

Performance Nutrition (Level 2 of Sports and Fitness Nutrition Specialist - SFNS)

运动表现营养 (运动与体适能营养专家 SFNS Level 2)

Become the Ultimate Resource in Your Client's Quest for Better Physique & Performance
在客户追求更好的体型和运动表现过程中，成为客户的终极资源。

Course Overview 课程介绍

Upon completion of the Health & Fitness Nutrition (Level 1 of Sports and Fitness Nutrition Specialist), you will have the foundation, the information and the inspiration to make better food choices. Now, the next step is to look into the relationship between food and how it optimizes performance whether it's to build muscle, lose fat or maximize your performance. You will learn how to offer credible, practical and relevant nutrition information to active clients while staying within the professional scope of practice.

完成运动与体适能营养专家 Level 1 课程：健康与体适能营养课程后，你已具备选择更好食物的基础知识，资讯以及想法。下一步则是了解食物之间的关系，以及了解食物优化运动表现，无论是增肌、减脂还是最大化运动表现的背后原理。您将在这门课中，学习如何在执业范围内为活跃的客户提供可信、实用和相关的营养资讯。

Course Highlights 课程目的

- Functional Food – Discover how specific food can have effect on a specific athletic demand beyond the benefit of the traditional nutrients it contains.
功能性食品 – 发现特定的食物对特定的运动需求所产生的影响，而不仅仅是大家对其原本印象的好处。
- Look Good Naked - How to gain weight the healthy way and lose weight without starving?
吃出好身材 – 如何健康增重，并在不饿肚子的情况下减重。
- Essentials of Meal Selection and Preparation - Help client translate nutrition knowledge into action
饮食选择和准备要点--为客户解读营养知识，并使其转化为行动。

Why Should You Consider This Course? 你能从课程中学到什么?

- Explain how specific food can improve specific athletic demand
解释特定食物如何提升运动员的特殊需求
- Identify nutrition considerations when working with clients with endurance, strength, hypertrophy and fat loss goals
在帮助客户改善耐力，力量，肌肥大与减脂等目标时，懂得辨识各种营养要素。
- Offer tips to build meals to meet specific energy and nutritional needs
提供改善饮食的技巧，以满足特定能量与营养需求

What Are the Topics Covered? 课程内容主题

Onsite Live:-	Online Zoom:-
• Functional food 功能性食品	Session 会议:

<ul style="list-style-type: none"> • Understand specific demands of the following events: 了解以下比赛项目对营养的特定需求： <ul style="list-style-type: none"> ○ Physique 健美 ○ Strength/Power 健力 ○ Endurance 耐力 ○ Team sports 团队运动 • Meal Selection and Preparation for 为以下比赛项目饮食选择与准备 <ul style="list-style-type: none"> ○ Physique 健美 ○ Strength/Power 健力 ○ Endurance 耐力 ○ Team sports 团队运动 	<ul style="list-style-type: none"> • How should you eat differently for every sport? 不同的运动项目应该如何以不同的方式进食 • What do you eat before, during and after exercise? 运动前、中、后，各该怎么吃？ • Can you lose fat and build muscle at the same time? 可以同时增肌减脂吗？ • Creating a personalized Performance Nutrition Plan (PNP) 怎么个人化营养计划
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Who Will This Benefit? 哪些族群适合参与本课程？

- 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.

本课程专为体适能训练专家设计，让他们能通过营养，帮助客户在饮食上作出更好选择，以达到健康与体适能目标。建议具备基础体适能指导知识/私人教练认证。

You must complete Level 1 before attending Level 2.
需事先完成 Level 1

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), Blended format: Google Classroom (Recorded Science, Concepts & Guidelines) and Live class (Explanation and Application of Science, Concepts & Guidelines)

12 小时（2 天），混合格式：谷歌教室（已录制视频关于科学、概念及指引）和现场教室（科学、概念及指引的解释及应用）

Fitness Edutraining Asia (FEA)

Learning Materials 学习材料

Recorded Videos in Google Classroom, handouts, course manual and/or presentation slides
视频在谷歌教室，讲义，课程教材和/或 PPT

Awards 证书

FEA Sports & Fitness Nutrition Specialist certificate will be issued to individuals who have successfully completed Level 1 (Health & Fitness Nutrition), Level 2 (Performance Nutrition) and holds a current NCCA-accredited health or fitness certification or an equivalent professional credential (such as FEA Certified Fitness Practitioner). Eligible candidates will have to submit their application form in the Google Classroom upon passing both Level 1 and Level 2. Verification process will take 30 days.

运动与体适能营养专家证书将颁发给已成功完成第一级（健康与体适能营养），第二级（运动与体适能营养专家）并持有经 NCCA 认可的健康或健身证书或同等专业证书（如 FEA 认证体适能从业者）。合格的候选人必须在通过第 1 级和第 2 级后在谷歌教室提交他们的申请表。验证过程将需要 30 天。

Grading Criteria 通过标准

SFNS Exam: 100 multiple-choice questions; passing score $\geq 80\%$ (3 attempts). Deadline: 30 days upon course completion.

运动与体适能营养专家考试：100 道选择题，合格分数 $\geq 80\%$ （3 次作答机会）。
期限：课程结束后 90 天内。

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? 我需要带些什么?

Stationery, Laptop (Onsite) or Laptop/ computer with camera access and mic function (Online)

文具, 笔电（现场）

需有摄像头和麦克风的笔电/电脑（线上）

Course Capacity 课程人数

A minimum of 12 pax and a maximum of 24 pax (live class) / 30 pax (virtual class)

至少 12 人，最多 24 人（实体课程） / 30 人（线上课程）

Language 语言

English, Mandarin

英文, 中文

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