

## Body Transformation Specialist Level 1 & 2

### 体形改造专家（第一级与第二级）

Hypertrophy and Fat Loss Strategies for Everyday Clients

日常客户的肌肥大和减脂策略

#### Course Overview 课程介绍

Achieving an aesthetic physique seems to be getting immensely popular among our everyday clients. Many of them look for personal trainers to help them achieve their goals via a natural and healthy approach. These clients need sustainable transformation programme instead of competitive strategies. Thus, strategies need to be realistic and fun for the everyday client.

获得美观的体形似乎在我们的日常客户中越来越受欢迎。他们中的许多人寻找私人教练，以帮助他们通过自然和健康的方式实现目标。这些客户需要可持续的体型改造计划，而不是健美竞赛的策略。因此，对于日常客户来说，策略需要现实而有趣。

On the other hand, competitive strategies lead clients to extremely low body fat percentage and high muscle mass which usually last for only a couple of weeks as well as prone to usage of performance enhancement substance. Personal trainers with competitive background should not entirely rely on their personal transformation experience in helping everyday clients to transform because sustainable transformation is very different from competitive transformation.

另一方面，健美竞赛策略会导致客户身体脂肪百分比极低，肌肉质量高，通常此体态仅能持续几周，并且竞赛策略一般包括使用表现增强药物。具有竞赛背景的私人教练不应全然依赖其个人的改造经验来帮助日常客户改造，因为可持续的体型改造策略与准备竞赛的体型改造策略截然不同。

This course aims to provide personal trainers with a strong understanding on scientific evidence available in this field and a systematic approach to manage clients' body transformation programme in terms of building lean mass and losing fat based on scientific evidence and successful practices. The programme is built on the foundation of sustainability and adherence.

本课程旨在为私人教练提供此领域现有的科学证据和国际认可准则的深刻理解，更系统化的管理客户为其打造体型改造，尤其是基于科学证据和成功实践性高的增肌减脂策略。此改造计划建立在可持续性和可依从性的基础上。

#### Course Highlights 课程亮点

- Receive Hands-on Coaching on How to Modify Exercise Techniques to Increase Muscle Tension  
手把手教你如何通过调整运动技巧来增加肌肉张力
- Muscle Group Exercise Analysis - Understanding Biomechanics and Role ("General", "Focussed" or "Isolation")  
肌群运动分析- 了解生物力学和角色（“整体”、“集中”或“孤立”）
- Science of Hypertrophy, Fat Storage and Fat Loss  
肌肥大、脂肪储存和脂肪流失的科学
- Systematic Programming for Hypertrophy and Fat Loss

肌肥大和减脂：系统化的计划安排

- Long Term Programming - Preparation, Hypertrophy Phase, Fat Loss Phase and Maintenance  
长期规划-准备、肌肥大阶段、减脂阶段和维持
- How Female Menstrual Cycle Influence Training and Nutrition  
女性月经周期如何影响训练和营养计划
- Building a 3D Gluteal Muscle  
打造 3D 臀肌
- Gain Insights and Receive Coaching on How to Strike Better Pose for Social Media  
就如何为社交媒体打造更好的姿势获取见解并接受指导

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

You are a fitness professional and want to help clients with body composition goals; gain lean muscle mass and lose body fat. Understanding that every client's body responds differently to each training and nutritional strategies, you want to ensure your programme is safe, effective and sustainable. You are also looking for hands-on and face-to-face experience to sharpen your skills in a client's body transformation

身为体适能专业人士，我们希望帮助客户实现身体成分目标：增肌、减脂。通过了解不同客户对每种训练和营养策略的不同反应，您可以确保您的计划安全，有效并可持续。甚至能在实践和面对面的上课体验中，提升您对客户体形改造中的技能

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

- Understanding expectations for a better physique  
了解体形改造训练的能带来的效果
- Exercise analysis and modifications for better muscle stimulation and programming  
动作分析和调整技巧，以更好地刺激肌肉和肌肥大编程
- Science & strategies for hypertrophy and fat loss  
增肌减脂的科学策略
- Long Term Programming - Preparation, Hypertrophy Phase, Fat Loss Phase and Maintenance  
长期规划-准备、肌肥大阶段、减脂阶段和维持
- How Female Menstrual Cycle Influence Training and Nutrition  
女性月经周期如何影响训练和营养计划
- Building a 3D Gluteal Muscle  
打造 3D 臀肌
- Non-competitive posing techniques  
非竞赛摆姿势技巧

### **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 is designed for fitness professionals who wish to learn how to help clients with body composition goals; gain lean muscle mass and lose body fat. Basic fitness instructing/personal training certification is recommended. It is highly encouraged that candidates have experience in body transformation prior to the course

此课程专为想要帮助客户改善身体成分，增肌减脂的体适能训练专家设计。建议事先获取基本体适能指导/私人教练证书。我们鼓励学员在参课前具备自身体型改造方面的经验。

### **Course Provider 课程提供单位**

Fitness Edutraining Asia (FEA)

### **CEC Points 继续教育学分**

Level 1 & 2 : ACE 2.4 CECs , Level 1 & 2: NASM 1.8 CEUs

Level 1 & 2 : 美国运动委员会 2.4 CECs , Level 1 & 2: 美国国家运动医学学院 1.8 CEUs

### **Course Duration 课程时长**

18 hours (3 days)

18 小时 (3 天)

### **Learning Materials 学习材料**

Digital course slide handouts

电子课程投影片讲义

### **Awards 证书**

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

全勤参加并完成本工作坊/课程后，您将获得工作坊/课程完成证书

### **Grading Criteria 通过标准**

Completion of course participation and assignment(s)

完成课程参与和作业

### **Recertification 重新认证**

N/A 无

### **Exam Fee 考试费用**

N/A 无

### **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

文具与替换服装

Fitness Edutraining Asia (FEA)

**Course Capacity 课程人数**

A minimum of 8 pax and a maximum of 25 pax

至少 8 人，最多 25 人

**Language 语言**

English or

Mandarin (Translation): Course will be conducted in English by Edutrainee; There will be live onsite Mandarin translation

英文 或

中文（翻译）：课程将由讲师以英语授课；课堂现场会有中文翻译

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以上资讯若有更动，恕不另行通知。

