

Health & Fitness Nutrition (Level 1 of Sports and Fitness Nutrition Specialist - SFNS)

健康与体适能营养（运动与体适能营养专家第1级 - SFNS）

Help Your Clients Eat Better for Health and to Perform Better

帮助客户吃得健康，表现更棒

Course Overview 课程介绍

What is the difference between brown rice and white rice? Should I do intermittent fasting? Which cooking oil is the best?

Are these common nutrition questions you get from your clients? Are you stumped when clients start asking you about their diet? If you've answered yes to one of these questions, then this is the course you are looking for! With the ease of the internet, it is not difficult to get an abundance of information. However, we can make this information relevant to you as a fitness professional. Understand nutrients on a deeper level, translate nutritional guidelines into what your clients should be eating, and discover strategies to adopt healthy eating habits. You will find yourself confident to review your clients' diet and educate them to make better food choices.

糙米和白米的区别是什么？我应该间歇性禁食吗？什么食用油最好？

您的客户会经常问您以上营养问题吗？当客户开始向您提出一些饮食上的疑问时，您会感到为难吗？如果您对以上其中一个问题的回答为“是”的话，那么这就是您在寻找的课程！随着互联网的普及，获取丰富的资料不再是困难的事，但我们能将丰富的资料转述成与体适能从业者高度相关的知识。通过更深层次地了解营养成分，将营养准则转化为客户应摄取食物，并采用健康饮食习惯的策略。您会发现自己有信心解析客户的饮食习惯，并能够引导他们做出更好的食物选择。

Course Highlights 课程亮点

- Nutrition made simple and applicable – forget about complex science and just know the 'What-Why-How Much-Which to Choose' about nutrients.
只需了解营养的“什么-为什么-多少-选什么”，就能让营养变得简单，容易执行。毋需了解背后复杂的科学原理。
- 'What should I eat? Can I eat this?' Answer your clients' top question for their personal trainers by learning how to analyse and compare food.
学习分析与比较食物，回答客户经常询问的“我应该吃什么？我能吃这吗？”等问题。
- Learn to conduct supermarket tour for your clients so you move nutrition education out of the gym and make it more engaging
带客户离开健身房，一起到超市开始营养科普之旅，让课程变得更有趣！
- D.I.E.T Step by Step Nutrition Coaching
D.I.E.T 营养辅导

- Develop nutrition educational content on social media to position yourself as an all-rounded Fitness Professional
发展你在社交媒体科普营养的能力，打造多能力的体适能训练专家。

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

- Provide scientifically supported, practical and relevant nutrition advice to your clients while staying within your scope of practice as a fitness professional
为您的客户提供经科学证实，实用和相关性高的营养建议，同时保持作为体适能从业者的执业范围/界限
- Develop the knowledge needed to integrate the science of nutrition into answering clients' commonly asked nutrition questions
习得所需营养科学知识，并整合于客户常见营养问题的解答
- Helping fitness professionals to address common clients' nutrition issues and hence adding value to their professionalism
帮助体适能专业人士回答客户经常提出营养疑问，让专业增值
- Opt to earn the Fitness Nutrition Specialist credential from American Council on Exercise (ACE)
您可在课后选择取得美国运动协会（ACE）体适能营养专家证书

What Are The Topics Covered? 课程包含了哪些主题？

Day 1 第一天

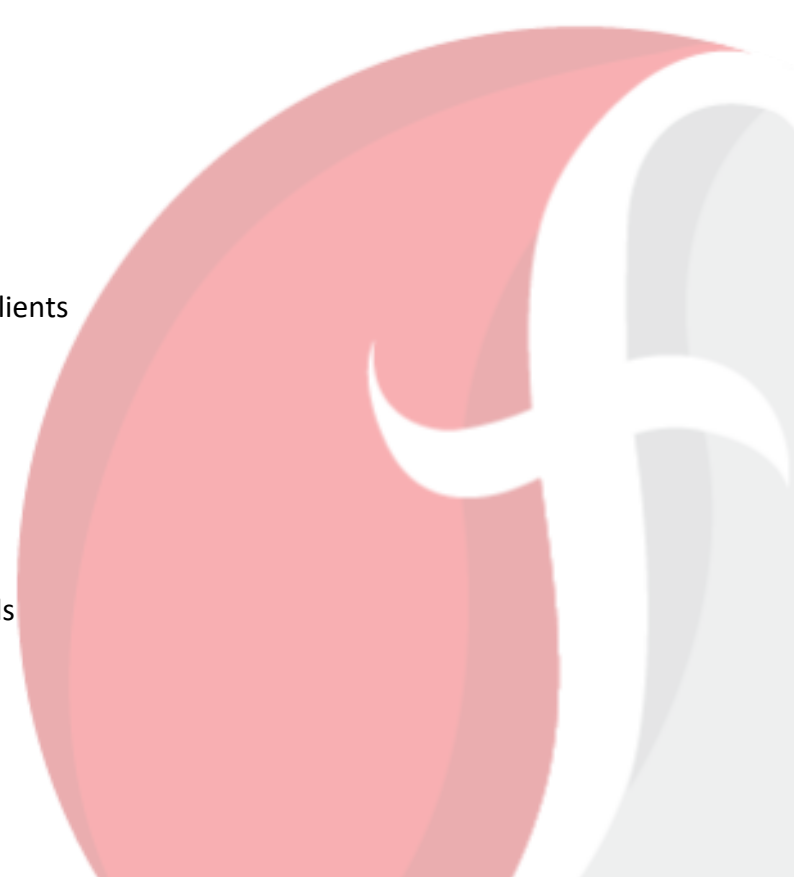
- Nutrition scope of practice
营养执业范围
- Healthy food choices
健康食物选择
- Grocery store tour
超市之旅

Day 2 第二天

- Communication and education tools
沟通和教育工具
- Nutrition program development
营养方案设计
- Marketing your specialty to potential clients
向潜在客户推销你的专业

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



Pre-requisite 参课条件

This course 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.

许多体适能训练专家想通过帮助客户选择食物，以达到他们健康与体适能目标。此课程专为他们设计。建议事先获取基本体适能指导/私人教练证书。

Course Provider 课程提供单位

Fitness Edutraining Asia (FEA)

CEC Points 继续教育学分

ACE 1.2 CECs, NASM 1.2 CEUs

Course Duration 课程时长

12 hours (2 days)

12 小时 (2 天)

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

Exam Fee 考试费用

N/A

Dress Code 着装规范

Casual

休闲服装

What Do I Need To Bring? 我需要带什么？

Stationery

Fitness Edutraining Asia (FEA)



文具

Course Capacity 课程人数

A minimum of 12 pax and a maximum of 20 pax (live class) / 30 pax (virtual class)

线下课程：至少 12 人，最多 20 人/线上课程：30 人

Language 语言

English, Mandarin

英文，中文

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

以上资讯若有更动，恕不另行通知。