

## FEA Certified Fitness Practitioner (EQF Level 4 - Personal Trainer)

### FEA 认证体适能从业者 (EQF 四级-私人教练)

#### The Revolutionary Personal Training Certification

#### 创新私人教练认证

### More Than Just a Personal Trainer Certification

### 不仅仅局限于私人教练认证

The FEA Certified Fitness Practitioner (Personal Trainer), or CFP, is not just your regular personal trainer certification program. It is a **job-based training and certification program** designed to produce highly employable and certified fitness professionals of international standards. To achieve its objective, the course delivery balances between academic focus and vocational learning.

FEA 认证体适能从业者（私人教练）认证，又称为 CFP，不同于一般的私人教练认证课程。它独具特色，作为一个基于实际工作的培训和认证计划，旨在培养具备卓越就业能力和符合国际标准的认证健身专业人才。为了实现这一目标，课程设计巧妙地平衡了学术重点与职业实践。

The grading criteria are established based on international job analysis study and job competency. Three major job competency areas are emphasized and evaluated as part of the grading criteria. These skills include demonstrating and coaching individual exercises, delivering effective personal training sessions, and the trainers' ability to work with real-life clients, encompassing initial rapport building, interviews, assessments, program implementation, and adjustments through a live case study.

评分标准是基于国际工作分析研究和工作能力而制定。这些标准突出并评估了三大工作领域的能力。这些技能涵盖了展示和指导动作、提供有效的私人教练训练课程，以及与现实生活中的客户合作的能力。这种合作包括建立初步关系、进行面谈、评估需求、制定方案并付诸实践，同时还包括实际案例研究进行调整的能力。





*FEA Certified Fitness Practitioner Job Based Grading Criteria*

*FEA 认证体适能从业者基于工作要求的评级标准*

## Accreditation 认证

Fitness Edutraining Asia (FEA) is the first fitness certification provider in Southeast Asia to receive approval from the EuropeActive Standards Council. This certification signifies that the FEA CFP meets the standards of practice in Europe and is equivalent to the EQF Level 4 Personal Training certification standards. FEA CFP graduates have the privilege of joining the European Register of Exercise Professionals (EREPS), which is a database of exercise professionals referenced by more than 10,000 clubs throughout Europe during the hiring process.

Fitness Edutraining Asia (FEA) 是东南亚第一个获得欧洲标准委员会批准的体适能证照。此认证表示 FEA CFP 符合欧洲的实践标准，并等同于 EQF Level 4 私人教练认证标准。毕业于 FEA CFP 的学员有幸被纳入欧洲运动专业人员登记册 (EREPS)，该登记册是一个汇集运动专业人员信息的数据库，欧洲地区的 10,000 多家健身俱乐部在招聘过程中经常会参考这一数据库。



As an added benefit, upon completion of this course, you will be well-prepared to pursue other internationally recognized personal trainer certification exams, such as the American

Council on Exercise (ACE) which is a NCCA-accredited certification. NCCA is a third-party standard for accreditation of certifications for exercise professionals in USA. Our comprehensive curriculum ensures that you acquire the necessary knowledge and skills to meet the highest competencies set by these esteemed organizations.

完成本课程后，您还将为参加其他国际认可的私人教练认证考试做好充分准备，例如美国运动委员会（ACE）认证，这是一个得到了 NCCA 认可的证书。NCCA 是对美国运动专业人员认证的第三方标准机构。我们的全面课程将确保您掌握必要的知识和技能，以满足这些备受尊重的机构设定的最高能力要求。



### Course Developers 课程开发团队

Fitness Edutraining Asia (FEA) is a fitness education provider based in Asia. Established since 2018, FEA aims to provide training and education opportunities to fitness professionals in Asia through international standard certification and continuing education courses. FEA courses are widely known as job-based, relevant, language-friendly, and affordable.

Fitness Edutraining Asia (FEA) 是总部位于亚洲的健身教育机构。成立于 2018 年，FEA 的使命在于通过国际标准认证和提供持续教育课程，为亚洲地区的健身专业人士提供培训与教育机会。FEA 所提供的课程以其实战导向、相关性强、语言友好和价格合理而广为人知。

This certification is the brainchild of Jerrican Tan (MSc, NSCA CSCS-CPT, ACE CPT-MES-HC, NASM CPT-CES, ISSN SNS), a renowned fitness education specialist, who has extensive experience in fitness education (including business, academic, and Edutainer development) in the Asian fitness industry. Jerrican, who has previous experience in personal training and fitness management, strongly believes that academic focus alone does not justify a personal trainer certification. Graduates need to undergo job training and evaluation before being certified.

这一认证是由著名的健身教育专家 Jerrican Tan (MSc、NSCA CSCS-CPT、ACE CPT-MES-HC、NASM CPT-CES、ISS SNS) 发起的。Jerrican 在亚洲健身行业，包括商业、学术和教育培训师开发方面拥有丰富的经验。曾在私人健身培训和健身管



理领域工作的 Jerrican 坚信，单纯依赖学术研究无法充分证明私人健身教练资格的合理性。因此，在获得证书之前，学员需要经历实际工作培训和评估过程。

The course development process is greatly supported by Fabio Comana (M.A., M.S., NASM CPT, CES and PES; NSCA CSCS; ACE-CPT and HC; ACSM EP-C; USAW1; CISSN), an Exercise Physiologist, the Creator of ACE IFT Model, a Faculty Instructor of NASM, and one of the most sought-after fitness presenters in the world. Also involved is Yeoh Ee Ling (ACE PT-HC-MES, NASM PT-FNS), a trained Dietitian, Fitness Education Specialist, ACE Master Instructor, and Trainer of Edutrainers in Asia.

课程开发过程得到了 Fabio Comana (M.A.、M.S.、NASM CPT、CES 和 PES; NSCA CSCS; ACE-CPT 和 HC; ACSM EP-C; USAW1; CISSN) 的全面支持，他是一名运动生理学家，ACE IFT 模型的创作者，NASM 的学院讲师，以及全球最受欢迎的健身讲师之一。还有 Yeoh Ee Ling (ACE PT-HC-MES、NASM PT-FNS) 的参与，她是受过培训的营养师、健身教育专家，ACE 私人教练课程的主讲师，以及亚洲地区教育培训师们的负责导师。



### **Edutrainers** 教育培训师

The Edutrainers approved to deliver this certification course are the best individuals to assist you in learning and training. They all have extensive experience in the field of personal training, hold relevant industry certifications and/or degrees, and their teaching skills have been reviewed and evaluated through the FEA Edutrainer Excellence Programme.

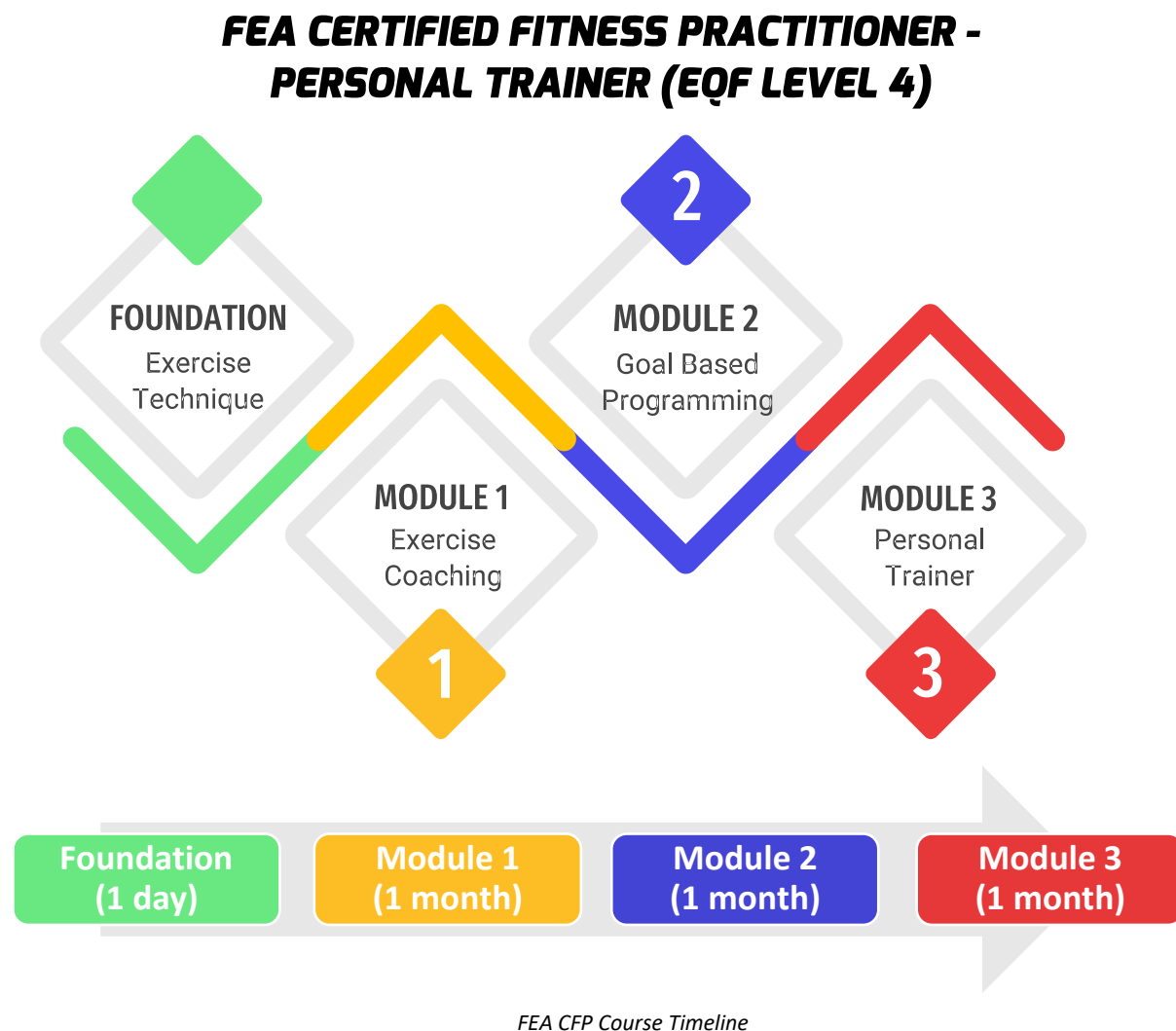


获准讲授本认证课程的教育培训师是帮助您学习和培训的最佳人选。他们都在私人教练领域拥有丰富的经验，持有相关行业认证和/或学位，其教学技能已通过 FEA 教育培训师卓越计划的审查和评估。

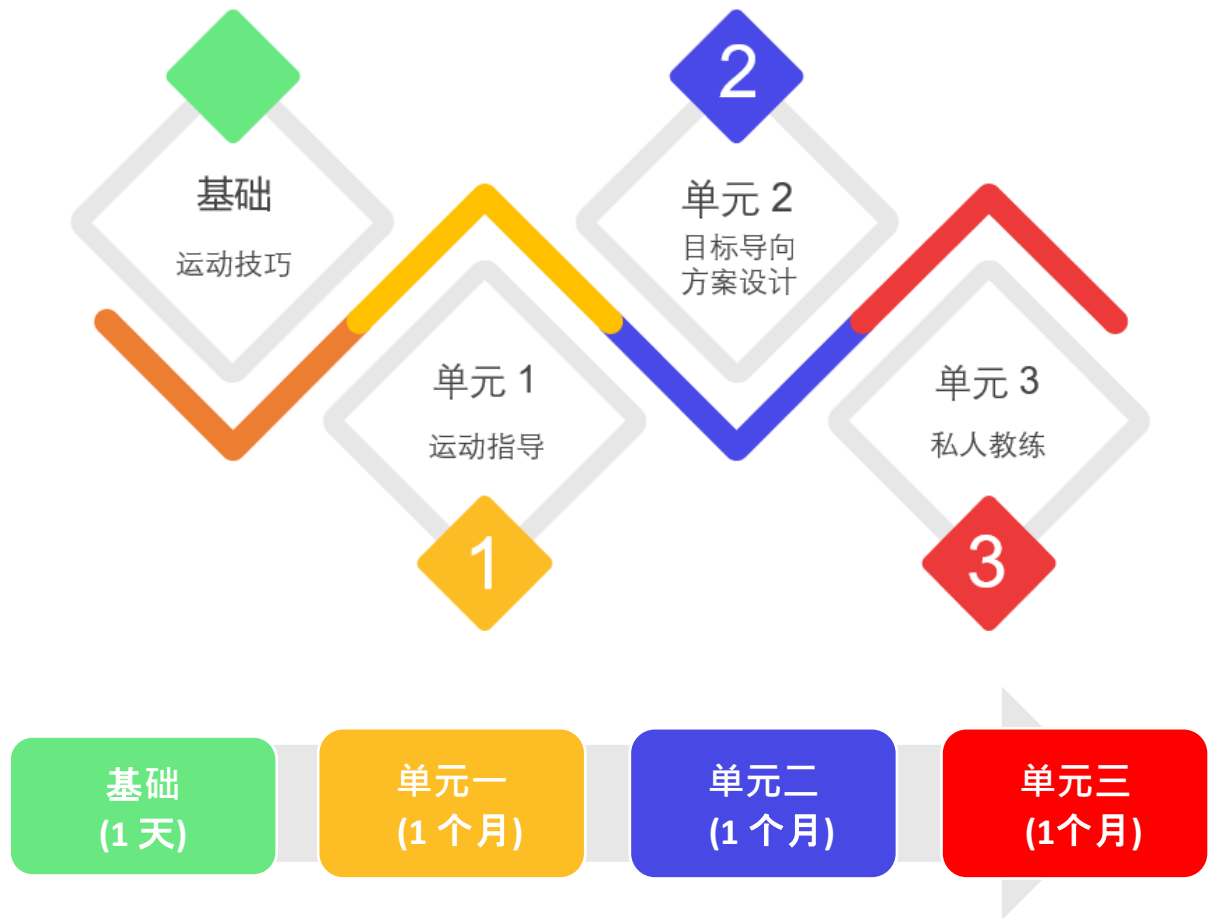
### Process 培训流程

There are 4 stages in this training and certification programme.

本培训和认证课程分为四个阶段



## FEA 认证体能从业者 - 私人教练 (EQF 4级)



FEA CFP 课程时间表



## Foundation - Exercise Technique for Fitness Professionals

### 基础 - 体适能专业人士的运动技巧

The aim is to build a solid understanding of exercise techniques. The main objective is not just to be able to perform the exercises, but to learn how to describe the proper setup position for each major exercise, understand which joints provide stability and which joints are in motion, and articulate the necessary movements during the execution phase. Moreover, you will also receive training to assess whether the exercises are being performed correctly as you advance through the repetitions. This course is optional but it is recommend for individuals who do not have any structured or formal training in resistance training.

我们的目标是建立扎实的运动技巧理解。主要目标不仅仅是能够完成动作，还要学会如何描述每个主要动作的正确设置姿势，了解哪些关节提供稳定性，哪些关节在运动中活动，并在执行阶段清楚地表达出必要的动作。此外，您还将接受培训，以评估随着重复次数的增加，您是否正确地执行了动作。本课程为选修课，我们会建议未接受过任何结构化或正规阻力训练的人员参加。

Topics Covered:

涵盖的主题包括：

Session 课堂	Guided Learning Topics 学习主题
1	Fundamentals of Exercise Technique 动作技巧基础 Dynamic Stretch 动态拉伸 Core and Trunk Exercises 核心和躯干运动 Lower Body Exercises 下肢动作
2	Upper Body Push Exercises 上肢推动作 Upper Body Pull Exercises 上肢拉动作 Static Stretch 静态拉伸

*Topics Covered in Exercise Technique for Fitness Professionals*  
体适能专业人士的运动技巧课所涵盖的主题

## Module 1 - Fitness Instructor (Exercise Coaching)

### CFP 单元一 - 健身指导员（运动指导学）

The program focuses on enhancing students' ability to deliver clear and effective instructions for exercise setup and execution, as well as their proficiency in assessing movements. Participants will be introduced to the FEA A.C.T Resistance Training Method, which provides a framework for coaches to progressively advance their clients' exercises.

该课程着重提升学生在为运动设置和执行提供清晰有效指导以及评估动作方面的能力。学生将了解到 FEA A.C.T 阻力训练方法，为教练们提供了一个逐步提升客户运动的框架。

The program offers a comprehensive collection of exercises for each fundamental movement, organized by difficulty level. This resource enables fitness practitioners to recommend specific exercises that are most suitable for their clients. In terms of cardiorespiratory training, participants will learn about the FEA 4 Zones Cardiorespiratory Training Model, which enables them to choose a training approach tailored to their clients' needs and objectives. Additionally, participants will gain an understanding of the essential components of a workout session, including how to design enjoyable and purposeful routines for clients at various skill levels (beginner, intermediate, and advanced). These routines are based on applied exercise science and internationally recognized training guidelines.

该课程为每个基本动作提供了全面的动作库，按照难度级别来组织。这个资源使认证体适能从业者能够推荐最适合其客户的特定动作。在有关心肺训练方面，学生将学习 FEA 4 区心肺训练模型，使他们能够选择符合客户需求和目标的训练方法。此外，学生还将了解训练课程的基本组成部分，包括如何为不同技能水平的客户（初学者、中级和高级）设计有趣和目的明确的训练计划。这些计划是基于实际运动科学和国际认可的训练指南。

“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
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	增加：负重 & 爆发力 Add: Load & Power
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



Topics Covered:

涵盖的主题包括:

Session 课堂	Guided Learning Topics 学习主题
1	Introduction & A.C.T Resistance Training Method: "CONTROL" – Lower Body Exercise Techniques and Coaching Cues 简介& A.C.T 阻力训练法: "控制" – 下肢动作技巧和指导口令
2	A.C.T Resistance Training Method: "CONTROL" – Upper Body Exercise Techniques and Coaching Cues A.C.T 阻力训练法: "控制" – 上肢动作技巧
3	A.C.T Resistance Training Method: "ALIGN" 阻力训练法: "调整"
4	Muscle Group Training & Movement Progression 肌肉群训练&动作进阶
5	A.C.T Resistance Training Method: "TRAIN", Spotting Techniques & Cardiorespiratory Training A.C.T 阻力训练法 "锻炼", 保护技巧和心肺训练
6	Designing General Workout Session 设计一般训练日课程
7	Exercise Coaching: Instructional Skills 动作指导: 指导技巧
8	Exercise Coaching: Instructional Skills & Exam Review 动作指导: 指导技巧&考试复习

*Topics Covered in FEA CFP Module 1*  
*FEA CFP 单元一涵盖的主题*

## Module 2 – Goal Based Programming

### 单元二 – 目标导向方案设计

Equipped with a library of exercises, guidelines, and coaching skills, participants are then ready to design and implement personalized programmes that help clients achieve their goals. In this module, participants will learn how to manage common client goals, including movement preparation, health, fitness, hypertrophy, and fat loss, by leveraging the FEA G.B.T. Model's four key components: resistance training, cardiorespiratory training, lifestyle strategies, and nutrition strategies. Additionally, participants will discover how to effectively monitor and track client progress, enabling them to adjust programmes as necessary to ensure optimal results.

有了动作库、并掌握了运动指南和指导技巧后，学员就可以继续将准备好设计和实施客制化方案，帮助客户实现他们的目标。该单元侧重于设计和实施个人化的方案，帮助客户实现其体适能目标。在这个单元中，学员将学习如何通过利用 FEA G.B.T.模型的四个关键部分：阻力训练、心肺训练、生活方式策略和营养策略来应付常见的客户目标，包括动作准备、健康、体适能、肌肥大和减脂。此外，学员将学习如何有效地监测和跟踪客户的进展，使他们能够在必要时调整方案，以确保达到最佳效果。





Topics Covered:

涵盖的主题:

Session 课堂	Guided Learning Topics 学习主题
1	FEA G.B.T. Model - "PREPARE" and "HEALTH" Programme FEA G.B.T.模型 - "准备"和"健康"方案
2	FEA G.B.T. Model - "FITNESS" Programme FEA G.B.T. 模型 - "体适能"方案
3	FEA G.B.T. Model - "HYPERTROPHY" & "FAT LOSS" Programme FEA G.B.T. 模型 - "肌肥大"和"减脂"方案
4	Delivering a World-class Personal Training Session 领导卓越的私教课程
5	FEA G.B.T. Model - Making it Personal (Client Assessment) FEA G.B.T. 模型--客制化 (客户评估)
6	FEA G.B.T. Model - Making it Personal (Client Assessment) FEA G.B.T. 模型-客制化 (客户评估)

7	FEA G.B.T. Model - Making it Personal (Programming) FEA G.B.T. 模型--客制化 (方案设计)
8	Practical Summative Assessment 实践总结性评估

*Topics Covered in FEA CFP Module 2*  
*FEA CFP 单元二涵盖的主题*

### **Module 3 - FEA Certified Fitness Practitioner - Personal Trainer (EQF Level 4)**

#### **单元三 - FEA 认证体适能从业者（私人教练） - 私人教练（EQF 四级）**

We conclude the certification program by ensuring that as a professional and certified personal trainer, you possess a comprehensive understanding of applied exercise science and programming guidelines. This entails delving into the intricacies of human anatomy, physiology, biomechanics, bioenergetics, health psychology, behaviour change principles and communication techniques. By acquiring this knowledge, you will be equipped to minimize the risk of client injuries and create training programs that are both safe and effective, supported by scientific principles and evidence. Ultimately, this will enable you to deliver exceptional results for your clients. Moreover, this expertise will lend you credibility within the industry and open doors for further advancement in your career as a fitness professional.



我们通过确保作为专业和认证的个人健身教练，您具备全面的应用运动科学和方案设计的理解来完成此认证课程。这包括深入研究人体解剖学、生理学、生物力学、生物能量学、健康心理学、行为改变原则和沟通技巧。通过获得这些知识，您将能够减少客户受伤的风险，设计既安全又有效的方案，这些方案由科学原理和证据支持。最终，这将使您能够为您的客户提供卓越的成果。此外，这种专业知识将使您在行业内获得信誉，并为您作为体适能专业人士的职业进一步发展打开一扇大门。

Topics Covered:-  
涵盖的主题包括：

Session 课堂	Guided Learning Topics 学习主题
1	The Professional Personal Trainer, Ethics, Legal and Business 专业私人教练，道德守则，法律和业务
2	Anatomy and Physiology 解剖学和生理学
3	Resistance Training – Biomechanics, Planes and Muscle Actions 阻力训练 – 生物力学，动作平面和肌肉动作
4	Bioenergetics and Nutrition 生物能量学和营养学
5	Behaviour Change and Motivation 行为改变和动机
6	Effective Communication and Goal Setting Techniques 有效沟通和目标设定技巧
7	Programming for Special Population and Musculoskeletal Injuries 特殊人群和肌肉骨骼损伤方案设计
8	Exam Review 考试复习

Topics Covered in FEA CFP Module 3  
FEA CFP 单元三涵盖的主题

## Who Will This Benefit? 这项课程适合谁?

- Fitness enthusiasts who meet the prerequisites listed below  
符合以下参课条件的健身爱好者\*
- Fitness professionals who want to obtain a certification or build a strong foundation in training  
想考取证书或想拥有坚实训练基础的健身专业人士
- Strength and conditioning professionals  
肌力与体能训练专家

*\*Note: To fully benefit from this course, fitness enthusiasts should have pre-existing knowledge and skills in resistance training and flexibility exercises, such as knowledge of exercise names, muscles involved, techniques, and how to design a workout session, regardless of whether it is correct or incorrect.*

*\*注意：为了充分从课程中获益，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（无论对或错）。*

## Pre-requisite 参课条件

### Exercise Technique for Fitness Professionals (CFP Foundation Course)

#### 体适能专业人士的运动技巧（CFP 基础课程）

- Fitness Enthusiasts with at least 12 months experience in resistance, flexibility, and mobility training  
拥有至少 12 个月阻力、柔韧性和灵活性训练经验的健身爱好者

### Module 1 – 3

#### 单元一至三

- Completion of Exercise Technique for Fitness Professionals (CFP Foundation Course) is highly recommended  
强烈建议完成体适能专业人士的运动技巧（CFP 基础课程）
- 18 years old and above  
18 岁或以上
- Possess a current and valid Adult CPR & AED certification (*the training & evaluation will be offered during this certification course*)  
成人 CPR 心肺复苏&自动体外除颤器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; college or university graduates will have an added advantage  
高中；大专或大学毕业生能更好掌握学习内容。
- This is a train-the-trainer course and not a course to develop personal fitness, health or exercise movement/techniques. To benefit fully and be successful in this course, you should possess the following prior to joining: -  
此为教练培训课程，无法帮助您达成自身体适能，健康或运动技巧等目标。为能顺利通过此课程并从中受益，您需事先：
  1. A minimal level of cardiorespiratory fitness (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. The ability to perform to following exercises: 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 with minimal supervision and feedback.  
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. Knowledge of the prime mover(s) for exercises in point 2 above.  
清楚了解上列第 2 项中各个运动的主动肌。
4. Knowledge of how to stretch all major muscle groups  
了解如何拉伸所有主要肌群。
5. Experience developing a structured exercise programme (cardiorespiratory, resistance and flexibility training) for yourself.  
有自我设计结构化课表与方案的经验（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 meet all the requirements stated above, you may want to consider hiring a fitness practitioner or personal trainer to assist you. Let us know if you need a recommendation.

如果您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。如果您需要推荐，请告诉我们。

## Course Duration & Timeframe 课程时长与课表

Below shows an estimated timeframe to complete and obtain the FEA Certified Fitness Practitioner – Personal Trainer (EQF-Level 4) certification.  
下面显示了完成并获得 FEA 认证体适能从业者（私人教练）– 私人教练（EQF 4 级）认证的预计所需的时间。

Total Guided Learning Hours: 90 hours  
导师指导学习总时数：90 小时

Total Self-learning Hours: 301 hours  
自学总时数：301 小时

	Month 0	Month 1				Month 2				Month 3			
	Week 1	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
<b>Exercise Technique for Fitness Professionals (CFP Foundation Course)*</b>	7.5 hrs (1 day)												
<b>CFP M1 – Fitness Instructor</b>		Guided learning: 28 hrs (4 days) Self-learning: 87 hrs (estimated)		Exam									
<b>CFP M2 – Goal Based Programming</b>						Guided learning: 28 hrs (4 days) Self-learning: 102 hrs (estimated) Exam Preparation: 20 hrs (estimated)			Exam				
<b>CFP M3 – Personal Trainer</b>										Guided learning: 28 hrs (4 days) Self-learning: 112 hrs (estimated) Live case study: 20 hrs (estimated)		Exam	

	第 0 月	第 1 月				第 2 月				第 3 月			
	第 1 周	第 1 周	第 2 周	第 3 周	第 4 周	第 1 周	第 2 周	第 3 周	第 4 周	第 1 周	第 2 周	第 3 周	第 4 周
体能专业人士的运动技巧 (CFP 基础课程) *	7.5 小时 (1 天)												
CFP 单元一 – 健身指导员		导师指导学习: 28 小时 (4 天) 自学: 87 小时 (预计)			考试								
CFP 单元二 – 目标导向方案设计						导师指导学习: 28 小时 (4 天) 自学: 102 小时 (预计) 考试复习: 20 小时 (预计)			考试				
CFP 单元三 – 私人教练										导师指导学习: 28 小时 (4 天) 自学: 112 小时 (预计) 实际案例研究: 20 小时 (预计)			考试

\* Exercise Technique for Fitness Professionals (CFP Foundation Course) is an optional course and is recommended to be taken prior to attending Module 1.

\* 健身专业人士的运动技巧 (CFP 基础课程) 并非必修课, 但建议在参加单元一之前学习

While course attendance is not mandatory, we strongly encourage active participation as it plays a pivotal role in maximizing the benefits of the FEA CFP certification program. This certification is designed to focus on practical skills essential for success in a professional setting. Attending classes provides a valuable opportunity to engage directly with the course material, participate in hands-on activities, and hone the skills required for certification. The classroom setting facilitates dynamic interactions with EduTrainers, fosters collaborative learning with peers, and enhances the overall learning experience. Although not compulsory, regular attendance is highly recommended to ensure participants gain the practical insights and knowledge necessary for excelling in a job-oriented context.

虽然参加课程不是强制性的, 但我们强烈鼓励积极参加, 因为这对最大限度地受益于 FEA CFP 认证计划起着关键作用。该认证旨在侧重于在专业环境中取得成功所必需的实用技能。参加课程提供了一个直接接触课程教材、参与实践活动和磨练认证所需技能的宝贵机会。课堂环境有利于与教育培训师进行动态互动, 促进与同伴的协作学习, 并增强整体学习体验。虽然不是强制性, 但强烈建议定期参加, 以确保学员获得在以工作为导向的环境中取得优异成绩所需的实用见解和知识。

## 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 线上学习平台 (和 ACE – 只限于在马来西亚)

*Note: The e-learning platform via Google Classroom will be accessible at least 14 days prior to the course date and will remain valid for one year from the course start date. Digital manuals and slide handouts are also available on Google Classroom.*

*Google Classroom 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

### Exercise Technique for Fitness Professionals (CFP Foundation Course)

#### 体适能专业人士的运动技巧 (CFP 基础课程)

Upon completing the course, you will be awarded a certificate of completion for *Exercise Technique for Fitness Professionals* by Fitness Edutraining Asia (FEA).

完成课程后，您将获得 Fitness Edutraining Asia (FEA) 颁发的体适能专业人士运动技巧结业证书。

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

#### 单元一 – 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 *FEA 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“FEA 认证体适能从业者单元一—健身指导员”证书。

### Adult CPR & AED

#### 成人心肺复苏术 & 自动体外除颤器

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，您将获得一份课程结业证书。该证书的有效期为 2 年。

### Module 2 - Goal Based Programming

#### 单元二 – 目标导向方案设计

Upon completing the course, passing the exam, and meeting all the requirements to assess, design and implement health and fitness programmes for apparently healthy adults, you will be awarded the *FEA Certified Fitness Practitioner Module 2 – Goal Based Programming* 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健康与体适能训练方案的条件之后，您将获得由 Fitness Edutraining Asia (FEA) 所颁发的 FEA 认证体适能从业者单元二—目标导向方案设计证书。

### Module 3 – Personal Trainer

#### 单元三 – 私人教练

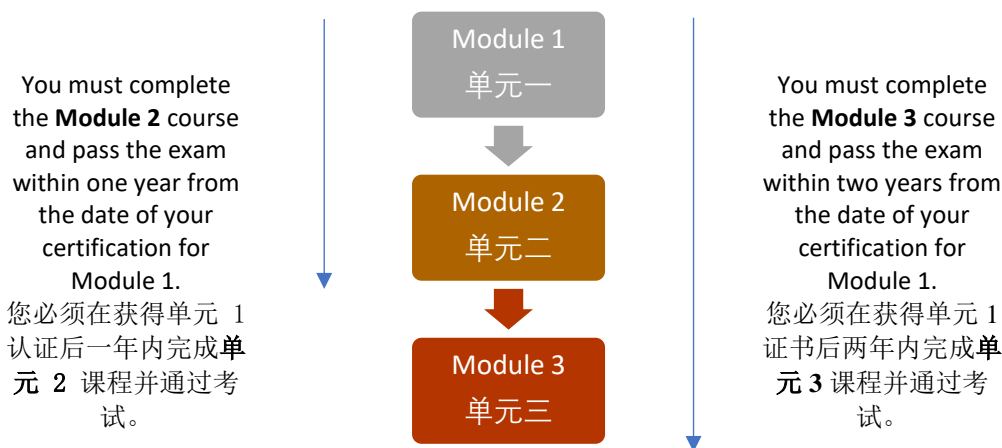
Upon completing the course and passing all modules exam you will be awarded the *FEA Certified Fitness Practitioner – Personal trainer (EQF Level 4)* certificate by Fitness Edutraining Asia (FEA).

完成课程并通过所有模块考试后，您将获得 Fitness Edutraining Asia (FEA) 颁发的 FEA 认证体适能从业者 – 私人教练（EQF 4 级）证书。

#### Exam Components & Grading Criteria 考试组成部分&通过标准

	Exam Components 考试组成部分	Method of Testing 考试方法	Contributions 贡献
Exercise Technique for Fitness Professionals (CFP Foundation Course) 体适能专业人士的运动技巧（CFP 基础课程）	This course does not include any formal evaluation or assessment components 本课程不包括任何正式的评估或考试部分。		
Module 1 单元一	Theory Exam (Multiple Choice Exam) 理论考试（选择题）	Online 线上	40%
	Practical Exam (Exercise Demonstration) 实践考试（动作示范）	Submission via Google Classroom 通过 Google Classroom 提交	20%
	Practical Exam (Exercise Coaching) 实践考试（动作指导）	Submission via Google Classroom 通过 Google Classroom 提交	40%
	<b>To pass the Module 1 exam, you must achieve a total score of at least 70%.</b> 要通过单元一的考试，您必须达到总分的 70% 以上。		
Module 2 单元二	Module 1 单元一	-	必须通过考试
	Case Study 个案研究	Online 线上	100%
	Practical Summative Assessment 实践总结性评估	Live 现场 Online (retakes only) 线上（只限重考）	必须通过考试
	<b>To pass the Module 2 exam, you must achieve a total score of at least 70% and pass the Practical Summative Assessment</b> 要通过单元二的考试，您必须达到总分的 70% 以上并通过实践总结性评估		
Module 3 单元三	Compulsory Passing of Module 1 必须通过单元一的考试	-	30%
	Compulsory Passing of Module 2 (Case Study) 必须通过单元二的考试（个案研究）	-	20%
	Theory Exam (Multiple Choice Exam) 理论考试（选择题）	Online 线上	50%
	Live Case Study 实际案例研究	Submission via Google Classroom 通过 Google Classroom 提交	Compulsory Passing 必须通过

	Practical Summative Assessment (Module 2) 实践总结性评估（单元二）	-	Compulsory Passing 必须通过
To pass the Module 3 exam, you must achieve a total score of at least 70% and pass both Module 1 and 2 要通过单元三考试，您必须达到总分的 70% 以上并通过单元一和单元二			



*Note: If you have exceeded the designated timeframe, you will be required to retake the relevant exam(s). Kindly be aware that a fee is applicable for retaking the exam(s), and for further details, you can reach out to your local course provider.*  
注意：如果超过指定时间，您将需要重新安排考试。请注意，重新参加考试需要付费，更多详细信息，您可以联系当地课程主办单位。

## Module 1 – Fitness Instructor (Exercise Coaching)

### 单元一 – 健身指导员（运动指导学）

- Theory Exam 理论考试

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

You will have 90 minutes to complete the online proctored exam. The theory exam is typically scheduled on week 4 from course commencement. Exam candidates must register for the Module 1 exam by the last day of the course. Computer system set-up is required. For more information, please refer to the 'Exam Procedures' section below.  
您将有 90 分钟的时间完成在线监考考试。理论考试一般安排在开课后第 4 周。考生必须在课程最后一天之前报名参加单元一的考试。需要进行电脑系统设置。有关详细信息，请参阅下面的 "考试程序" 部分。

- Practical Exam 实践考试

- Exercise Demonstration - 20%  
动作示范 – 20%

At the end of the course, you are required to submit a video of yourself demonstrating 5 exercises (options will be given). You will be evaluated based on the standards presented in class. Submission is due on the same day of the theory exam.  
在课程结束后，您需要提交一段自己示范 5 个动作的视频（将给出选项）。我们将根据课堂上提出的标准对您进行评估。提交截止日期为理论考试当天。



- Exercise Coaching - 40%  
动作指导 – 40%

At the end of the course, you are required to submit a video of yourself coaching a beginner exerciser 5 exercises (options will be given). You will be evaluated based on the standards presented in class. Submission is due on the same day of the theory exam.

在课程结束后，您需要提交一段自己指导一名初级运动者做 5 个动作的视频（将给出选项）。我们将根据课堂上提出的标准对您进行评估。提交截止日期为理论考试当天。

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 three weeks after the exam submission deadline. Successful candidates will receive their digital certificate via email. In case a passing score is not achieved, candidates are allowed two retake attempts. Kindly email [helpmelearn@fea.group](mailto:helpmelearn@fea.group) to request for a retake. Please be aware that retakes are subject to a fee, which can be found in the details provided by your local provider. Please note that feedback on exam performance will not be provided. All retakes must be completed within three months from the date of the initial exam result. Requests for a detailed review of scoring will not be entertained. Candidates who did not pass the exam should review the scoring rubrics or grading criteria outlined in the course and manual prior to retaking the exam.

考试成绩将在考试提交截止日期三周后通过电子邮件公布。成功的考生将通过电子邮件收到他们的电子证书。如果没有达到合格分数，考生可以有两次重考机会。请发送电子邮件至 [helpmelearn@fea.group](mailto:helpmelearn@fea.group) 申请重考。重考需要付费，具体费用请参阅当地的学院所提供的详细信息。请注意，讲师将不提供考试成绩的反馈。所有重考必须在初次考试结果出来后的三个月内完成。任何要求公开仔细评分的请求将不被受理。未通过考试的考生在重考前应复习课程和手册中列出的评分标准。

## **Adult CPR & AED (Malaysia only)**

### **成人心肺复苏术 & 自动体外除颤器（仅限马来西亚）**

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

## **Module 2 - Goal Based Programming**

### **单元二 – 目标导向方案设计**

- Compulsory passing of Module 1  
必须通过单元一
- Compulsory passing of Practical Summative Assessment  
必须通过实践总结性评估
  - There will be an assessment of your ability to conduct a 1-hour personal training session, focusing on four key components:  
此评估将对您进行带领 1 小时私人教练课程的能力进行评估，重点关注四个关键部分：
    - Technical knowledge 技术性知识
    - Coaching skills 执导技巧
    - Leadership qualities 领导素质
    - Time management 时间管理
  - The assessment is conducted during session 8 of Module 2. If you receive a 'REFER' on your first attempt, you will be given a chance to reattempt before your exam deadline. This reattempt will not be counted as a retake.  
评估在单元 2 的第 8 堂课进行。如果您的第一次考试成绩为 "复审"，您将有机会在考试截止日期前重试考试。重试不算重考。
  - All reattempts and retakes are to be filmed and submitted via Google Classroom.  
所有重试和重考都必须拍摄下来，并通过谷歌教室提交
- Case Study – 100%  
个案研究 – 100%
  - You will have 120 minutes to complete the online proctored exam.  
您将有 120 分钟的时间完成在线监考考试。

- You will be presented with a client scenario, and you will need to demonstrate your understanding of FEA Goal-Based Training (G.B.T) Model by answering questions related to assessments, strategies and programming.

根据被提供的客户案例，您需要通过回答与评估、策略和方案相关的问题来表现您对 FEA 目标训练模型 (G.B.T) 的理解。

- The exam is typically scheduled on week 4 from course commencement. Exam candidates must register for the Module 2 exam by the last day of the course. Computer system set-up is required. For more information, please refer to the 'Exam Procedures' section below.

考试一般安排在开课后第 4 周。考生必须在课程最后一天之前报名参加单元二的考试。需要进行电脑系统设置。有关详细信息，请参阅下面的 "考试程序" 部分。

Passing requirement:  $\geq 70\%$  and passing both Module 1 and Practical Summative Assessment

Gold award:  $\geq 90\%$  and pass Practical Summative Assessment (1st attempt only)

合格要求:  $\geq 70\%$  并通过单元一和实践总结性评估

金奖:  $\geq 90\%$  并通过实践总结性评估 (重考不算)

Results will be announced via email three weeks after the exam submission deadline. Successful candidates will receive their digital certificate via email. In case a passing score is not achieved, candidates are allowed two retake attempts, with the first retake being complimentary. The second retake will be subject to a fee (please refer to your local provider) and will include an additional 60 minutes of online coaching by an FEA Edutrainer. Please note that feedback on exam performance will not be provided. All retakes must be completed within three months from the date of the initial exam result. Requests for a detailed review of scoring will not be entertained. Candidates who did not pass the exam should review the scoring rubrics or grading criteria outlined in the course and manual prior to retaking the exam.

我们将在考试提交截止日期后三周通过电子邮件公布成绩结果。我们将会通过电子邮件给通过的考生发送电子证书。如果未达到合格分数，考生有两次重考机会。请发送电子邮件至 [helpmelearn@fea.group](mailto:helpmelearn@fea.group) 申请重考。重考需要付费，具体费用请参阅当地的学院所提供的详细信息。请注意，我们不会透露任何有关考试的反馈。所有重考必须在首次考试结果出炉之日起三个月内完成。我们不会透露任何详细的评分细节。未通过考试的考生应在重新参加考试之前查看课程和课本中列出的评分标准。

### Module 3 - Personal Trainer

#### 单元三 – 私人教练

- Theory Exam
  - 100 Multiple Choice Question - 50%
  - 100 道选择题 – 50%

You will have 120 minutes to complete the online proctored exam. The theory exam is typically scheduled on week 4 from course commencement. Exam candidates must register for the Module 3 exam by the last day of the course. Computer system set-up is required. For more information, please refer to the 'Exam Procedures' section below.

您将有 120 分钟的时间完成在线监考考试。理论考试一般安排在开课后第 4 周。考生必须在课程最后一天之前报名参加单元 3 三的考试。需要进行电脑系统设置。有关详细信息，请参阅下面的 "考试程序" 部分。

- **Compulsory passing of Module 1 – 30%**  
必须通过单元一 – 30%
  - Your exam score from Module 1 will contribute 30% to your Module 3 total exam score.  
单元一的考试总分将占单元三考试总分的 30%
- **Compulsory passing of Module 2 – 20%**  
必须通过单元二 – 20%
  - Your case study score from Module 2 will contribute 20% to your Module 3 total exam score.  
单元二的个案研究总分将占单元三考试总分的 20%
- **Live Case Study – Compulsory Passing**  
实际案例研究 - 必须通过
  - As part of the certification requirements, you are required to complete a Live Case Study. This involves working with a real client and leading them through the personal training process. In addition to this, you are required to submit a guided report via Google Classroom before the submission deadline which is scheduled on the same day as the theory exam. The live case study begins immediately after the final session of the Module 2 guided learning hours.  
作为认证要求的一部分，您必须完成实际案例研究。这包括与真实客户合作，引导他们完成私教过程。除此之外，您还必须在理论考试当天的提交截止日期之前，通过 Google Classroom 提交完成的报告。在单元 2 实体课后，立即开始实际案例研究。

**Passing requirement:  $\geq 70\%$  and passing both Module 1 and Module 2**

**合格分数:  $\geq 70\%$  以及通过单元一与单元二**

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

**金奖:  $\geq 90\%$  (重考不算)**

Domain 范畴	Exam Outline Domain 考试大纲	No. of Questions 问题数	%
1	Basic and Applied Sciences and Nutritional Concepts 基础和应用科学及营养概念	30	15%
2	Interviews and Assessments 面谈与评估	30	15%
3	Client Relations, Behavioural Coaching and Programme Adherence 客户关系、行为辅导和方案的坚持	25	12.5%
4	Professional Development and Responsibility 专业发展和责任	15	7.5%
	Total from CFP M3 Multiple Choice Questions CFP M3 选择题总分	100 Q	50%
5	Programme Design 方案设计	Case Study (CFP M2) 个案研究 (CFP 单元二)	20%
		Live Case Study (CFP M3) 实际案例研究 (CFP 单元三)	Compulsory Passing 必须通过
6	Exercise Guidelines, Technique and Training Instruction 运动准则，技巧和训练指导	Exercise Coaching (CFP M1) 运动指导 (CFP 单元一)	30%
		Practical Personal Training Session (CFP M2) 实际私教课程 (CFP 单元二)	Compulsory Passing 必须通过
	Total 总分		100%

Results will be announced via email three weeks after the exam submission deadline. Successful candidates will receive their digital certificate via email. In case a passing score is not achieved, candidates are allowed two retake attempts, with the first retake being complimentary. The second retake will be subject to a fee (please refer to your local provider) and will include an additional 60 minutes of online coaching by an FEA Edutrainer. Please note that feedback on exam performance will not be provided. All retakes must be completed within three months from the date of the initial exam result. Requests for a detailed review of scoring will not be entertained. Candidates who did not pass the exam should review the scoring rubrics or grading criteria outlined in the course and manual prior to retaking the exam.

考试成绩将在考试提交截止日期三周后通过电子邮件公布。成功的考生将通过电子邮件收到他们的电子证书。如果没有达到合格分数，考生可以有两次重考机会。请发送电子邮件至 [helpmelearn@fea.group](mailto:helpmelearn@fea.group) 申请重考。重考需要付费，具体费用请参阅当地的学院所提供的详细信息。请注意，讲师将不提供考试成绩的反馈。所有重考必须在初

次考试结果出来后的三个月内完成。任何要求公开仔细评分的请求将不被受理。未通过考试的考生在重考前应复习课程和手册中列出的评分标准。

Note:

#### 注意事项

Grading criteria have 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 the 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. Therefore, we are unable to certify you as our goal is to uphold the industry standards. We strictly do not honour any request for leniency.

考试标准是为了确保您能达到健身行业所期望的最低标准。这意味着没有得到合格分数的考生，没有达到进行安全和有效的动作和方案的要求，这将是客户和健康/健身俱乐部雇主的期望。因此，我们无法给予您认证，因为我们的目标是维护行业标准。任何宽大处理的要求将一律拒绝。

#### Course Availability 开课地点

Exercise Technique for Fitness Professionals (CFP Foundation Course) - All countries in Asia  
体适能专业人士的运动技巧 (CFP 基础课程) - 亚洲所有国家

Module 1 – All countries in Asia

单元一 – 亚洲所有国家

Module 2 – All countries in Asia

单元二 – 亚洲所有国家

Module 3 – Currently only available in Malaysia

单元三 – 目前只限于马来西亚

#### EREPS Membership EREPS 会员

Upon earning the FEA Certified Fitness Practitioner – Personal Trainer (EQF Level 4) certificate, you will be eligible to join EREPS. As a FEA CFP graduate, you will receive a complimentary annual registration fee for the first year from FEA (original fee: €40 Euro per year). To renew your membership, you will need to complete 10 hours of lifelong learning or continued career development activity for each year of your membership. Additional information can be found at <https://www.ereps.eu/llp/directory>

获得 FEA 认证体适能从业者-私人教练 (EQF 四级) 证书后，您将有资格加入 EREPS。FEA CFP 毕业生将获得 FEA 赠送的第一年年费注册费（原费用：每年 40 欧元）。若要更新会员资格，请在每一年完成 10 小时的终身学习或持续职业发展活动。更多的细节可以在这里找到：

<https://www.ereps.eu/llp/directory>



This is a stipulation of the EREPS Code of Ethical Practice:

[https://www.ereps.eu/sites/ereps.eu/files/docs/EREPS\\_Code\\_Of\\_Practice\\_March21.pdf](https://www.ereps.eu/sites/ereps.eu/files/docs/EREPS_Code_Of_Practice_March21.pdf).

Once you submit your application and payment for registration, they will be reviewed for compliance and equivalency with the EuropeActive standards. If your application is approved, you will receive an email confirmation along with a unique Certificate of Registration that specifies your main occupation and EQF equivalent level. Your information will also be added to the EREPS website's Directory of Members. The certificate confirms your compliance with the EREPS Code of Ethical Practice and includes your membership expiration date.

这是 EREPS 道德行为准则的一项规定：

[https://www.ereps.eu/sites/ereps.eu/files/docs/EREPS\\_Code\\_Of\\_Practice\\_March21.pdf](https://www.ereps.eu/sites/ereps.eu/files/docs/EREPS_Code_Of_Practice_March21.pdf)

。一旦您提交了您的注册申请和付款，它们将被审查是否符合和等同于 EuropeActive 的标准。如果您的申请被批准，您将会收到一封确认邮件，以及一份独特的注册证书，其中注明了您的主要职业和 EQF 等效等级。您的信息也将被添加到 EREPS 网站的会员目录中。该证书确认您符合 EREPS 的道德实践准则，并包括您的会员资格到期日。

### **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

Laptop or mobile devices for online guided-learning, self-learning, and exams  
用于线上学习、自学和考试的笔记本电脑或电子设备

### **Course Capacity** 课程人数

A minimum of 12 pax and a maximum of 24 pax.  
最少 12 人，最多 24 人

### **Language** 语言

English, Mandarin  
英文，中文

## Exam Procedures 考试程序

	Exam Components 考试组成部分	Method of Testing 考试方法	Contributions 贡献
<b>Exercise Technique for Fitness Professionals (CFP Foundation Course)</b> 体适能专业人士的运动技巧 (CFP 基础课程)	This course does not include any formal evaluation or assessment components 本课程不包括任何正式的评估或考试部分。		
<b>Module 1</b> 单元一	Theory Exam (Multiple Choice Exam) 理论考试 (选择题)	Online 线上	40%
	Practical Exam (Exercise Demonstration) 实践考试 (动作示范)	Submission via Google Classroom 通过 Google Classroom 提交	20%
	Practical Exam (Exercise Coaching) 实践考试 (动作指导)	Submission via Google Classroom 通过 Google Classroom 提交	40%
	<b>To pass the Module 1 exam, you must achieve a total score of at least 70%.</b> 要通过单元一的考试, 您必须达到总分的 70% 以上。		
<b>Module 2</b> 单元二	Module 1 单元一	-	Compulsory Passing 必须通过考试
	Case Study 个案研究	Online 线上	100%
	Practical Summative Assessment 实践总结性评估	Live 现场 Online (retakes only) 线上 (只限重考)	Compulsory Passing 必须通过考试
	<b>To pass the Module 2 exam, you must achieve a total score of at least 70% and pass the Practical Summative Assessment</b> 要通过单元二的考试, 您必须达到总分的 70% 以上并通过实践总结性评估		
<b>Module 3</b> 单元三	Compulsory Passing of Module 1 必须通过单元一的考试	-	30%
	Compulsory Passing of Module 2 (Case Study) 必须通过单元二的考试 (个案研究)	-	20%
	Theory Exam (Multiple Choice Exam) 理论考试 (选择题)	Online 线上	50%
	Live Case Study 实际案例研究	Submission via Google Classroom 通过 Google Classroom 提交	Compulsory Passing 必须通过
	Practical Summative Assessment (Module 2) 实践总结性评估 (单元二)	-	Compulsory Passing 必须通过
	<b>To pass the Module 3 exam, you must achieve a total score of at least 70% and pass both Module 1 and 2</b> 要通过单元三的考试, 您必须达到总分的 70% 以上并通过单元一和单元二		

The Module 1 (Theory) and Module 2 (Case Study) exam is typically scheduled for 2-3 weeks after the completion of the course, and exam candidates must register for the respective module exams by the last day of each module.

单元一（理论考试）和单元二（个案研究）一般安排在课程结束后的 2-3 周，考生必须在每个单元的最后一天之前报名参加相应单元的考试。

<b>Exam Date &amp; Time</b> 考试日期&时间	Scheduled 根据时间表
<b>Exam Location</b> 考试地点	Anywhere (exam candidate must meet the environment requirement) 任何地方（考生必须满足环境要求）
<b>Device required</b> 需要的设备	<ul style="list-style-type: none"><li>Laptop with webcam 带网络摄像头的笔记本电脑</li><li>Smartphone with camera 带摄像头的智能手机</li></ul>
<b>Set-up required prior to exam</b> 考试前需要进行设置	Yes 需要

### **Online Exam Requirements 线上考试需求**

#### **Equipment 设备**

- You will need a computer with a webcam and reliable internet connection access  
您将需要一台带摄像头的电脑和可靠的互联网连接。
- Your computer must have a compatible operating system: Windows 10 onwards, macOS 10.11 onwards  
您的电脑必须有一个兼容的操作系统： Windows 10 及以上版本， macOS 10.11 及以上版本
- Please note: Tablets/iPads, dual/multi monitors and projectors are not allowed to be used as testing device.  
请注意：平板电脑/iPads、双/多显示器和投影仪不允许作为测试设备使用。
- You will need to have your webcam on throughout the exam  
在整个考试过程中，您需要打开您的电脑摄像头。
- You may need to use your mobile device as a secondary video camera during the exam.  
您还需要一部辅助手机，以便在测试期间拍摄您的周围。
- You will need to switch your phone to "Do Not Disturb Mode"  
您将需要把您的手机设置为 "请勿打扰"。

## Environment and Attire 环境和着装规范

- Make sure you are in a bright and well-lit, quiet, and private room to minimize distractions and ensure clear visibility  
确保您所在的房间明亮、光线充足、安静且私密，以尽量减少干扰并确保清晰可见
- Ensure that your background and desk are clean and organised; otherwise the exam proctoring system might detect prohibited objects leading to interruptions in the exam progress  
确保您的背景和桌面整洁有序，否则监考系统可能会检测到违禁物品，导致考试进程中断
- Do not use any virtual backgrounds or overlays that may interfere with the proctor's observation.  
不要使用任何可能会干扰监考人员观察的虚拟背景或覆盖物。
- Pets, family members and other individuals are strictly prohibited in the room during the examination  
考试期间严禁携带宠物、家庭成员和其他人员进入考场。
- Do not wear hats, caps, or anything that obscures your face or hinders facial recognition  
请勿戴帽子、帽子或任何遮挡面部或妨碍面部识别的物品
- Do dress appropriately and maintain a professional appearance.  
着装得体，保持专业形象。
- No toilet breaks are allowed during the exam.  
考试期间禁止上厕所。

### Things to bring 需要携带的物品:

- Please have your ID/passport ready for examination verification.  
请准备好您的身份证/护照，以备考试验证。

### Not allowed 不允许:

- iPods, MP3 players, headphones, cameras, smartphones, secondary screen, recording devices and watches (including smartwatches) are not allowed.  
不允许携带 iPod、MP3 播放器、耳机、相机、智能手机、第二屏幕、录音设备和手表（包括智能手表）。
- No food is allowed during the examination and smoking is not permitted at any time.  
考试期间不允许吃东西，任何时候都不允许吸烟。
- Personal writing utensils, including paper, pencils and books are not allowed.  
不允许使用个人书写工具，包括纸张、铅笔和书籍。
- Reading the questions out loud during exam is not permitted.

考试期间不允许大声读题。

### **Strict Adherence to Exam Procedures**

#### **严格遵守考试程序**

To ensure a smooth exam experience, it is of utmost importance to complete all necessary computer settings well before the exam day. It is crucial to avoid any potential disruptions during the exam. If the system or the proctor detects any suspicious activity, the exam will be terminated without hesitation and FEA's decision will be final. In such cases, a comprehensive report on the exam termination will be sent via email from [helpmelearn@fea.group](mailto:helpmelearn@fea.group) within 7 working days following the exam termination.

为确保考试顺利进行，最重要的是在考试前完成所有必要的计算机设置。这对于避免考试期间出现任何潜在干扰至关重要。如果系统或监考人员发现任何可疑活动，将毫不犹豫地终止考试，FEA 的决定为最终决定。在这种情况下，考试终止后的 7 个工作日内，[helpmelearn@fea.group](mailto:helpmelearn@fea.group)，通过电子邮件发送一份关于考试终止的综合报告。

In the event of an exam termination, students will be granted a second attempt, regular exam fee is applied. Alternatively, they can choose to accept a score of '0' for the terminated attempt and proceed to their first retake. It is essential for students to respond promptly within 7 days upon receiving the termination report to indicate their preferred option for the reattempt. By adhering to these guidelines and promptly addressing any issues, we can ensure a fair and conducive exam environment for all participants.

在考试终止的情况下，学生将获得第二次考试机会，但需支付正常的考试费用。或者，学生可以选择接受被终止考试的 "0" 分，然后进行第一次重考。学生必须在收到终止考试报告后 7 天内及时回复，说明他们选择的重考方案。通过遵守这些准则并及时处理任何问题，我们可以确保为所有参与者提供一个公平、有利的考试环境。

## Exam Domain for FEA Certified Fitness Practitioner – Personal Trainer

### FEA 认证体适能从业者 – 私人教练考试范畴

#### **Domain 1: Basic and Applied Sciences and Nutritional Concepts 15%**

#### **范畴 1: 基础和应用科学及营养概念 15%**

Knowledge of: -

需具备的知识点: -

1. Concepts and structures of anatomy, including the nervous system, muscular system, skeletal system, cardiorespiratory system, and endocrine system  
解剖学的概念和结构, 包括神经系统、肌肉系统、骨骼系统、心肺系统和内分泌系统。
2. Functions of exercise physiology related to:  
与下相关的运动生理学的功能:
  - a. nervous system 神经系统
  - b. muscular system 肌肉系统
  - c. skeletal system 骨骼系统
  - d. endocrine system 内分泌系统
  - e. cardiorespiratory system 心肺系统
  - f. digestive system 消化系统
  - g. bioenergetics and exercise metabolism 生物能量学和运动代谢
3. Functional biomechanics (such as levers, force, torque)  
功能性生物力学 (如杠杆、力、扭矩)
4. Principles of human movement science related to:  
人类运动学的相关原则:
  - a. planes of motion (sagittal, frontal, and transverse)  
运动平面 (矢状面, 额状面, 横切面)
  - b. muscle action spectrum (isometric, concentric, and eccentric)  
肌肉的动作光谱 (等长收缩, 向心收缩, 离心收缩)
  - c. force-couple relationships (agonist, antagonist, synergist, and stabilizer)  
力偶关系 (主动肌, 拮抗肌, 协同肌, 稳定肌)
  - d. length-tension relationship  
长度-张力关系
  - e. stretch-shortening cycle  
牵张缩短循环
  - f. reciprocal inhibition and autogenic inhibition  
相互抑制和自生抑制
  - g. joint actions (such as rotation, flexion, extension)  
关节动作 (如旋转, 弯曲, 伸展)
5. Macronutrients (carbohydrates, protein, and fat)  
宏量营养素 (碳水, 蛋白质和脂肪)
6. Micronutrients (vitamins and minerals)  
微量营养素 (维生素和矿物质)



7. Hydration concepts and guidelines  
保持水份的概念和准则
8. Recommendations and guidelines for caloric intake and expenditure  
热量摄取和支出的建议和准则
9. Energy systems (ATP-PC System, glycolytic, and oxidative)  
能量系统 (ATP-磷酸肌酸系统, 糖酵解和氧化)
10. Exercise post-oxygen consumption [EPOC]  
运动后过摄氧量 EPOC
11. Units of energy measurement (kcal and calories)  
测量能量的单位 (大卡和卡路里)
12. Dietary reference intakes  
膳食参考摄入量
13. Portion sizes, meal timing, and meal frequency  
份量大小、用餐时机和用餐频率
14. Nutrient and energy density  
营养和能量密度
15. Crash/fad/myth diets  
激素减肥法/流行饮食法/饮食法的迷思
16. Common nutritional supplements including possible risks, benefits, uses, and effects  
常见的营养补给品, 包括可能风险、益处、用途和效果
17. Food and supplement label reading  
食物和补给品的标签阅读
18. Factors that can influence weight management physiology (such as the law of thermodynamics, poor sleep, endocrine abnormalities, medications, metabolism)  
影响体重管理的生理学因素 (如热力学定律, 睡眠不佳、内分泌异常、药物、新陈代谢)

## **Domain 2: Interviews and Assessments 15%**

### **范畴 2: 面谈和评估 15%**

Obtain relevant health and lifestyle information necessary for successful programme design and outcomes.

取得相关所需的健康与生活方式资讯, 来设计方案, 获取成果。

TASK 1: Obtain comprehensive health, medical, exercise, and lifestyle information using questionnaires, interviews, and appropriate documents to determine risk for exercise participation, identify the need for medical clearance and referrals, and facilitate programme design.

任务 1: 使用问卷调查、面谈和适当的文件获得全面的健康、医疗、运动和生活方式的信息, 以得知参与运动的风险, 确定是否需要医疗许可和转诊, 并设计方案。

TASK 2: Identify and evaluate the quality of foundational movements through observations and assessments to develop appropriate exercise programming that enhances function, health, fitness, and performance.

任务 2: 通过观察和评估, 识别和评量基础动作的品质, 以制定适当的运动方案, 提升功能、健康、健身和运动表现。

**TASK 3:** Select and conduct baseline physiological assessments based on client interviews, questionnaires, and standardized protocols to facilitate safe and effective programme design and monitor changes over time.

任务 3：根据客户面谈、问卷调查和标准化协议，选择和进行生理基线评估，以设计安全和有效的方案，并随着时间推移，实施监测变化。

**Domain 3: Client Relations, Behavioural Coaching and Programme Adherence 12.5%**

**范畴 3：客户关系、行为辅导和方案的坚持 12.5%。**

Develop rapport with clients, facilitate lifestyle and behavioural change through education, monitoring and communication strategies as well as to promote client adherence and ensure progress toward goals.

与客户建立默契关系，通过教育、监控和沟通策略促进生活方式和行为的改变，以及促进客户的坚持度和确保目标的进展。

**TASK 1:** Establish and maintain professional client-trainer relationship using techniques such as rapport building, active listening and communication strategies

任务 1：使用建立默契关系、积极倾听和沟通策略等技巧，建立并维持专业的客户-教练关系。

**TASK 2:** Assess client readiness for behaviour change and evaluate exercise attitudes and beliefs through effective communication to build rapport and establish appropriate goals.

任务 2：通过有效的沟通，评估客户对行为的改变意愿情况，并评估训练的态度和信念，以建立默契关系并建立适当的目标。

**TASK 3:** Promote programme adherence through motivation, education, and modification to achieve client goals.

任务 3：通过激励、教育和调整来促进方案坚持，以实现客户的目标。

**TASK 4:** Recognize and respond to lapses in programme adherence by identifying barriers and providing solutions to ensure consistent client engagement.

任务 4：通过识别障碍和提供解决方案，认识并应对方案坚持的失误，以确保客户的持续参与。

## **Domain 4: Professional Development and Responsibility 7.5%**

### **范畴 4: 专业发展和责任 7.5%**

Fulfil professional responsibilities through continuing education, collaboration with allied health professionals, and adherence to industry standards and practices necessary to protect clients, facility operators, and the personal trainer.

通过继续教育、与专职医疗人员合作以及遵守产业标准和规范来履行专业责任，以保护客户、设施经营者和私人教练。

**TASK 1:** Apply risk-management strategies in accordance with recognized standards, guidelines, laws, and regulations to protect the client, personal trainer, and other relevant parties to minimize liability.

**任务 1:** 根据公认的标准、准则、法律和法规，运用风险管理策略来保护客户、私人教练和其他相关方，以减少责任。

**TASK 2:** Document and secure client data, communications, and progress in accordance with legal and regulatory requirements to maintain confidentiality and minimize liability.

**任务 2:** 根据法律和法规的要求，记录并保护客户的数据、通信记录和进展，以保持机密性并将责任降至最低。

**TASK 3:** Enhance competency by using credible resources to stay current with evidence-based research, theories, and practices.

**任务 3:** 通过使用可靠的资源来提高能力，时时更新循证研究、理论和实践。

**TASK 4:** Prevent injury by identifying and reporting potential hazards in accordance with recommended industry or facility protocols.

**任务 4:** 根据建议的行业或设施协议，通过识别和报告潜在的危险来防止伤害。

**TASK 5:** Adhere to applicable professional standards, guidelines and regulations and codes of conduct

**任务 5:** 遵守适用的专业标准、指南、法规和行为准则。

**TASK 6:** Act within the CFP scope of practice (such as respecting occupational limitations, referring clients to other professionals when necessary)

**任务 6:** 在 CFP 的执业范围内行事（如尊重职业限制，必要时将客户转给其他专业人员）。

## **Domain 5: Programme Design 30%**

### **范畴 5: 方案设计 30%**

Create individualized programmes that promote healthy behaviours through exercise, nutrition, education, and coaching.

通过运动、营养、教育和辅导，设计个人化方案，并促进健康行为。

TASK 1: Establish appropriate functional, health, fitness, or performance goals by interpreting client interview and assessment data to design personalized exercise programs.

任务 1：通过解读客户面谈和评估数据，建立适当的功能、健康、体适能或运动表现目标，以设计个人化运动方案。

TASK 2: Design personalized exercise programmes by applying appropriate exercise principles and guidelines to enhance cardiorespiratory fitness, muscular strength and endurance, and flexibility.

任务 2：运用适当的运动原则和准则来设计个人化运动方案，以提高心肺功能，肌肉力量和耐力，以及灵活性。

TASK 3: Select appropriate exercises and equipment and integrate them into client programmes in accordance with evidence-based research to improve function, health, fitness, and performance.

任务 3：根据循证研究，选择适当的动作和设备，并将其整合到客户的方案中，以改善功能、健康、体适能和运动表现。

TASK 4: Routinely evaluate progress by using data, observations, and client feedback to modify programmes as needed.

任务 4：通过使用数据、观察和客户反馈来评估进展，并根据需要来调整方案。

## **Domain 6: Exercise Guidelines, Technique and Training Instruction 20%**

### **范畴 6: 运动准则, 技巧和训练指导 20%**

TASK 1: Instruct clients on safe and effective equipment use and exercise techniques using verbal, visual, and kinaesthetic cues to achieve programme goals.

任务 1: 使用听觉、视觉和动觉指令, 指导客户安全和有效地使用设备和训练技巧, 以实现方案目标。

TASK 2: Apply the knowledge and demonstrate safe and effective exercise techniques based on knowledge of the musculoskeletal system and biomechanical concepts as they relate to movement and exercise

任务 2: 根据肌肉骨骼系统和生物力学概念的知识, 运用知识并示范安全和有效的训练技巧, 因为它们与运动和锻炼有关。

TASK 3: Observe clients who are exercising and suggest corrections and adaptations as necessary to ensure techniques and procedures (posture, range of motion, control, timing and form) are safe and effective

任务 3: 观察正在训练的客户, 并提出必要的纠正和调整, 以确保技巧和步骤 (姿势、关节运动范围、控制、时间) 是安全和有效的。

TASK 4: Work within the parameters, recognising the standards and professional limitations that this provides, and ensuring essentials personal skills and knowledge to be a fitness instructor are maintained and updated

任务 4: 在参数范围内工作, 承认其提供的标准和专业限制, 并确保保持和更新作为健身指导员的个人技能和知识。