

## Certified Fitness Practitioner Module 1 (Fitness Instructor) 认证体适能从业者单元 1 (健身指导员)

Your Most Essential Exercise Coaching Certification  
您最需要的运动指导证照

### Course Overview 课程介绍

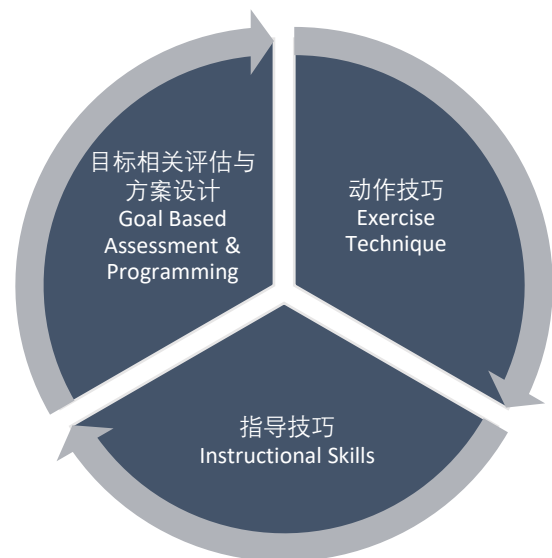
The FEA Certified Fitness Practitioner (Personal Trainer) “CFP” is a revolutionary personal training certification which aims to produce internationally certified fitness professionals with high-level of employability and demand. Fitness Edutraining Asia (FEA) is the first fitness certification provider in South East Asia to earn approval by the EuropeActive Standards Council which signifies the FEA CFP certification has met the standards of practice in Europe and is equivalent to the EQF Level 4 Personal Training certification standards. FEA CFP graduates has the privilege to join the European Register of Exercise Professionals (EREPS), an inventory referenced during the hiring process by more than 10,000 clubs throughout Europe.

FEA 创新的私人教练认证: FEA 认证体适能从业者 (私人教练) “CFP”着重于培训具备高水平能力与竞争力的国际认证体适能从业者。Fitness Edutraining Asia (FEA) 是东南亚第一家获得欧洲 EuropeActive 认证的体适能证照培训机构。这代表着 FEA 的 CFP 证照已达到欧洲的实践标准, 相当于 EQF (欧洲职业资格框架) 4 级私人培训认证标准。FEA CFP 的毕业生将有资格加入欧洲运动专业人员登记册 (EREPS), 此登记册在整个欧洲超过 10,000 家俱乐部的招聘过程中被参考。

In this 16 weeks certification program, fitness practitioners will learn how to implement FEA state-of-the-art personal training system “Goal Based Training Model”. This system provides personal trainers the solution to coach clients (of diverse needs and expectations) to lead a healthier and fitter lifestyle. To ensure FEA achieves this mission, the evaluation criteria (which consists of both theoretical and practical component) will place higher emphasis on areas of exercise instructional skills, exercise techniques and goal based assessment & programming.

在这个 16 周的认证课程中, 体适能从业者将学习如何应用 FEA 引以为傲的私人教练系统“目标训练模型”, 以应付客户各种不同的目标,

让客户变得更健康, 拥有健康的生活方式。为了确保 FEA 能实现这使命, 我们的评估标准 (理论与术科) 更着重于运动指导技巧, 动作技巧以及目标相关评估与方案设计。



The certification program consists of 2 modules; In Module 1 – the Exercise Coaching certification, participants will learn how to coach clients to perform exercises based on the principles of stability & mobility as well as functional movements, from stable/supported to complex exercises. Strong emphasis is on the student's ability to provide set-up and execution cues for exercises and their ability to evaluate movements. They will be introduced to FEA A.C.T Resistance Training Method which explains how coaches should progress exercises.

此认证课程含有 2 个单元; 学员会在单元 1 (运动指导认证) 中学习运动指导, 学员将学习通过稳定性与灵活性原则、功能性动作, 从稳定到复杂运动。重点强调学生有能力为动作提供设置和执行动作的口令以及他们评估动作的能力。他们也将学习 FEA A.C.T 阻力训练法, 了解教练们应该如何进退阶动作。

A library of exercises for each basic movements based on the difficulty level is given. This will enable participants to suggest specific exercises that is best suited for your client. For cardiorespiratory training, you will discover FEA 4 Zones Cardiorespiratory Training Model where you can select a specific training modality for each of your clients based on their needs and goals. You will also learn the essential components of a workout session and how to plan fun and purposeful workouts for beginner, intermediate and advance exercisers by taking into consideration applied exercise science and internationally accepted training guidelines.

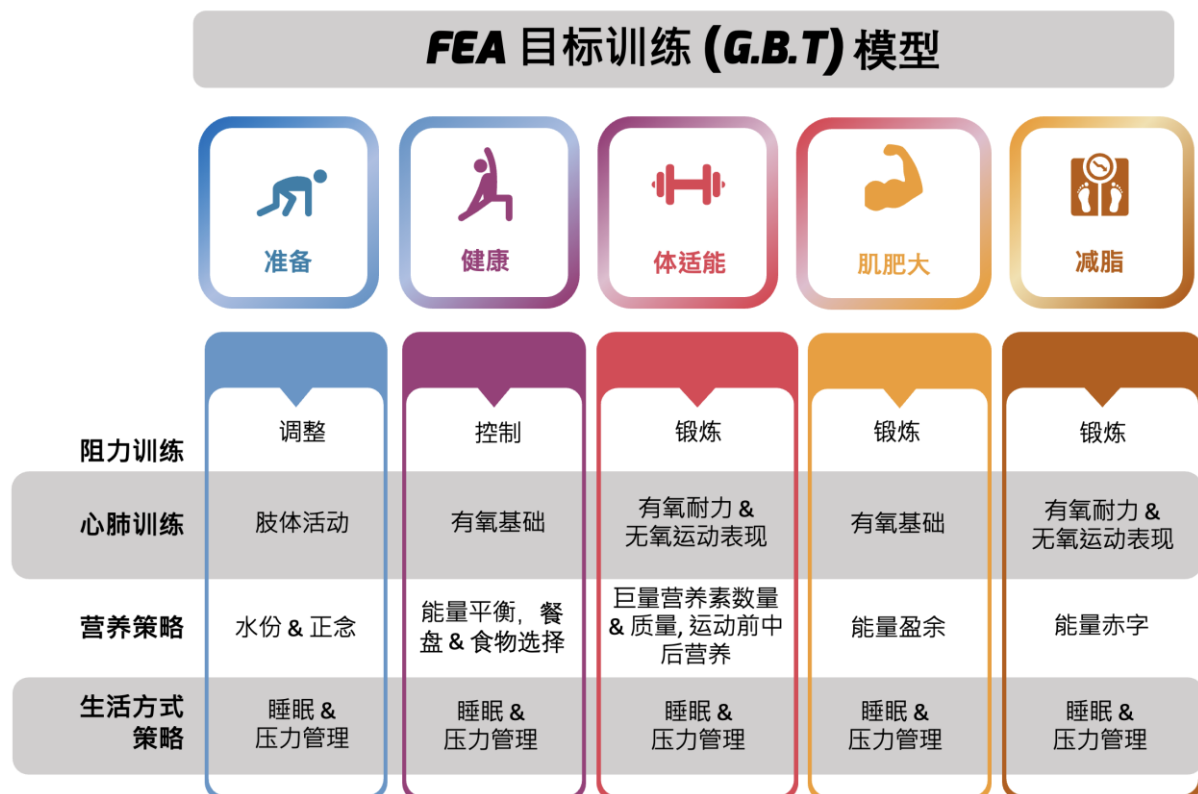
除此之外, 我们会提供您一个动作库, 里面包含了各个基本动作、不同难度等级的动作, 您能从中给客户选择最合适的。心肺训练方面, 我们将会教你如何利用 FEA 心肺训练的 4 区模型, 为需求与能力不同的客户, 选择特定的训练方案。与此同时, 您也将掌握其背后的运动科学、广受国际认可的训练准则, 学习日课程的重要元素, 为初阶, 中阶以及高阶训练者设计针对性以及有趣的课表。

“调整” “ALIGN”	“控制” “CONTROL”		“锻炼” “TRAIN”	
灵活性和稳定性 Mobility & Stability	基本动作 Basic Movement	进阶 Progression	目标 Goals	进阶 Progression
肌筋膜放松 Myofascial Release	下腰提起 Bend & Lift  单腿 Single Leg  推 Push  拉 Pull  旋转 Rotation	稳定分离/机械的 Stable Isolated/Machine Based	肌力 Strength	增加: 负重 或爆发力 Add: Load or Power  增加: 负重 & 爆发力 Add: Load & Power
静态拉伸 Static Stretching		增加: 不稳定性或复杂性 Add: Instability or Complexity	肌肥大 Hypertrophy	
激活练习 Muscle Activation		增加: 不稳定性 & 复杂性 Add: Instability & Complexity	肌耐力 Endurance	
动态拉伸 Dynamic Stretching			爆发力 Power	

FEA A.C.T Resistance Training Method  
FEA A.C.T 阻力训练法

After being equipped with a library of exercises, guidelines and coaching skills, you will be ready to extend your learning in Module 2 (Personal Training) where the focus is in designing and implementing programmes to lead your clients toward their goals. In this module, you will learn how to manage very common client goals which are movement preparation, health, fitness, hypertrophy and fat loss. To do so, you will learn how to utilize the components in the FEA GBT Model. They are resistance training, cardiorespiratory training, lifestyle strategies and nutrition strategies. This also includes how you can monitor and track your client's progress.

掌握这些运动与指导技巧后，表示您掌握了一些基础知识，进一步学习单元 2 实践私人教练课程，本课程将着重于如何设计方案与带领客户达成目标。我们在这部分将教您如何使用目标训练模型（GBT），他们分别是阻力训练，心肺训练，生活习惯策略，营养策略，让你有能力应付客户常见的 4 个目标，分别是动作准备，健康，体适能，肌肥大以及减脂，其中包含了监控与追踪客户的进度。



FEA Goal Based Training Model  
FEA 目标训练模型

- **“PREPARE”**: Prepare clients to exercise through improvements in stability-mobility and meeting the minimum requirements of physical activity. The goal is to help sedentary clients to begin activity and reduce risk of injury.  
**“开始前准备”**: 透过改善稳定度-灵活度和满足体力活动最低需求量, 帮助客户准备开始运动。目标是帮助久坐不动的客户开始活动和降低受伤风险
- **“HEALTH”**: Encourage clients to move and exercise. Teach clients how to perform a variety of resistance training exercises and introduce moderate intensity aerobic exercise. The goal here is to focus on building positive exercise experience and exercise adherence.  
**“健康”**: 鼓励客户开始移动和运动。指导客户做各种不同的阻力训练, 以及中等强度的有氧运动。目标是建立积极的运动经验和运动坚持度。
- **“FITNESS”**: Lead clients to achieve muscular adaptations e.g., muscular endurance, hypertrophy, strength and power, as well as implementation of aerobic endurance exercises to achieve cardiorespiratory adaptations.  
**“体适能”**: 带领客户达到肌肉适应, 例如: 肌耐力, 肌肥大, 肌力和爆发力。同时加入有氧耐力运动, 帮助达到心肺适应。
- **“HYPERTROPHY” & “FAT LOSS”**: Implementation of hypertrophy and fat loss programmes to help clients reduce body fat and increase muscle mass for better aesthetic and health.  
**“肌肥大” & “减脂”**: 透过肌肥大与减脂方案, 帮助客户减脂增肌, 以雕塑好看的身材和变得健康。
- **Lifestyle factors** like sleep and stress management plays a vital role in programme success. Disruption of lifestyle factors can lead to weight gain, poor recovery and hormonal imbalance. The role of a personal trainer is help clients to become successful in managing their sleep and stress.  
像睡眠、压力管理等生活习惯因素, 对方案是否成功, 至关重要。紊乱的生活习惯可能会造成体重增加, 恢复能力差以及荷尔蒙不平衡。私人教练的职责是帮助客户管理睡眠与压力, 已成功达到目标。
- **“HEALTH” and “FITNESS”** programmes will not be complete without sound **nutrition** plan. Eating habit is part of a person’s lifestyle and is highly influenced by personal, social and environmental factor. Thus, changing eating habits should take into account these factors and has to be done progressively to ensure likelihood of success.  
想要成功达成目标, 除了“健康”与“体适能”方案之外, 也少不了一个合理的**营养**方案。饮食习惯作为个人生活习惯的一部分, 往往会深深的受到个人、社交、环境因素影响。因此, 想要成功达成目标, 需要逐步的改变饮食习惯。

You will enjoy this new and highly efficient learning method with strong emphasis given to job skills development. In addition to the live workshop, you will have access to our electronic learning platform and materials that will allow you to learn at your own pace. Completing the CFP certification course will also prepare you to sit for the American Council on Exercise (ACE) Personal Trainer certification exam. All in all, FEA-CFP graduates will not only meet the key competencies established by these world-class personal training examinations, but also possess stronger practical skills needed to excel in this industry.

您将通过这新颖与高效的学习方法, 习得职业所需技巧。同时我们也提供线上学习平台与学习材料作为辅助学习, 让您能按照自己的节奏学习。完成 CFP 认证课程也将为您参加美国运动委员会 (ACE) 私人教练认证考试做准备。总而言之 FEA-CFP 的学员在达到国际私人教练认证的标准以外, 同时也具备了本产业中最重要的实作技能。

## Course Highlights 课程亮点

- Functional Movement Coaching  
功能性动作指导技巧
- A.C.T Resistance Training Method – Your Training Tool to Programming  
A.C.T 阻力训练法 – 设计方案的好助手
- The Exercise Movement Hierarchy - Progression of Client's Movement Pattern  
动作训练层级 – 客户动作训练的进程
- Personal Training System (G.B.T – Goal Based Training Model)  
私人训练系统 (G.B.T—目标训练模型)
- Workout Design Made Simple, Effective and Fun  
简单, 有趣, 有效的课表设计

### About EuropeActive and EREPS 关于 EuropeActive 和 EREPS



The **European Register of Exercise Professionals (EREPS)** uses the **EuropeActive** standards to ensure that exercise professionals are qualified to offer safe and effective fitness programmes to their clients across Europe. EREPS provides consumers, employers and partners in medical professions with the confidence that registered trainers are both competent and able to work to support its Code of Ethical Practice, which defines the rights and principles of exercise professionals. Referencing the EuropeActive standards and being registered mean that trainers have met the minimum standards of good practice and that they are committed to enhancing their skills and professional status through a process of lifelong learning.

欧洲运动专业人员登记册 (EREPS) 使用 EuropeActive 的标准来确保体适能从业者拥有资格向欧洲各地的客户提供安全和有效的健身计划。EREPS 为消费者、雇主和医疗行业的合作伙伴提供了信心, 即注册教练既能胜任工作, 又能符合其道德实践准则, 也保护体适能从业者的权利和原则。跟随欧洲运动标准和拥有登记意味着教练已经达到了良好实践的最低标准, 并且他们致力于通过终身学习的过程来提高他们的技能和专业地位。

EREPS is regulated by the EuropeActive Professional Standards Committee using the official European Qualifications Framework (EQF), which describes the knowledge, skills and competencies exercise professionals need for registration.

EREPS 透过官方的欧洲资格框架 (EQF), 由 EuropeActive 专业标准委员会监管, 该框架描述了体适能从业者登记所需的知识、技能和能力。

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

- Earn your fitness certification and get internationally recognised  
获取体适能认证并获得国际认可
- Get trained on Exercise Coaching and Personal Training with strong emphasis on practical skills and job training  
接受着重强调实用技能和工作培训的动作指导和私人教练培训
- Discover the right training and nutrition strategies to match diverse clientele  
习得正确训练与营养策略, 已满足不同的客户
- Enjoy higher passing rates for American Council on Exercise (ACE) Certified Personal Trainer exam  
拥有美国运动委员会 (ACE) 私人教练考试较高的通过率
- Get trained on safe and effective exercise techniques and guidelines  
习得安全有效的运动技巧与准则
- Eligible to join the European Register of Exercise Professionals (EREPS) and get listed on their member directory featuring registered fitness professionals from more than 40 different countries  
有资格加入欧洲运动专业人员登记册 (EREPS), 并被列入其来自 40 多个不同国家的注册健身专业人员会员名录

### What Is The Course Outcome? 课程宗旨是什么?

In Module 1, fitness practitioners are expected to demonstrate the skills of exercise coaching which includes:

在单元 1 中, 体适能从业者应展示动作指导的技能, 包括:

- Introducing exercise name and purpose  
介绍动作的名称和目的
- Demonstrating exercise based on the principles of stability-mobility  
根据稳定性-灵活性的原则示范动作
- Explain set-up position and execution of exercises  
解释动作的设置位置和如何执行
- Able to observe, evaluate and correct exercise technique  
能够观察、评估和纠正动作技巧
- Able to suggest exercise modifications  
能够建议其他动作
- Progress and regress exercise  
进阶和退阶动作
- Effectively coach a beginner client to perform exercises  
有效地指导新手客户执行动作
- Writing and leading a general exercise session  
设计和带领一般运动日课程



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

In Module 1, you will learn Exercise Coaching. You will learn how to coach clients to perform exercises based on the principles of stability & mobility as well as functional movement from its very fundamental movement to complex exercises thus you will be able to suggest the exercise which fits your client most.

您将在单元 1 中学到运动指导学。您将掌握如何根据稳定性与灵活性原则，来指导客户如何运动。接着在五个基础动作中，从基进阶到复杂的动作中，推荐适合客户的动作。

- Professional Roles  
职业角色
- Principles of Fitness, Exercise Guidelines and Techniques  
体适能原则，运动准则与技巧
- Stability & Mobility and Functional Movement Training  
稳定性与灵活性 & 功能性动作训练
- The Exercise Movement Hierarchy - Progression of Client's Movement Pattern  
动作训练层级 – 客户动作训练进程
- Exercise Coaching  
运动指导学
- General Workout Structure  
一般课表结构
- Cardiorespiratory Training  
心肺训练
- Cardiopulmonary Resuscitation & Automated External Defibrillator (CPR & AED) (Only Available In Malaysia)  
心肺复苏术&自动体外除颤器 (CPR & AED) (只限马来西亚)

## Who Will This Benefit? 这项课程适合谁?

- Fitness Enthusiasts\*  
健身爱好者\*
- Fitness Professionals who needs a certification or wants to build strong foundation in training  
需要认证或想要打下训练科学基础的体适能从业者
- Strength and Conditioning Professionals  
肌力与体能训练专家

*\*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

- 18 years old and above  
18 岁或以上
- Possess a current and valid CPR & AED -Basic Life Support certification (*the training & evaluation will be offered during this certification course*)  
CPR 心肺复苏&自动体外除颤器-基本生命保护证书有效期限当前有效 (会在认证课程期间进行培训与评估)
- Completed high school; graduates of college and universities will be an added advantage  
高中; 大专和大学毕业生能更好掌握学习内容。
- This is a train the trainer course and is not a course to help you develop your personal fitness, health or exercise movement/techniques. Due to the grading criteria, you should have the following prior to joining the course: -  
此为教练培训课程, 无法帮助您达成体适能, 健康或运动技巧等目标。为能顺利通过此课程, 您需事先:
  1. At least minimal level of cardiorespiratory fitness (be able to complete moderate intensity cardiorespiratory exercise for at least 20-30 minutes)  
拥有一定的心肺适能 (能够完成至少 20-30 分钟的中等强度运动)
  2. Requires minimal supervision and feedback performing Bodyweight Squat, Static Lunges, Conventional Deadlift, Barbell Hip Thrust, Bench Press, Barbell/Dumbbell Bent-Over Rows, Seated Rows, Push-Ups, Barbell/Dumbbell Standing/Seated Shoulder Press and Lat-Pull Down.  
能在无他人指导或回馈之下, 做出自重深蹲, 静态弓步蹲, 传统硬举, 杠铃臀推, 卧推, 杠铃/哑铃俯身划船, 坐姿划船, 俯卧撑, 杠铃/哑铃站姿/坐姿推肩以及背阔肌下拉。
  3. You know what are the prime mover (s) for exercises in “NO.2” above.  
清楚了解上列第 2 项中各个运动的主动肌。
  4. You know how to stretch all major muscle groups  
了解如何拉伸所有主要肌群。
  5. You have experience developing a structured exercise programme (cardiorespiratory, resistance and flexibility training) for yourself.  
有自我设计结构化课表的经验 (心肺, 阻力与柔韧性训练)
  6. Currently an independent exerciser (do not require supervision)  
当前是个能独立训练的运动者 (无需他人在旁指导或回馈)

If you currently do not possess all the requirements stated under the fourth bullet point, you may want to hire a fitness practitioner or personal trainer to help you through. Let us know if you need a suggestion.

如果你目前不具备第四点所述的所有要求, 我们建议您寻求一个体适能从业者或是私人教练的帮助。欢迎向我们询问, 我们很乐意为您解答。



## Course Provider 课程提供单位

Fitness Edutaining Asia (FEA)

## Course Developers 课程开发团队

Jerrican Tan

The course is created from the combination of 3 forces. This course is the brain child of Jerrican Tan, CSCS, NSCA-ACE-NASM CPT, NASM CES, ACE MES-HC-GFI, FEA Founder, a master instructor of ACE Personal Trainer Course for the past 12 years who has vast experience training and developing personal trainers in Asia. He is also the Managing Director of FITM (a training and development centre for fitness professionals based in Malaysia), a state bodybuilding judge and has served as a regional manager of FIT® Asia before he founded FEA. He sees the need of edu-training when developing new fitness professionals in Asia as compared to courses and certifications heavily focused on academic results. Jerrican is a former Malaysia National Junior Bodybuilding Champion, was a personal trainer and has managed high performance person training teams before his fitness education career.

FEA 创办人，身为 ACE 私人教练课程高级讲师超过 12 年，并在亚洲培训和开发私人教练拥有丰富经验。他也是 FITM (位于马来西亚的体适能专业培训与发展中心) 的董事经理。州属健美裁判，在创办 FEA 之前，曾担任 FIT® Asia 的区域经理。在培训培训新晋体适能专业人士时，发现到大部分的认证课程过于着重于学术上的成就，进而洞察大家对“训练教育” (Edu-training) 上的需求。Jerrican 是前马来西亚国家青少年健美冠军，曾是私人教练，并在开始体适能教育生涯之前曾领导表现极强私教团队。

Fabio Comana

This course is consulted by Fabio Comana. Fabio Comana, M.A., M.S., NASM CPT, CES and PES; NSCA CSCS; ACE-CPT and HC; ACSM EP-C; USAW1; CISSNs is an academic consultant for FEA. He holds a double master's degree in exercise physiology and exercise nutrition and he is a faculty instructor at San Diego State University, and University of California, San Diego and the National Academy of Sports Medicine (NASM), and president of Genesis Wellness Group. Fabio Comana covers a wide range of areas in fitness, from training for health and fitness goals to functional goals to performance and conditioning goals and to pre and post rehabilitation goals. Meanwhile, he is also very successful in the field of sports and fitness nutrition. Previously as an American Council on Exercise (ACE) exercise physiologist, he was the original creator of ACE's IFT™ model and ACE's live Personal Trainer educational workshops. He is also one of the leading course developers of almost all fitness specialized courses. Prior experiences include collegiate head coaching, university strength and conditioning coaching; and opening/managing clubs for Club One. An international presenter at multiple health and fitness events, he is also a spokesperson featured in multiple media outlets and an accomplished chapter and book author. He enjoys a high reputation in the international fitness community. Starting May 2018, Fabio Comana joins the FEA family, he is responsible for the course development, reviewing course content and structure, and participating in the educator training process.

FEA 的学术顾问，在生理学与运动营养等领域拥有双硕士学位，他同时也是圣地亚哥州立大学，加利福尼亚大学圣地亚哥分校和美国国家运动医学会 (NASM) 的教职员，以及 Genesis Wellness Group 的总裁。Fabio Comana 在体适能领域涉略广泛，从健康和体适能到功能性，再到运动表现和体能，以及康复前后。他是 ACE 前运动生理专家，

同时也是 ACE IFT™模型、教育与专项课程的开发者。在大学担任总教练，在管理，指导各个俱乐部方面也有着先驱经验。他同时也是多个健康与体适能活动的国际讲师、作家，在体适能界拥有极高的荣誉。

自 2018 年 5 月开始，Fabio Comana 加入了 FEA 团队，负责课程开发，编审课程内容与架构，以及参与讲师培训

#### Yeoh Ee Ling

Edutrainers delivering the course are mentored and coached by Ee-Ling, ACE CPT-HC-MES, NASM FNS, who is a fitness education specialist and dietitian by profession. Ee Ling is a Master Instructor of ACE Personal Trainer Course for nearly 10 years. Ee Ling ensures the courses delivered by FEA Edutrainers are fun, effective and easy to understand while putting priority to skills development of fitness professionals.

Ee-Ling, ACE CPT-HC-MES, NASM FNS, 是位体适能教育专家，同时也是受过专业训练的食疗师。她担任 ACE 私人教练课程的高级讲师将近 10 年，她的主要职责是确保 FEA 讲师在教授 FEA 课程时，达到有趣，有效，与容易理解的方式，培训体适能从业者。

## Topics Covered 涵盖主题

### FEA Certified Fitness Practitioner Module 1 – Fitness Instructor (Exercise Coaching)

#### FEA 认证体适能从业者单元 1-健身指导员（运动指导学）

SESSION 课堂	GUIDED-LEARNING TOPICS 实体课程课题	TYPE 类型	SELF-LEARNING 自学部分	EST. HOURS 估计时间
1	Introduction & Exercise Orientation 介绍 & 动作基础练习	CLR & Gym 教室& 实操	<p>Read session handouts and google classroom course materials, familiarise yourself with: 阅读课程讲义和谷歌课堂课程教材，并复习：</p> <ul style="list-style-type: none"> <li>Each component of fitness and its definition 每个体适能的元素和它的定义</li> <li>Exercise orientation 动作基础练习</li> <li>Practise core activation drills (performing the exercise yourself and coaching a partner) 练习核心激活练习（自己练习动作再练习指导伙伴）</li> <li>Practise verbalising exercise cues 练习口头表达动作口令</li> </ul> <p>Complete tutorial assignment 完成练习题作业</p>	3 hours 3 小时
2	A.C.T Resistance Training Method: “CONTROL” – Lower Body Exercise Techniques A.C.T 阻力训练法：“控制” – 下肢动作技巧	Gym 实操	<p>Read session handouts and google classroom course materials and perform the following: 阅读课程讲义和谷歌课堂课程教材，并复习：</p> <ul style="list-style-type: none"> <li>Review all lower body dynamic stretches and activation drill (purpose, set-up and execution cues, observation) 复习所有下肢动态拉伸和激活练习（目的、设置和执行口令、观察）</li> <li>Practise performing the exercises yourself and coaching a partner 自己练习动作再练习指导伙伴</li> <li>Practise by filming yourself performing the following exercises and review according to the exercise demonstration grading criteria 通过拍摄自己执行以下动作，并根据动作示范的评分标准进行审核 <ul style="list-style-type: none"> <li>Bodyweight Squat or Static Lunges 自重深蹲或静态弓步蹲</li> <li>Conventional Deadlift or Barbell Hip Thrust 传统硬举或杠铃臀推</li> </ul> </li> <li>Review and practise verbalising set-up and execution cues of each exercise 复习和练习口头表达动作口令</li> <li>Practise observing common errors with partner and provide feedback accordingly 与伙伴练习观察常见的错误，并提供相应的反馈</li> <li>Review progressions and regressions of each movement 复习每个动作的进退阶</li> </ul> <p>Complete tutorial assignment 完成练习题作业</p>	6 hours 6 小时

3	A.C.T Resistance Training Method: “CONTROL” – Upper Body Exercise Techniques A.C.T 阻力训练法: “控制” – 上肢动作技巧	Gym 实操	<p>Read session handouts and google classroom course materials and perform the following: 阅读课程讲义和谷歌课堂课程教材, 并复习:</p> <ul style="list-style-type: none"> <li>Review all upper body dynamic stretches and activation drill (purpose, set-up and execution cues, observation) 复习所有上肢动态拉伸和激活练习 (目的、设置和执行口令、观察)</li> <li>Practise performing the exercises yourself and coaching a partner 自己练习动作再练习指导伙伴</li> <li>Practise by filming yourself performing the following exercises and review according to the exercise demonstration grading criteria 通过拍摄自己执行以下动作, 并根据动作示范的评分标准进行审核 <ul style="list-style-type: none"> <li>Push-ups or Barbell/Dumbbell Standing/Seated Shoulder Press 俯卧撑或杠铃/哑铃站姿/坐姿推肩</li> <li>Barbell/Dumbbell Bent-Over Row or Lat-Pull Down 杠铃/哑铃俯身划船或背阔肌下拉</li> </ul> </li> <li>Review and practise verbalising set-up and execution cues of each exercise 复习和练习口头表达动作口令</li> <li>Practise observing common errors with partner and provide feedback accordingly 与伙伴练习观察常见的错误, 并提供相应的反馈</li> <li>Review progressions and regressions of each movement 复习每个动作的进退阶</li> </ul> <p>Complete tutorial assignment 完成练习题作业</p>	6 hours 6 小时
4	A.C.T Resistance Training Method: “ALIGN” – Lower & Upper Body A.C.T 阻力训练法: “调整” – 下肢 & 上肢	Gym 实操	<p>Read session handouts and google classroom course materials and perform the following: 阅读课程讲义和谷歌课堂课程教材, 并复习:</p> <ul style="list-style-type: none"> <li>Purpose of “ALIGN” “调整”的目的</li> <li>Review all myofascial release technique, static stretch and activation drills (purpose, set-up and execution cues, observation) 复习所有肌筋膜放松技巧, 静态拉伸和激活练习 (目的、设置和执行口令、观察)</li> <li>Practise performing the exercises yourself and observe improvement in movement efficiency 自己练习所有动作并观察自己的动作效率是否改善</li> <li>Practise coaching a partner and observe improvement in movement efficiency 练习指导伙伴并观察伙伴的动作效率是否改善</li> </ul> <p>Complete tutorial assignment 完成练习题作业</p>	3 hours 3 小时
5	Muscle Group Training and Movement Progression 肌肉群训练和动作进阶	Gym 实操	<p>Read session handouts and google classroom course materials, familiarise yourself with: 阅读课程讲义和谷歌课堂课程教材, 并复习:</p> <ul style="list-style-type: none"> <li>Exercise and prime movers associated 动作和相关的主动肌</li> <li>Review all exercises introduced (purpose, set-up and execution cues, observation) 复习所有动作 (目的, 设置和执行口令, 观察)</li> </ul>	3 hours 3 小时

			<ul style="list-style-type: none"> <li>• Practise performing the exercises yourself and coaching a partner 自己练习动作再练习指导伙伴</li> <li>• Practise observing common errors with partner and provide feedback accordingly 与与伙伴练习观察常见的错误, 并提供相应的反馈</li> <li>• Practise performing movements with instability and complexity 练习不稳定和复杂动作</li> <li>• Practise suggesting exercises for beginner, immediate and advance exerciser based on the concept of movement progression 练习根据动作进阶的概念给初阶, 中阶和高阶的运动者提议动作</li> </ul> <p>Complete tutorial assignment 完成练习题作业</p>	
6	A.C.T Resistance Training Method "TRAIN", Workout Design and Cardiorespiratory Training A.C.T 阻力训练法 "锻炼", 日课程设计和心肺训练	Gym & CLR 实操&教室	<p>Read session handouts and google classroom course materials, familiarise yourself with: 阅读课程讲义和谷歌课堂课程教材, 并复习:</p> <ul style="list-style-type: none"> <li>• Muscular fitness guidelines ("TRAIN") 肌肉体适能准则</li> <li>• Definition of repetition maximum (RM) and repetition in reserve (RIR) 最大重复次数 (RM) 的定义和储备次数* (RIR) 的定义</li> <li>• Difference between muscular fatigue and cardiorespiratory/mental fatigue 肌肉疲劳和心肺/神经疲劳的分别</li> <li>• Identify exercises which allows greater chance of muscular fatigue 识别允许更大机会的肌肉疲劳的动作</li> <li>• Discover your repetition in reserve (RIR) in your main lifts 尝试发现你自己的储备次数 (RIR)</li> <li>• Ideal way of progressing through sets and workout sessions 训练组和训练课程之间进阶的理想方法</li> <li>• Components in a general workout and what to include in each component 一般日课程的元素和每个元素该加入的</li> <li>• Practise designing workouts from the in-class assignment 根据课堂作业练习设计日课程</li> <li>• Execute the workouts and review if the objective of the workout is achieved 执行所设计的日课程并审核是否达到日课程的目标</li> <li>• Review cardiorespiratory training guidelines (FITT) 复习心肺训练准则 (FITT)</li> <li>• Review usage of ratings perceived exertion (RPE) 复习自感用力度 (RPE) 的用处</li> <li>• Practise calculating heart rate reserve (HRR) and identify your own training zones 练习计算储备心率 (HRR) 和识别自己的训练区域</li> <li>• Experience training in all zones of the G.B.T model 在 G.B.T 模型的所有训练区体验训练               <ul style="list-style-type: none"> <li>○ Zone 1: NEAT 非运动性生热活动</li> <li>○ Zone 2: Aerobic base 有氧基础</li> <li>○ Zone 3: Aerobic endurance 有氧耐力</li> <li>○ Zone 4: Anaerobic endurance and anaerobic power 无氧耐力和无氧爆发力</li> </ul> </li> </ul>	12 hours 12 小时

			Complete tutorial assignment 完成练习题作业	
7	Exercise Coaching: Instructional Skills 动作指导: 指导技巧	Gym 实操	Read session handouts and google classroom course materials, familiarise yourself with: 阅读课程讲义和谷歌课堂课程教材, 并复习:	6 hours 6 小时
8	Exercise Coaching: Instructional Skills 动作指导: 指导技巧	Gym 实操	<ul style="list-style-type: none"> <li>Spotting techniques 保护技巧</li> <li>Film yourself instructing exercises and review based on the grading criteria 拍摄自己指导动作, 并根据评分标准进行审查</li> <li>Practise on different exercises 练习指导不同动作</li> <li>Practise on different individuals 练习指导不同的人</li> <li>Prepare for theory exam and video submission (exercise demonstration and exercise coaching) 准备理论考试和提交视频 (示范动作和动作指导)。</li> </ul>	
9	CPR & AED: Basic Life Support 心肺复苏术 (CPR) & 自动体外除颤器 (AED): 基本生命保护	Gym 实操		
10	Theory Exam 理论考试	CLR		



## Course Duration and Schedule Option 课程时长与课表选择

Week* 周	Module 单元	Standard: Blended with 100% Onsite 标准: 混合学习 + 100%实体课程	
1-2	1	Guided Learning (Onsite)	引导式学习 (实体课程)
3-4		Post-course Self Learning	课程后自习
5		Exam Week (Theory Exam via Onsite; and Submission of Practical Exam via Online)	考试周 (到指定场所进行考试 (理论), 术科则线上提交)

Week* 周	Module 单元	Fast-Track: Blended with 100% Onsite (Full-time) 冲刺班: 混合学习 + 100%实体课程 (全日制)	
1	1	Guided Learning (Onsite)	引导式学习 (实体课程)
2-3		Post-course Self- Learning	课程后自习
4		Exam Week (Theory Exam via Onsite; and Submission of Practical Exam via Online)	考试周 (到指定场所进行考试 (理论), 术科则线上提交)

*\*Course duration and timeline displayed above is for reference only. Exact timeline will follow the study itinerary for respective course intake.*

*\*以上显示的课程时长和时间表仅供参考。确切的时间表将遵循相应课程班级的学习行程。*

## Learning Materials 学习材料

- Certified Fitness Practitioner digital manual and course slide handouts  
认证体适能从业者电子课本课程投影片讲义
- Access to E-learning platform via Google Classroom for CFP (and ACE - only in Malaysia)  
CFP Google Classroom CFP 线上学习平台 (和 ACE – 只限于在马来西亚)

*Note: E-learning platform via Google Classroom will be available for access at least 14 days before the course date and is valid for 1 year (from the start date of the course). Digital manual and slide handouts are available on Google Classroom.*

*通过 Google Classroom 的电子学习平台将在课程日期前至少 14 天提供权限, 有效期为 1 年 (从课程开始日期起)。电子课本和课程讲义可在 Google Classroom 寻得。*

## Awards 证书

### Module 1 – Fitness Instructor (Exercise Coaching)

#### 单元 1 – 健身指导员 (运动指导学)

Upon completing the course, passing the exam, and meeting all the requirements to coach exercises, you will be awarded the *Certified Fitness Practitioner Module 1 – Fitness Instructor* certificate by Fitness Edutraining Asia (FEA).

在完成课程，通过考试，以及满足所有指导与带领健康成年人一般训练课程条件之后，您将获得由 Fitness Edutraining Asia (FEA) 所颁发的“认证体适能从业者单元 1—健身指导员”证书。

To receive the *Certified Fitness Practitioner – Personal Trainer (EQF Level 4)* certificate, you must pass both Module 1 and Module 2 exam.

只有完成单元 1 和 2 后，方能获取“认证体适能从业者—私人教练 (EQF 四级)”证书。

### CPR & AED - Basic Life Support

#### 心肺复苏术 & 自动体外除颤器 – 基础生命保护

Upon meeting all requirements of this workshop, you will be awarded a Certificate of Course Completion. This certification has a 2-year validity.

达到课程要求后，你将获得一份课程结业证书。该证书的有效期为 2 年。

## Grading Criteria 通过标准

### Module 1 – Fitness Instructor (Exercise Coaching)

#### 单元 1 – 健身指导员 (运动指导学)

- Theoretical 理论
  - 60 Multiple Choice Questions - 40%
  - 60 道选择题 – 40%

You are given 90 mins to complete this live remote proctoring exam.

Live remote proctoring is a method for administering certification exams to candidates on their own computer through a secure online delivery system. With live remote proctoring, a proctor actively watches and monitors the candidate during the exam administration to provide real time security to protect exam integrity.

实时远程监考考试时间为 90 分钟。

实时远程监考是一种通过安全的在线系统在考生自己的电脑上进行认证考试的方法。通过实时远程监考，监考人员在考试管理过程中可以积极观察和监控考生，以提供实时安全保护考试的公正性。

实时远程监考要求：

Live Remote Proctoring Requirements:

1. You are required to have a webcam installed on your laptop and reliable access to Internet.  
您需要在笔记本电脑上安装网络摄像头并且能可靠地接入互联网
2. Ensure you are in a well-lit, quiet and private room that nobody is allowed in the room during your exam time.  
确保您在光线充足、安静且私密的房间内，考试期间不允许任何人进入房间。

3. Please have your IC / Passport ready.  
请准备好您的身份证/护照。
4. Please take note: Tablets/iPads, dual/multiple monitors and projectors are not permitted to be used as a testing device.  
请注意: 平板电脑/iPad、双/多显示器和投影仪不得用作测试设备。
5. iPods, MP3 player, headphones, camera, smartphones, recording devices and watches (including smart watches) are prohibited.  
禁止携带 iPod、MP3 播放器、耳机、相机、智能手机、录音设备和手表 (包括智能手表)。
6. Food and beverages are not allowed during your exam, and smoking is not permitted at any time.  
考试期间禁止饮食, 任何时候都禁止吸烟。
7. Personal writing utensils including paper, pencils and books are not permitted.  
不得携带纸、笔、书本等个人书写用具。

- Practical 术科

- Exercise Demonstration - 20%

- 动作示范 – 20%

- Upon completing the course, you are required to submit a video of yourself demonstrating how you perform the 5 appointed exercises. You will be evaluated based on the standards presented in class.

- 在完成本课程后, 您需要给自己拍下 5 个指定动作的示范影片。我们将会根据课程的标准评分。

- Exercise Coaching - 40%

- 动作指导 – 40%

- Upon completing the course, you are required to submit a video of yourself coaching a beginner exerciser 5 selected exercises. You will be evaluated based on the standards presented in class.

- 完成本课程后, 您需要拍下自己指导客户的 5 个指定动作。我们将会根据课程的标准评分

Passing requirement:  $\geq 70\%$

Gold award:  $\geq 90\%$  (1st attempt only)

合格要求:  $\geq 70\%$

金奖:  $\geq 90\%$  (重考不算)

Results will be announced via email 3 weeks from exam submission deadline. Successful candidates will receive digital certificate via email. If you did not achieve a passing score, you have 2 retake attempts; first is complimentary and second retake will be RM350 (inclusive of 60 minutes online additional coaching by FEA Edutainer). Feedback for exam performance will not be given. All retakes have to be completed within 3 months from the first exam result due date. Request for detailed review of scoring will not be entertained. Candidates who do not achieve a passing score should review our scoring rubrics or grading criteria established in the course and manual prior to their retake.

我们会在考试提交截止日期后 3 周，通过电子邮件公布考试结果。成绩通过的学员将会收到电子证书。若没有达到合格分数，你有 2 次重考机会；第 1 次是免费的，第 2 次重考将收取 350 令吉（包括 FEA 讲师的 60 分钟线上辅导）。所有重考必须在第一次考试成绩截止日期起 3 个月内完成。我们不会提供任何有关考试成绩的反馈，也不会接收详细审查评分的要求。未达合格分数的考生应在重考前查看我们课程的评分标准或课本中的评分标准。

### **CPR & AED – Basic Life Support**

#### **心肺复苏术 & 自动体外除颤器 – 基础生命保护**

The instructor will provide a live onsite (face to face) skills check; participants are required to demonstrate primary care skills, based on pre-set scenarios

讲师会在线下（面对面）进行技能检查，学员需要根据情境，给讲师示范初级基础生命保护技巧

Requirements are as such:

要求如下：

- Full attendance 全程出席
- Completion of workshop/course 完成课程
- Passing all evaluations 通过所有评估项目

**Note:**

**注意事项**

Grading criteria has been established in the course and in the manual. Candidates who meet the pre-requisites prior to joining the course and who successfully completed this course will have a better chance of passing examination.

我们除了会在课程中讲解考试通过标准，您也可在课本中找到。符合参课条件并顺利完成课程的学员，考试通过的机会会大大提升。

The grading criteria is to ensure you will meet the minimum standards expected in the fitness industry. This means that candidates who do not receive a passing score, did not meet the requirements to carry out safe and effective exercises and programmes, which will be expected by clients and health/fitness club employers thus we are unable to certify you as our goal is to uphold the industry standards. We strictly do not honor any request for leniency. 设立此标准的目的是为了确保学员的能力达到体适能产业的能力门槛。

若学员的分数不达合格标准，则表示不符合客户与健身俱乐部雇主所期望：安全有效练习和计划的要求。为维护本产业标准，恕我们无法授予未达标准的学员认证。

任何宽大处理的要求将一律拒绝。

**Course Availability 开课地点**

Module 1 – All countries in Asia

单元 1 – 亚洲所有国家

**Dress Code 着装规范**

Fitness attire

运动服装

**What Do I Need To Bring? 我需要带什么？**

Stationery and a spare change of clothes

文具与一套替换运动装

**Course Capacity 课程人数**

A minimum of 12 pax and a maximum of 24 pax (live class). Maximum capacity may be subjected to venue and standard operating procedure of COVID-19 pandemic.

至少 12 人，最多 24 人（实体课程）。新冠病毒疫情期间，人数上限将依据地点与标准程序（SOP）进行调整。

**Language 语言**

English or Mandarin

英文或中文