

Suspended Functional Training

懸吊式功能性訓練

Perfect Functional Tool for Your Clients to Accomplish Any Goal

幫助客戶達成任何目標的完美工具

Course Overview 課程介紹

Suspended Functional Training introduces fitness professionals to the application of suspended training tools in their training. Suspended training tools are extremely versatile – they can be used almost anywhere to accomplish any goal, be it fat loss, power and even strength. The tools' unique ability to utilise a person's bodyweight as a source of varying external resistance offers a fun and unique challenge that's appropriate for all fitness levels. As a result, you'll be empowered to help your clients develop strength, balance, flexibility and core stability simultaneously.

懸吊式訓練工具用途廣泛，幾乎可在任何地方訓練。它適合不同能力的客戶，它幫助你達到任何訓練目標，像是減脂、爆發力甚至是肌肉力量。它的獨特之處在於能夠讓個體利用自身體重改變外界阻力，挑戰有趣並獨特的動作。在這堂課程中，你將掌握如何指導客戶做懸吊式功能訓練，並掌握幫助客戶同時開發肌肉力量，平衡，柔韌性與核心穩定性的能力。

Course Highlights 課程亮點

- Walk away with more than 30 exercise choices for warm-up, core, muscle group, power and flexibility training
學習超過 30 個懸吊動作，包括暖身，核心，肌群訓練，爆發力訓練，以及柔韌性訓練
- Learn how to coach, progress and regress these exercises
學習如何指導和對動作的進退階
- Sample suspension training program
懸吊式訓練範例

Why Should You Consider This Course? 您為什麼需要參與這項課程

- Give your clients a fun and unique workout using the suspended functional training tool which can be used anywhere
利用懸吊式訓練工具的便利性，為你的客戶帶來有趣並獨特的訓練體驗。
- Work with a diverse group of clients with different goals
能夠同時訓練能力與目標不同的客戶。

What Are the Topics Covered? 課程包含了哪些主題？

- Setting and usage of the suspension equipment and how to successfully adjust the resistance and stability of exercises
學習使用懸吊工具，有效調整阻力與穩定性
- Understand the benefits of suspension training
了解懸吊式訓練的好處

- Safe and effective exercise techniques, progressions, and regressions of exercises for all fitness levels
針對不同能力的客戶，選擇安全有效的動作技巧和動作的進退階
- Cue and correct common technique faults
針對常見錯誤技巧進行提示與糾正
- Structure the exercises into an appropriate class format
把各個動作恰當的加入課表中

Who Will This Benefit? 這項課程適合誰？

- Fitness Professionals
體適能訓練專家
- Health Professionals
醫護人員
- Strength and Conditioning Professionals
肌力與體能訓練專家
- Sports Coaches
體育教練
- Fitness Enthusiasts*
健身愛好者

*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：為了確保學員充分理解課程內容，學員需掌握一定程度的阻力訓練經驗、柔軟性訓練的知識和技能。例如，動作的名稱，動作牽涉到的肌肉，技巧以及如何安排訓練課程（無論對與錯）。

Pre-requisite 參課條件

This course is designed for fitness professionals with existing knowledge on functional movement coaching who wish to learn how to use a suspension trainer. Basic fitness instructing/personal training certification is recommended.

專為已有功能性訓練知識，並想學習懸吊式訓練的教練設計。建議事先獲取基本體適能指導/私人教練證書。

Course Provider 課程提供單位

Fitness Edutraining Asia (FEA)

CEC Points 繼續教育學分

ACE 0.7 CECs

Course Duration 課程時長

7 hours (1 day)

7 小時 (1 天)

Course Time 課程時間

9am – 5pm

Learning Materials 學習材料

Handouts, course manual and/or presentation slides

講義，課程教材和/或 PPT

Awards 證書

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

全程參與並完成工作坊/課程後，方能獲取結業證書

Grading Criteria 通過標準

Completion of course participation and assignment(s)

全程參與課程和完成作業

Recertification 重新認證

N/A

Exam Fee 考試費用


N/A

Dress Code 服裝

Fitness attire

運動服裝

Fitness Edutraining Asia (FEA)



What Do I Need To Bring? 我需要帶什麼？

Stationery and a spare change of clothes
文具和一套替換服裝

Course Capacity 課程人數

A minimum of 12 pax and a maximum of 20 pax
至少 12 人，最多 20 人

Language 語言

English, Mandarin
英文，中文

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

以上資訊若有更動，恕不另行通知。