

ADULT CPR & AED 成人心肺复苏术 & 自动体外除颤器

Help to Save Life 拯救生命

Course Overview 课程概述

The difference between doing something and doing nothing could mean someone's life or death. As a fitness practitioner, we might face situations where we will need to provide primary care during emergency situations – you never know when you'll be required to perform cardiopulmonary resuscitation (CPR). This course is suitable for fitness practitioners, or anyone with limited or no medical training who needs basic CPR and automated external defibrillator (AED) training to meet job regulations and requirements. All participants will be taught how to respond to life-threatening emergencies by providing primary care according to the American Heart Association (AHA) standards. 作为与无作为可影响一个人的存活。身为体适能从业者，我们可能需要在面临紧急状况时提供基本照顾，而你永远无法预测何时需要执行心肺复苏术（CPR）。这项课程适合体适能从业者，或其他没经过医疗训练，想要学习基础 CPR 与使用自动体外除颤器(AED)，来满足职业需求的人。所有参与者将会学习如何在生命垂危的时候根据美国心脏协会（AHA）的标准，为他人提供基本照顾。

Note: Having a valid CPR & AED certificate is required by all individuals who wish to pursue any certification course offered by FITM 注: 参加任何由 FITM 开设的认证课程需持有有效的 CPR & AED 证照。

Course Nature (Category 1) 课程性质（类别 1）

This course is ideal for individuals who want to learn how to provide primary care during emergency situations. Whether you're a fitness practitioner or preparing to become one, it is essential to equip yourself with life-saving emergency skills. This course is also open to non-fitness professionals and do not require prior formal education in exercise science. 本课程非常适合想要学习如何在紧急情况下提供初级护理的人士。无论您是健身从业者还是准备成为健身从业者，掌握必要的急救技能都至关重要。本课程也面向非健身专业人士开放，无需事先接受过正规的运动科学教育

Course Objectives 课程目标

- Apply the American Heart Association (AHA) standards to perform CPR using a clear, step-by-step approach. 应用美国心脏协会 (AHA) 标准，以清晰、循序渐进的方式进行心肺复苏 (CPR)。
- Demonstrate confidence and competence in CPR skills through an engaging and accessible learning experience. 通过引人入胜且易于理解的学习体验，展示对 CPR 技能的自信和能力。
- Perform hands-on CPR techniques and operate an Automated External Defibrillator (AED) using training equipment and manikins. 使用训练设备和人体模型，进行 CPR 实践操作并操作自动体外除颤器 (AED)。

Class Plan (3-Hour Course)

课程编排(3-小时课程)

Day 天	Duration 时长	Topics Covered 涵盖的主题	Format 格式
1	15 Mins 15 分钟	Introduction to CPR & AED 心肺复苏术和自动体外除颤器简介	Theory 理论
	45 Mins 45 分钟	CPR Steps & Procedure 心肺复苏步骤和程序	Practical 实践
	15 Mins 15 分钟	AED Application 自动体外除颤器应用	
	30 Mins 30 分钟	Choking, Spinal Injuries, Shock & Bleeding Management 窒息、脊髓损伤、休克和出血处理	
	30 Mins 30 分钟	Final Practice 最后练习	
	60 Mins 60 分钟	Evaluation – Certification 评估 – 认证	

Note: This is a general class plan. The actual schedule may be adjusted based on the audience and class capacity, without altering the course content or learning objectives. 注意：这是一个总体课程计划。实际时间安排可能会根据学员情况和课堂容量进行调整，但不会更改课程内容或学习目标。

Learning Materials 学习材料

Digital course slide handouts 电子课程讲义

Pre-requisite 参课条件

N/A 无

Awards 证书

Certification is awarded upon meeting all pre-requisites, exam components and grading criteria. Refer to the course categories table for more information. 满足所有先修课程要求、考试内容和评分标准即可获得认证。更多信息，请参阅课程类别表。

Grading Criteria / Exam Fee 通过标准/考试费用

The evaluation happens at the final hour of the course; each participant is required to correctly demonstrate all the steps and procedures of CPR & AED based on what has been taught during the course. Participants are allowed up to 2 attempts to be eligible for certification. Participants who did not meet the passing requirements are required to retake the course and evaluation. 评估将在课程的最后一小时进行；每位学员必须根据课程所学内容，正确演示心肺复苏术 (CPR) 和自动体外除颤器 (AED) 的所有步骤和操作。学员最多可参加两次考试，方可获得认证资格。未达到通过要求的学员需重新参加课程并进行评估。

Retake fee: RM 100 (USD 25)

重考费用：100 令吉 (25 美元)

Course Provider 课程提供者

Fitness Edutaining Asia (FEA)

CEC Points 继续学习学分

ACE 0.2 CECs

Note: For ACE recertification, certified professionals will be granted 0.4 CECs for holding a valid CPR & AED certificate. You will earn an additional 0.2 CECs by using the CEC number printed on the certificate. However, every CEC number can only be used one time only. 注意：对于 ACE 重新认证，持有有效 CPR 和 AED 证书的认证专业人员将获得 0.4 个 CEC。使用证书上印制的 CEC 号码，您将额外获得 0.2 个 CEC。但是，每个 CEC 号码只能使用一次。

Dress Code 着装要求

Fitness Attire 健身服装

What Do I Need to Bring? 我需要带什么？

Stationery 文具

Course Capacity 课程人数

6 - 24 pax 6 – 24 人

Language 语言

English, Mandarin. Local language in respective countries may be available. 英文、中文。您的培训中心可能会另外提供您所在国家的本地语言。

Course Categories 课程类别

We offer four (4) distinct categories of fitness education designed to support individuals at every stage of their fitness journey, while clearly describing the nature, purpose, and depth of each course.

我们提供四（4）个不同类别的健身教育课程，旨在支持个人在健身旅程的每一个阶段。每个课程类别都清晰地描述了课程的性质、目的和深度。

Category 1: Health and Fitness Workshops 类别一：健 康与健身课 程	<p>These workshops are designed for fitness enthusiasts and independent exercisers who are eager to expand their knowledge and improve their own training practices. They are open to non-fitness professionals and do not require prior formal education in exercise science. 这些课程专为健身爱好者和独立锻炼者而设计，适合那些渴望拓展知识并提升自身训练水平的人士参加。课程开放给非健身专业人士，不需要具备运动科学方面的正式教育背景。</p> <p>However, it's important to note that these workshops are educational in nature and do not replace the personalized guidance and programming offered through one-on-one personal training. Certificates of Completion are awarded upon successful attendance and participation. 然而，需要注意的是，这些课程具有教育性质，并不能替代一对一私人训练所提供的个性化指导与课程规划。成功出席并积极参与者将获颁结业证书。</p> <p><u>What the Certificate Means 证书含义：</u></p> <p>Certificate of Completion — You have attended and completed the course. 完成证书—您已出席并完成课程</p>
Category 2: Primary Certification Courses 类别 二：初级认 证课程	<p>These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher. 这些是认证课程，旨在评估学员是否具备在特定专业角色中（例如私人教练、健康教练、瑜伽导师、体能与力量训练专家或普拉提教师）高效且负责任地执行工作与教学所需的必要能力。</p> <p>The core purpose of certification is to protect the public by ensuring that individuals who work in these roles meet established industry standards for safety, effectiveness, and professionalism. 认证的核心目的是通过确保从业人员在这些岗位上符合既定的行业安全、有效性与专业水准，从而保障公众的利益。</p>

	<p>As such, certification courses are structured around objective standards of practice, not tailored for personal interest or general knowledge. For those whose goal is simply to learn more about training for their own use, working with a qualified personal trainer is often a more suitable and impactful approach. It offers a more personalized, practical, and flexible learning experience without the demands of formal evaluation or certification. 因此，认证课程是以客观的行业实践标准为核心架构的，而并非针对个人兴趣或一般知识需求量身定制。对于仅希望学习更多训练知识以用于自身的人来说，与合格的私人教练合作往往是更合适且更有成效的选择。这样的方式能够提供更个性化、实用且灵活的学习体验，同时无需面对正式评估或认证的要求。</p> <p><u>What the Certification Means 认证含义：</u></p> <p>Personal Trainer Certification — Certification is awarded upon meeting all exam components and grading criteria.</p> <p>私人教练认证—在完成并通过所有考试环节及评分标准后方可获得认证。</p>
<p>Category 3: Continuing Education Courses 类别三：继续教育课程</p>	<p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry. 这些是继续教育课程，专为已获得认证的私人教练或具备资质的健身从业者而设。其目的在于提供更深入的知识与技能培训，以支持健身行业从业者的持续专业发展。</p> <p><u>Prerequisites are required 先决条件要求：</u></p> <p>These courses are not designed for individuals without a recognized personal trainer certification, as they build on core competencies expected of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp. 这些课程并不适合没有认可私人教练认证的人士，因为课程内容是建立在具备认证专业人士应有的核心能力之上进行的。缺乏这一基础的学员可能会发现课程内容不适用，或难以完全掌握。</p> <p>Additionally, these are not certification courses. The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards. 此外，这些并非认证课程。所颁发</p>

	<p>的结业证书仅证明参与者已顺利完成规定的培训或学习，并不代表该人士已按照行业标准在此特定领域接受过正式评估或获得认证。</p> <p><u>What the Certificate Means 证书含义：</u></p> <p>Certificate of Completion — You have attended and completed the course. 完成证书—您已出席并完成课程。</p> <p>Disclaimer — You are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer. 免责声明—您并未在该主题领域获得可从事相关工作的认证，因为这仅是继续教育课程。您必须继续在已认证私人教练的既定执业范围内工作。</p>
<p>Category 4: Specialization Courses 类别 四：专项进 修课程</p>	<p>These are advanced continuing education courses intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. Most courses are blended learning in nature, consisting of both live workshops and online self-learning components. 这些是高级继续教育课程，专为已完成该特定领域前序培训的私人教练或具备资质的健身从业者而设。大多数课程采用混合式学习模式，包含现场工作坊与线上自主学习两部分内容。</p> <p><u>Prerequisites are required 先决条件要求：</u></p> <p>All participants who fully attend the live course will receive a certificate of completion. To be eligible to earn the Specialist Certification, participants must have 所有全程参加现场课程的学员将获得结业证书。若要符合资格并获得专项认证，学员必须满足以下条件：</p> <ul style="list-style-type: none"> Completed at least one of the following 完成以下任一项： FEA Certified Fitness Practitioner – Module 3 OR NCCA accredited Personal Trainer Certification OR EuropeActive accredited Personal Trainer Certification OR Any equivalent qualification FEA 认证体适能从业者—单元 3， 或 NCCA 认可的私人教练认证， 或 EuropeActive 认可的私人教练认证， 或 任何同等资质 Completed the prior level (Category 3) of respective courses. 完成相应课程的前一等级（类别 3）培训。 Pass all exam components and meet the grading criteria. 通过所有考试环节并达到评分标准。

	<p><u>What Each Certificate Means 各类证书含义：</u></p> <p>Certificate of Completion — You have attended and completed the course. 完成证书—您已出席并完成课程。</p> <p>Specialist Certification — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria. 专项认证—您已完成前一等级（类别 3）课程并全程参加本课程。在通过所有考试环节并符合评分标准后，将获颁专项认证。</p> <p>Disclaimer — You are not certified in this topic or to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer. 免责声明—您并未在该主题领域获得可从事相关工作的认证，因为这仅属于继续教育课程。您必须继续在已认证私人教练的既定执业范围内工作。</p>
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