogenic Aids

## 运动补充剂与人工增补剂

### Course Overview 课程介绍

This workshop aims to educate fitness professionals regarding the precaution and usage of different supplements.

课程旨在让体适能专家认识不同的补剂品的使用方法与注意事项。

### Course Highlights 课程亮点

- Review of fat burners, ergogenic aids for muscle anabolism, pre-workouts, intra-workouts and testosterone booster.  
讲解燃脂剂，肌肉合成代谢、运动前、运动中与促睾酮素的人工增补剂。

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

- Educate clients better in choosing the right supplements  
教育客户如何选择适合他们的补剂品
- Learn risks and benefits on the usage of different supplements  
了解不同补剂品所带来的好处与风险

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

- Physiology of fat loss: Teaching the process behind fat mobilization and how supplements influence the process  
减脂生理学：了解脂肪运作机制与补剂品对其如何产生影响
- Fat burners/thermogenic agents such as synephrine/citrus aurantium and ECGC  
肾上腺素/柑桔和“表没食子儿茶素没食子酸酯， ECGC “等燃脂剂/生热剂
- Ergogenic aids for muscle anabolism such as BCAA, creatine and HMB  
支链氨基酸 BCAA，肌酸与 HMB 等肌肉合成代谢的人工增补剂
- Pre-workout supplements  
运动前补剂品
- Intra-workout supplements  
运动时补剂品
- Supplements for bone health  
骨骼健康补剂品
- Supplements for boosting immunity  
提升免疫力的补剂品
- Testosterone boosting supplements  
促进睾酮素补剂品

### Who Will This Benefit? 这项课程适合谁？

- Fitness Professionals  
体适能训练专家
- Strength and Conditioning Professionals

肌力与体能训练专家

- Health Professionals  
医疗专家
- Sports Coaches  
体育教练
- Fitness Enthusiasts\*  
健身爱好者\*

\*Note: to gain full benefits of the course, fitness enthusiasts should already have pre-existing knowledge and skills in resistance training and flexibility exercises. E.g. Names of exercises, muscles involved, techniques and how to put a workout session together (irregardless right or wrong).

\*注意：为了充分理解课程内容，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（无论对与错）。

### **Pre-requisite 参课条件**

N/A

### **Course Provider 课程提供单位**

Classic Fitness Academy, India

### **CEC Points 继续教育学分**

N/A

### **Course Duration 课程时长**

6 hours (1 day)

### **Learning Materials 学习材料**

Handouts, course manual and/or presentation slides  
讲义，课程教材和/或 PPT

### **Awards 证书**

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion  
全程参与并完成工作坊/课程后，方能获取结业证书

### **Grading Criteria 通过标准**

Completion of course participation and assignment(s)  
全程参与课程与完成作业

### **Recertification 重新认证**

N/A

Fitness Edutraining Asia (FEA)

**Exam Fee 考试费用**

N/A

**Dress Code 着装规范**

Smart casual/Fitness attire

休闲服装/运动服装

**What Do I Need to Bring? 我需要带什么？**

Stationery and a spare change of clothes

文具与一套替换服装

**Course Capacity 课程人数**

A minimum of 16 pax and a maximum of 45 pax

至少 16 人，最多 45 人

**Language 语言**

English

英文

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