

## FEA CERTIFIED FITNESS PRACTITIONER FEA 认证体适能从业者



### Fitness Instructor (EQF Level 3) & Personal Trainer (EQF Level 4) 健身指导员 (EQF Level 3) & 私人教练 (EQF Level 4) 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 Edutrainee Excellence Programme.

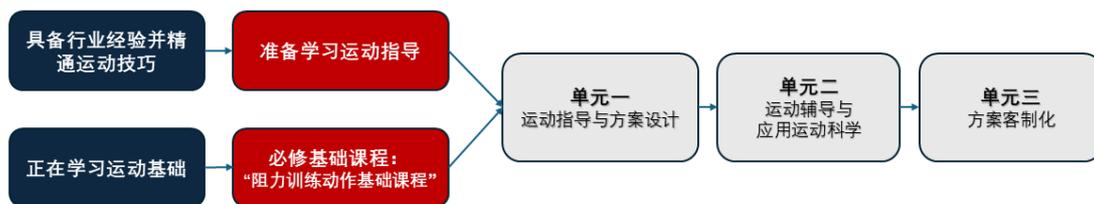


获准讲授本认证课程的教育培训师是帮助您学习和培训的最佳人选。他们都在私人教练领域拥有丰富的经验，持有相关行业认证和/或学位，其教学技能已通过 FEA 教育培训师卓越计划的审查和评估。

## Pathways 进阶途径

Direct entry is reserved for candidates who **possess over one year of industry experience** and can demonstrate **proficiency in resistance training techniques**. This includes the ability to perform key resistance and cardiovascular exercises with proper technique, and a working knowledge of muscle targeting and exercise purpose. In Module 1, the focus shifts from doing the exercises to learning how to explain them clearly to others. You'll study the movement science behind exercises and how to deliver clear, accurate instructions to clients. After that, Module 2 builds your coaching and communication skills while deepening your understanding of exercise science, and Module 3 teaches you how to personalise programs based on client needs.

FEA 认证体适能从业者 (CFP) 课程是一个以就业为导向的培训与认证项目，旨在培养技术熟练、自信且具备实战能力的体适能从业者。该课程分为三个循序渐进的单元，帮助您为在现实环境中安全、高效地指导客户做好准备。根据您的训练背景，有两种入学途径可供选择。



### Pathway 1: Direct Entry into Module 1 入学路径一：直接进入单元一

If you already have a strong grasp of exercise technique - including the ability to perform key resistance and cardiovascular exercises with proper technique, and a working knowledge of muscle targeting and exercise purpose - you may begin directly with Module 1. In this module, the focus shifts from doing the exercises to learning how to explain them clearly to others. You'll study the movement science behind exercises and how to deliver clear, accurate instructions to clients. After that, Module 2 builds your coaching and communication skills while deepening your understanding of exercise science, and Module 3 teaches you how to personalise programs based on client needs.

直接入学适用于拥有一年以上健身行业经验，并能展示阻力训练技巧熟练度的学员。学员需具备正确执行关键抗阻和心肺训练动作的能力，并对目标肌群和动作目的有基本了解。在单元一中，重点将从“如何做动作”转向“如何清晰地向他人讲解这些动作”。你将学习动作背后的运动科学原理，并掌握如何向客户传达清晰、准确的指导信息。随后，单元二将提升你的教练技巧和沟通能力，并加深你对运动科学的理解；单元三则会教你如何根据客户需求个性化设计训练计划。

## **Pathway 2: Foundation Required 入学路径二：需参加基础课程**

If you **do not possess industry experience** or prior coaching experience but do have at least 12 months of structured fitness training, we recommend beginning with the **Essentials of Resistance Training Techniques** - a 1-day practical workshop that serves as a foundation programme of the CFP course. This workshop focuses on the correct execution and selection of exercises for all major muscle groups, helping you build the technical competence expected in Module 1. While it prepares you for the demands of the CFP, it is not a substitute for personalised programming or coaching typically offered in one-on-one personal training. Its purpose is to ensure you enter Module 1 with the required movement literacy and confidence. 如果你没有行业或教练经验，但有至少 12 个月有结构的健身训练经验，我们建议你从“阻力训练技术基础课”开始。这是一门为期一天的实践工课程，是 CFP 课程的基础入门项目。该课程将教授如何正确选择并执行针对主要肌群的训练动作，帮助你建立进入单元一所需的技术能力。虽然它能帮助你做好进入 CFP 课程的准备，但并不等同于一对一私人教练所提供的个性化训练或指导。其主要目的是确保你具备进入单元一所需的动作素养与信心。

### **Important Note 重要说明**

*Ultimately, Module 1 assumes you know what exercises to use and how to perform them - it's about learning how to give instructions, not learning the techniques themselves. So even if you have training experience but feel unsure about your exercise technique, it's wise to begin with the foundation course before progressing into the CFP.*

单元一的学习假设您已经知道“该练什么”以及“怎么练”。它的重点在于“如何教别人练”，而不是“学习如何自己做动作”。因此，即使您有一些训练经验，但对自己的动作技巧不太确定，仍建议先参加基础课程，再进入 CFP 课程学习。

Here is an overview of the **three modules** in this programme. You will earn a certificate upon successful completion of each module:

以下是本课程包含的三个单元，您将在每个模块成功完成后获得相应的完成证书：

Certificate 证照	Certified Exercise Instructor 认证运动指导员	Certified Fitness Instructor 认证健身指导员	Certified Personal Trainer 认证私人教练
<b>Modules Completed</b> 单元已完成	Module 1 only 单元 1 而已	Modules 1 & 2 单元 1 和 2	Modules 1, 2 & 3 单元 1,2 和 3
<b>EQF Level</b> EQF 级	Non-accredited 未经认可	Level 3 (EREPS eligible) 3 级 (符合 EREPS 资格)	Level 4 (EREPS eligible) 4 级 (符合 EREPS 资格)
<b>Primary Focus</b> 主要重点	Exercise instruction & programming variables 运动指导与课程设计变量	Exercise coaching & applied exercise science 运动指导与应用运动科学	Personalised programming & assessment 个性化课程设计与评估
<b>Key Content</b> 关键内容	<ul style="list-style-type: none"> <li>• Role, code of ethics, scope of practice 角色、道德规范与执业范围</li> <li>• Health screening 健康筛查</li> <li>• Exercise orientation 运动导向</li> <li>• Movement science 动作科学</li> <li>• Lower body movements 下肢动作</li> <li>• Upper body movements 上肢动作</li> <li>• Myofascial release 肌筋膜放松</li> <li>• Static and dynamic stretch 静态与动态拉伸</li> <li>• Muscle activation drill 肌肉激活训练</li> <li>• Training variable 训练变量</li> <li>• Workout design 训练计划设计</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise coaching 运动指导</li> <li>• Client's learning stage 客户的学习阶段</li> <li>• Delivering world-class personal training session 提供世界级的私人训练课程</li> <li>• Anatomy &amp; physiology 解剖学与生理学</li> <li>• Biomechanics 生物力学</li> <li>• Kinesiology 运动机能学</li> <li>• Bioenergetics 生物能量学</li> <li>• Nutrition 营养学</li> </ul>	<ul style="list-style-type: none"> <li>• FEA Goal Based Training Model FEA 目标导向训练模型</li> <li>• Resistance, cardiorespiratory training, lifestyle and nutrition strategies for: 针对以下目标的阻力训练、有氧训练、生活方式与营养策略：  <ul style="list-style-type: none"> <li>○ PREPARE 准备</li> <li>○ HEALTH 健康</li> <li>○ FITNESS 体适能</li> <li>○ HYPERTROPHY 肌肥大</li> <li>○ FAT LOSS 减脂</li> </ul> </li> <li>• Resistance, cardiorespiratory training, lifestyle and nutrition assessment 阻力训练、有氧训练、生活方式与营养评估</li> </ul>

<b>Job Scope</b> 工作范围	<ul style="list-style-type: none"> <li>• Provide exercise instruction 提供运动指导</li> <li>• Design and lead general workout session 设计并带领一般训练课程</li> <li>• Explain basic programming principles and training variables 讲解基础课程设计与训练变量</li> </ul>	<ul style="list-style-type: none"> <li>• Coach clients through exercises with clear, effective teaching and cueing techniques 通过清晰有效的教学与提示技巧指导客户完成动作</li> <li>• Break down movements to enhance client learning 拆解动作以提升客户的学习效果</li> <li>• Lead inspiring, safe and effective personal training sessions 带领鼓舞人心、安全且高效的私人训练课程</li> <li>• Justify strategies and programming choices using applied exercise science 依据应用运动科学为策略与课程设计提供选择</li> </ul>	<ul style="list-style-type: none"> <li>• Conduct comprehensive client onboarding and assessments 进行全面的客户入门与评估</li> <li>• Design personalised, goal-based training programmes with progressions and modifications 设计个性化、以目标为导向的训练计划，并提供进阶与调整</li> <li>• Facilitate behaviour change to boost motivation and promote long-term adherence 促进行为改变，以提升动力并推动长期坚持</li> </ul>
<b>Live Guided Course Duration</b> 直播指导课程时长	4 days (1 – 2 week) 4 天 (1–2 周)	4 days (1 – 2 week) 4 天 (1–2 周)	4 days (1 – 2 week) 4 天 (1–2 周)
<b>Self-study &amp; Exam Preparation</b> 自学与考试准备	4 weeks 4 周	4 weeks 4 周	8 weeks 8 周
<b>Results Waiting Time</b> 成绩等待时间	3 weeks 3 周	3 weeks 3 周	3 weeks 3 周
<b>Total Completion Duration</b> 总完成时长	8 – 9 weeks (~ 2 months) 8 – 9 周 (约 2 个月)	8 – 9 weeks (~ 2 months) 8 – 9 周 (约 2 个月)	12 – 13 weeks (~ 3 months) 12 – 13 周 (约 3 个月)

## Module 1 – Exercise Instructor (Exercise Technique & Programme Design)

### 单元 1 – 运动指导员（运动技巧与课程设计）

This module builds a solid and in-depth foundation in **exercise instruction** and **programming variables**. You will learn fundamental **human movement patterns** and how they translate into exercise execution. For each exercise, you will be guided on how to provide **set-up and execution** instructions, as well as what to **observe** in client movement. You will also learn how

to apply appropriate **progressions and regressions** based on individual needs. The module introduces **key programming variables** and approaches for both resistance and cardiorespiratory training. You will explore sample **workout structures** tailored to various client goals - from those just starting out to individuals aiming to improve general health, muscular fitness, or aerobic and anaerobic capacity. Upon meeting the grading requirements, you will be awarded the **FEA Certified Exercise Instructor** certificate, equipping you the ability to instruct exercises. This provides a strong starting point in your fitness career and prepares you to take the next step into more detailed coaching and personalised programming.

本单元将为你在运动指导和训练编程变量方面打下坚实而深入的基础。你将学习人体基本的动作模式，以及这些模式如何转化为具体的练习动作执行。针对每一个练习，你将获得关于动作准备与执行的指导，同时学习如何观察客户的动作表现。你还将学习如何根据个体需求，合理地应用动作的递进与简化。此单元还会介绍阻力训练和心肺训练中关键的编程变量及方法。你将探索多种针对不同客户目标的锻炼结构样例——无论是刚开始训练的新手，还是希望提升整体健康、肌肉力量、或有氧与无氧能力的个体。完成评估要求后，你将获得 FEA 认证健身指导员证书，具备教授各类练习的能力。这不仅是您健身职业生涯的坚实起点，也为您迈向更高级的教练技能和个性化训练编程做好准备。

Topics Covered 涵盖的主题包括：

Session 课堂	Guided Learning Topics 学习主题
1	Role & Scope of Practice of a Personal Trainer and Career Pathway, Health Screening, Exercise Orientation 私人教练的角色和执业范围及职业发展途径、健康筛查、运动介绍
2	Lower Body Movements 下肢动作
3	Upper Body Movements 上肢动作
4	"ALIGN" Exercises and Movement Progressions “调整”动作和动作进阶
5	Cardiorespiratory Training - Workout Design and Programming Guidelines 心肺训练 – 日课程设计和方案设计指南
6 to 8	Resistance Training - Programming Guidelines and Workout Designs 阻力训练 – 方案设计指南和日课程设计

*Topics Covered in Module 1 – Fitness Instructor (Exercise Technique)*

*单元 1 – 健身指导员 (运动技巧) 所涵盖的主题*

## Module 2 - Fitness Instructor (Exercise Coaching & Applied Exercise Science)

### 单元 2 – 健身指导员（运动指导与应用运动科学）

In this module, you'll expand your abilities beyond instruction and into **client-focused coaching**. You'll learn how to break down exercises in ways that different clients can easily understand and apply – whether they're brand new to training, building confidence with practice, or moving with ease and consistency. You'll also develop your ability to **guide clients through sessions** that are engaging, supportive and professionally delivered. In addition, you'll build a strong foundation in **applied exercise science**, equipping you with the knowledge to explain the “why” behind your coaching choices and respond to client questions with **clarity and credibility**. By completing Modules 1 and 2, you'll earn the **FEA Certified Fitness Instructor (EQF Level 3)** certificate, accredited by EuropeActive. This certification prepares you to coach individuals and deliver more personalised, client-centred training experiences.

在本单元中，你将拓展能力，从指导成长为以客户为中心的教练。你将学习如何将动作拆解为不同客户都能轻松理解和掌握的方式 – 无论他们是训练新手、正在通过练习建立信心，还是已经能够稳定、流畅地完成动作。你还将提升引导课程能力，确保训练过程富有参与感、具有支持性，并体现专业素养。此外，你将打下坚实的应用运动科学基础，掌握足够的知识去解释你做出训练选择背后的“原因”，并以清晰且专业的方式回答客户的问题，建立你的专业可信度。完成单元 1 和 2 后，你将获得 FEA 认证健身指导员证书 (EQF Level 3) 该证书由 EuropeActive 欧洲认证。此认证将为你打下坚实的基础，使你能够更自信地指导客户，并提供更具个性化、以客户为核心的训练体验。

Topics Covered 涵盖的主题包括：

Session 课堂	Guided Learning Topics 学习主题
1-2	Exercise Coaching: Instructional Skills 运动指导：指导技巧
3-4	Delivering a World-Class Personal Training Session 领导卓越的私教课
5	Human Anatomy & Exercise Physiology 人体解剖学 & 运动生理学
6	Bioenergetics & Review 能量学&复习
7	Nutrition 营养
8	Kinesiology & Biomechanics 肌动学&生物力学

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

## Module 3 – Personal Trainer (Programme Personalisation)

### 单元 3 – 私人教练 (课程个性化设计)

This final module focuses on programme personalisation, implementation and modification. You'll be introduced to the **FEA Goal-Based Training model**, a system that equips you to build progressive, individualised strategies for **resistance training, cardiorespiratory training, lifestyle and nutrition** - based on your client's unique goals, whether that's starting out, improving health and fitness, building muscle, or losing weight. You'll also learn how to implement **assessments** for posture, flexibility, movement, strength, endurance, and both aerobic and anaerobic fitness, enabling you to track progress and adjust programmes accordingly. Successful completion of all three modules earns you the **FEA Certified Personal Trainer (EQF Level 4)** certificate, which is also accredited by EuropeActive. This qualification enables you to confidently work with a diverse range of clients and deliver fully personalised programmes that produce meaningful results.

最终单元概述 – 课程个性化、实施与调整。本单元将介绍 FEA 目标导向训练模型，该系统可帮助你根据客户的具体目标（如入门训练、改善健康与体能、增肌或减脂），制定循序渐进、个性化的训练策略，涵盖阻力训练、有氧训练、生活方式管理与营养建议。你还将学习如何实施以下评估，以便有效追踪客户进度并及时调整训练计划：姿势与柔韧性评估，动作模式评估，肌力与肌耐力评估，有氧与无氧体能评估。完成全部三个单元后，你将获得 FEA 认证私人教练 (EQF Level 4)，并由 EuropeActive 认证。该资格将使你有能力服务于不同需求的客户，设计并交付真正有效、结果导向的个性化训练方案。

## FEA GOAL BASED TRAINING (G.B.T) MODEL

- A PERSONAL TRAINING SYSTEM

	 "PREPARE"	 "HEALTH"	 "FITNESS"	 "HYPERTROPHY"	 "FAT LOSS"
<b>Resistance Training</b>	"ALIGN"	"CONTROL"	"TRAIN"	"TRAIN"	"TRAIN"
<b>Cardiorespiratory Training</b>	Physical Activity	Aerobic Base	Aerobic Endurance & Anaerobic Performance	Aerobic Base	Aerobic Endurance & Anaerobic Performance
<b>Nutrition Strategies</b>	Hydration & Mindfulness	Energy Balance, Plating & Food Choices	Macro Quantity & Quality, Pre, Peri & Post Nutrition	Caloric Surplus	Caloric Deficit
<b>Lifestyle Strategies</b>	Sleep & Stress Management	Sleep & Stress Management	Sleep & Stress Management	Sleep & Stress Management	Sleep & Stress Management

## FEA 目标训练 (G.B.T) 模型

	 准备	 健康	 体适能	 肌肥大	 减脂
<b>阻力训练</b>	调整	控制	锻炼	锻炼	锻炼
<b>心肺训练</b>	肢体活动	有氧基础	有氧耐力 & 无氧运动表现	有氧基础	有氧耐力 & 无氧运动表现
<b>营养策略</b>	水份 & 正念	能量平衡, 餐盘 & 食物选择	巨量营养素数量 & 质量, 运动前中后营养	能量盈余	能量赤字
<b>生活方式策略</b>	睡眠 & 压力管理	睡眠 & 压力管理	睡眠 & 压力管理	睡眠 & 压力管理	睡眠 & 压力管理

Topics Covered 涵盖的主题:

Session 课堂	Guided Learning Topics 学习主题
1	FEA Goal-Based Training (G.B.T.) Model FEA 目标训练 ( G.B.T ) 模型
2-3	Client Assessment 客户评估
4-5	Making it Personal (Programming) 方案个人化 ( 方案设计 )
6	Programming for Special Population and Musculoskeletal Injuries 特殊族群和肌肉骨骼损伤的方案设计 Legal, Business & Marketing for Fitness Practitioners 体适能从业者的法律、商业和营销
7	Behaviour Change, Motivation and Communication Skills 行为改变、动机和沟通技巧
8	Practical Summative Assessment 实践总结性评估

Topics Covered in FEA CFP Module 3  
FEA CFP 单元 3 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

**Pre-requisite 参课条件**

**Module 1 – Exercise Instructor (Exercise Technique & Programme Design)**

**单元 1 – 运动指导员 ( 运动技巧与课程设计 )**

- Possess at least 12 months of structured experience in resistance, cardiovascular, and flexibility/mobility training, with the ability to execute key exercises with proper form and minimal supervision.  
成功完成阻力训练技巧基础课程 (对于拥有一年以上行业经验并具备阻力训练技术熟练度的学员, 可豁免此先修课程) 。

- Those who do not meet these criteria should first complete the *Essentials of Resistance Training Techniques* workshop, which serves as the foundation for Module 1.  
未达到上述要求的学员，应首先完成“阻力训练基础技巧”课程，该课程为单元 1 的基础内容。

## **Module 2 – Fitness Instructor (Exercise Coaching & Applied Exercise Science)**

### **单元 2 – 健身指导员（运动指导与应用运动科学）**

Successfully completed Module 1 – Exercise Instructor (Exercise Technique & Programme Design)

成功完成单元 1 – 运动指导员（运动技巧与课程设计）

- 18 years old and above  
18 岁或以上
- 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。

## **Module 3 – Personal Trainer (Programme Personalisation)**

### **单元 3 – 私人教练（课程个性化设计）**

- Completed and passed Module 2 – Fitness Instructor (Exercise Coaching & Applied Exercise Science)  
完成并通过单元 2 – 健身指导员（运动指导与应用运动科学）

## **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
  - To minimize paper waste and embrace sustainable practices, all course slide handouts are now downloadable from Google Classroom, fostering a culture of digital learning and environmental responsibility.  
为了尽量减少纸张浪费并采用可持续的做法，所有课程幻灯片讲义现在都可以从 Google Classroom 下载，培养电子学习和环境责任的文化。
- 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。*

## Course Attendance 课程出席率

Attendance for the FEA CFP course is **mandatory**, as the certification places strong emphasis on practical, job-relevant skills essential for success as a fitness professional. Active participation in class is crucial for fully engaging with the course material, taking part in hands-on activities, and developing the applied competencies required for certification. The classroom environment enables valuable real-time feedback from Edutrainers, peer interaction, and experiential learning that cannot be replicated through self-study alone. To ensure all participants are adequately prepared and equipped to meet the standards of the certification, regular attendance is required throughout the course. Participants who do not fulfil the attendance requirement may be required to retake the missed sessions or may not be eligible to sit for the final assessment until all essential components are completed.

FEA CFP 课程要求强制出席，因为该认证高度重视实际操作和与工作密切相关的技能，这些都是成为一名成功健身专业人士的关键。积极参与课堂对于深入理解课程内容、参与实践活动，以及掌握认证所需的应用能力至关重要。课堂环境能提供 EduTrainer 的实时反馈、同伴之间的互动，以及无法通过自学替代的体验式学习。为了确保所有学员都能充分准备并具备达标能力，整个课程期间需保持规律出勤。未达到出勤要求的学员，可能需要补上缺课内容，或在完成所有必要环节前无法参加最终评估。

## Course Validity 课程有效期

Each module in the program will be valid for 1 year from the course activation date. During this 1-year timeframe, students will have access to the module's content and can complete any related assessments, assignments and exam submission. After the 1-year period, the module will expire, and students will no longer have access to its materials unless they re-enrol or take other necessary actions to extend their access.

课程中的每个单元从课程激活之日起，有效期为 1 年。在这 1 年时间内，学生可以浏览该单元的内容，并完成任何相关的评估、作业和考试提交。1 年期满后，该单元将失效，学生将无法再浏览其内容，除非他们重新注册或采取其他必要行动延长课程有效期。

## Modules Continuity Timeline 单元连续性时间轴

Module 1 and Module 2 must be completed within 2 years to ensure that participants maintain continuity and keep their knowledge and skills current. If the designated timeframe is exceeded, participants will need to retake the relevant exam(s). A fee is applicable for retaking exams, and for more details, participants should contact their local provider. This structured timeline encourages ongoing engagement and allows participants to progressively build expertise without significant gaps in training.

单元 1 和单元 2 必须在两年内完成，以确保学员保持连续性，并使其知识和技能与时俱进。如果超过指定时限，学员需要重新参加相关考试。重考需要付费，详情请学员联系当地的培训机构。这种结构化的时间表鼓励参与者持续参与，使他们能够逐步积累专业知识，而不会在培训中出现重大空白期。

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

	Pre-requisite 参课条件	Exam Components 考 试组成部分	Method of Testing 考试方法	Contributions 贡献
<b>Module 1</b> 单元 1	Please read "Pre-requisite" section above 请阅读上文 "参课条件"项 目	Theory Exam (Multiple Choice Exam) 理论考试 (选择题)	Online 线上	60%
		Practical Exam (Exercise Demonstration) 实践考试 (运动示 范)	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 1 的考试, 您必须达到总分的 70%以上。		
<b>Module 2</b> 单元 2	Successfully completed Module 1 成功完成 单元 1	Theory Exam (Multiple Choice Exam) 理论考试 (选择题)	Online 线上	50%
		Practical Exam (Exercise Coaching)	Submission via Google Classroom 通过 Google Classroom 提交	50%
		<b>To pass the Module 2 exam, you must achieve a total score of at least 70% and pass Module 1.</b> 要通过单元 2 的考试, 您必须达到总分的 70%以上和通过单元 1。		
<b>Module 3</b> 单元 3	Successfully completed and passed Module 1 and Module 2 成功完成和通 过单元 1 和 2	Theory Exam (Multiple Choice Exam) 理论考试 (选择题)	Online 线上	100%
		Live Case Study 实际案例研究	Submission via Google Classroom 通过 Google Classroom 提交	Compulsory Passing 必须通过考试
		Practical Summative Assessment 实践总结性评估		Compulsory Passing 必须通过考试
<b>To pass the Module 3 exam, you must achieve a total score of at least 70% and pass Module 1, 2, Live Case Study and Practical Summative Assessment.</b> 要通过单元 3 的考试, 您必须达到总分的 70%以上和通过单元 1, 2, 实际案例研究和实践总结性评估。				

*Exam Components & Grading Criteria for FEA CFP Certification*  
*FEA CFP 认证考试大纲和基于工作的评估*

## Module 1 – Exercise Instructor (Exercise Technique & Programme Design)

### 单元 1 – 运动指导员（运动技巧与课程设计）

- Theory Exam 理论考试

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

You will have 120 minutes to complete the online proctored exam. The theory exam is typically scheduled approximately 4 weeks after the last day of the live class. 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 120 分钟的时间完成在线监考考试。理论考试通常安排在面授课程结束后大约 4 周进行。考生必须在课程最后一天之前报名参加单元 1 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 – 40%  
动作示范 – 40%

At the end of the course, you are required to submit a video of yourself demonstrating 10 exercises (options will be provided). You will be evaluated based on the standards presented in class. The submission deadline is scheduled for the fourth week from the course commencement date.

在课程结束后，您需要提交一段自己示范 10 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。提交截止日期定于开课日期后的第四周。

Passing requirement:  $\geq 70\%$

合格要求:  $\geq 70\%$

## Module 2 – Fitness Instructor (Exercise Coaching & Applied Exercise Science)

### 单元 2 – 健身指导员（运动指导与应用运动科学）

- Theory Exam 理论考试

- 50 Multiple Choice Questions – 50%  
50 道选择题 – 50%

You will have 60 minutes to complete the online proctored exam. The theory exam is typically scheduled approximately 4 weeks after the last day of the live class. 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.

您将有 60 分钟的时间完成在线监考考试。理论考试通常安排在面授课程结束后大约 4 周进行。考生必须在课程最后一天之前报名参加单元 2 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 Coaching – 50%  
运动指导 – 50%

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初学者进行 5 个动作的视频（将提供选项）。评估将根据课堂上教授的标准进行。提交截止日期为理论考试当天。

Passing requirement:  $\geq 70\%$

合格要求:  $\geq 70\%$

### Module 3 - Personal Trainer (Programme Personalisation)

#### 单元 3 – 私人教练 (课程个性化设计)

- Theory Exam 理论考试

- 100 Multiple Choice Question - 100%  
100 道选择题 – 100%

You will have 120 minutes to complete the online proctored exam. The theory exam is typically scheduled approximately 8 weeks after the last day of the live class. 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。理论考试通常安排在面授课程结束后大约 8 周进行。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。

- Practical Summative Assessment – Compulsory Passing

实践总结性评估 – 必须通过

- There will be an assessment of your ability to conduct a full personal training session, focusing on four key components:

此评估将对您进带领完整的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 技术知识
- Coaching skills 指导技巧
- Leadership qualities 领导才能
- Time management 时间管理

- The assessment is conducted during session 7 of Module 3. 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 3 的第 7 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
- 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.  
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。

Passing requirement:  $\geq 70\%$  and passing both Live Case Study and Practical Summative Assessment

合格分数:  $\geq 70\%$  以及通过实际案例研究和实践总结性评估

Domain 范畴	Exam Outline Domain 考试大纲	Evaluation Method 评估方式	No. of Questions 问题数量	
1	Exercise Technique 运动技巧	Video Submission (Module 1) 视频提交 (单元 1)		
	Exercise Coaching 运动指导	Video Submission (Module 2) 视频提交 (单元 2)		
		Practical Summative Assessment (Module 3) 实践总结性评估 (单元 3)		
	Exercise Guidelines 运动准则	Multiple Choice Question (Module 2) 选择题 (单元 2)	55	Total: 100 MCQ (Module 2) 总: 100 题 (单元 2)
2	Basic and Applied Sciences and Nutritional Concepts 基础和应用科学及营养概念		30	

3	Professional Development and Responsibility 专业发展和责任		15	
4	Interviews and Assessments 面谈与评估	Multiple Choice Question (Module 3) 选择题 (单元 3)	30	Total: 100 MCQ (Module 3) 总: 100 题 (单元 3)
5	Client Relations, Behavioural Coaching and Programme Adherence 客户关系、行为辅导和方案的坚持		25	
6	Programme Design 方案设计	Multiple Choice Question (Module 3) 选择题 (单元 3)	45	
		Live Case Study 实际案例研究		

*FEA CFP Certification Exam Domains & Job Based Evaluation*  
*FEA CFP 认证考试大纲和基于工作的评估*

**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。

**Awards 证书**

**Module 1 – Exercise Instructor (Exercise Technique & Programme Design)**

**单元 1 – 运动指导员 (运动技巧与课程设计)**

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

在完成课程、通过考试并满足动作示范的所有要求后，您将获得 Fitness Edutraining Asia (FEA) 颁发的“**FEA 认证体适能从业者单元 1 – 运动指导员**”证书。

## Module 2 - Fitness Instructor (Exercise Coaching)

### 单元 2 – 健身指导员（运动指导）

Upon completing the course, passing the exam, and meeting all the requirements to coach exercises, you will be awarded the **FEA Certified Fitness Practitioner – Fitness Instructor (EQF Level 3)** certificate by Fitness Edutraining Asia (FEA).

在完成课程、通过考试并满足运动指导的所有要求后，您将获得 Fitness Edutraining Asia (FEA) 颁发的“**FEA 认证体适能从业者-健身指导员 (EQF 3 级)**”证书。

## Module 3 – Personal Trainer

### 单元 3 – 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。

Candidates who excel in the Practical Summative Assessment and Live Case Study, will earn a **'Pass with Distinction'** recognizing their outstanding practical skills.

在实践总结性评估和实际案例研究中表现出色的考生将获得“**优秀成绩通过**”，以表彰其出色的实践技能。

## Exam Results & Certificate Issuance 考试成绩和证书颁发

Results will be announced via email three weeks after the exam submission deadline. Successful candidates will receive their digital certificate via email. Printed certificate is available upon request with additional charges.

考试成绩将在考试截止日期后的三周内通过电子邮件通知。通过考试的学员将通过电子邮件收到电子证书。如需纸本证书，可提出申请，需另付费用。

## Exam Retake 重考

In case a passing score is not achieved, candidates are allowed to re-attempt within the course validity period. Kindly email [helpmelearn@fea.group](mailto:helpmelearn@fea.group) to request a retake. Please be aware that retakes are subject to a fee, which can be found in the details provided by your local provider. Note that feedback on exam performance will not be provided, and 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. Results for an exam retake will be announced via email three weeks after the exam is completed.

如果未达到及格分数，考生可在课程有效期内重考。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。重考结果将在考试结束三周后通过电子邮件公布。

### Course Availability 开课地点

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 and Singapore

单元三 – 目前只限于马来西亚和新加坡

### EREPS Membership EREPS 会员

Upon earning the FEA Certified Fitness Practitioner – Fitness Instructor (EQF Level 3) certificate, you become eligible to join EREPS. As a FEA CFP graduate, you will receive a complimentary registration for the first year from FEA (regular fee: €40 per year). Once you earn the FEA Certified Fitness Practitioner – Personal Trainer (EQF Level 4) certification, you can apply for an upgrade to your EREPS member profile at no additional cost. If your membership has lapsed, you can reapply via the website [www.ereps.eu](http://www.ereps.eu) and pay the required fee during the application process.

获得 FEA 认证体适能从业者-健身指导员 (EQF 3 级) 证书后, 您将有资格加入 EREPS。FEA CFP 毕业生将获得 FEA 赠送的第一年年注册费 (原费用: 每年 40 欧元)。一旦您获得 FEA 认证体适能从业者-私人教练 (EQF 4 级) 证书, 您就可以免费申请更新 EREPS 会员资料。如果您的会员资格已经失效, 您可以通过网站 [www.ereps.eu](http://www.ereps.eu) 重新申请, 并在申请过程中支付所需费用。

To renew your membership, you must complete 10 hours of lifelong learning or continuing professional development activities each year. Additional information is available at: <https://www.ereps.eu/llp/directory>.

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).

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).

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.

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。

### **Recommended Supplementary Certification 建议的附加认证**

Possess a current and valid Adult CPR & AED certification

持有当前有效的成人心肺复苏术（CPR）和自动体外除颤器（AED）证书

### **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, 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。

## Exam Procedures 考试程序

	Pre-requisite 参课条件	Exam Components 考 试组成部分	Method of Testing 考试方法	Contributions 贡献
<b>Module 1</b> 单元 1	Please read "Pre-requisite" section above 请阅读上文 "参课条件"项 目	Practical Exam (Exercise Demonstration) 实践考试 (运动示 范)	Submission via Google Classroom 通过 Google Classroom 提交	100%
		<b>To pass the Module 1 exam, you must achieve a total score of at least 70%.</b> 要通过单元 1 的考试, 您必须达到总分的 70%以上。		
<b>Module 2</b> 单元 2	Successfully completed Module 1 成功完成 单元 1	Theory Exam (Multiple Choice Exam) 理论考试 (选择题)	Online 线上	50%
		Practical Exam (Exercise Coaching)	Submission via Google Classroom 通过 Google Classroom 提交	50%
		<b>To pass the Module 2 exam, you must achieve a total score of at least 70% and pass Module 1.</b> 要通过单元 2 的考试, 您必须达到总分的 70%以上和通过单元 1。		
<b>Module 3</b> 单元 3	Successfully completed and passed Module 1 and Module 2 成功完成和通 过单元 1 和 2	Theory Exam (Multiple Choice Exam) 理论考试 (选择题)	Online 线上	100%
		Live Case Study 实际案例研究	Submission via Google Classroom 通过 Google Classroom 提交	Compulsory Passing 必须通过考试
		Practical Summative Assessment 实践总结性评估		Compulsory Passing 必须通过考试
		<b>To pass the Module 3 exam, you must achieve a total score of at least 70% and pass Module 1, 2, Live Case Study and Practical Summative Assessment.</b> 要通过单元 3 的考试, 您必须达到总分的 70%以上和通过单元 1, 2, 实际案例研究和实践总结性评估。		

Exam Components & Grading Criteria for FEA CFP Certification  
 FEA CFP 认证考试大纲和基于工作的评估

The Module 1 & 2 theory is typically scheduled approximately 4 weeks after the last day of the live class.; Module 3 theory is typically scheduled approximately 8 weeks after the last day of the live class and exam candidates must register for the respective module exams by the last day of each module. 单元 1 和单元 2 的理论考试通常安排在面授课程结束后大约 4 周进行; 单元 3 的理论考试通常安排在面授课程结束后大约 8 周进行, 且考生必须在各单元课程的最后一天之前报名参加相应的单元考试。

<b>Online Proctored Exam 线上监考</b>	
<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: Exercise Guidelines, Technique and Training Instruction**

##### **范畴 1: 运动准则, 技巧和训练指导**

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。

#### **Domain 2: Basic and Applied Sciences and Nutritional Concepts**

##### **范畴 2: 基础和应用科学及营养概念**

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 3: Professional Development and Responsibility**

#### **范畴 3: 专业发展和责任**

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 4: Interviews and Assessments**

### **范畴 4: 面谈和评估**

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 5: Client Relations, Behavioural Coaching and Programme Adherence**

### **范畴 5: 客户关系、行为辅导和方案的坚持**

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 6: Programme Design**

#### **范畴 6: 方案设计**

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。

## 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。

<p><b>Category 1:</b> <b>Health and Fitness Workshops</b> 类别一：健康与健身课程</p>	<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> <b>Certificate of Completion</b> — You have attended and completed the course. <b>完成证书</b>—您已出席并完成课程</p>
<p><b>Category 2:</b> <b>Primary Certification Courses</b> 类别二：初级认证课程</p>	<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><b>Personal Trainer Certification</b> — Certification is awarded upon meeting all exam components and grading criteria. <b>私人教练认证</b>—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><b>Category 3: Continuing Education Courses 类别 三：继续教 育课程</b></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><b>Certificate of Completion</b> — You have attended and completed the course. <b>完成证书</b>—您已出席并完成课程。</p> <p><b>Disclaimer</b> — 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. <b>免责声明</b>—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><b>Category 4: Specialization Courses 类别 四：专项进 修课程</b></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"> <li>• Completed at least one of the following 完成以下任一项： <b>FEA Certified Fitness Practitioner – Module 3 OR NCCA accredited Personal Trainer Certification OR EuropeActive accredited Personal Trainer Certification OR Any equivalent qualification</b> 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</li> <li>• 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。</li> <li>• Pass all exam components and meet the grading criteria. 通过所有考试环节并达到评分标准。</li> </ul>

	<p><u>What Each Certificate Means 各类证书含义:</u></p> <p><b>Certificate of Completion</b> — You have attended and completed the course. <b>完成证书</b>—您已出席并完成课程。</p> <p><b>Specialist Certification</b> — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria. <b>专项认证</b>—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><b>Disclaimer</b> — 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. <b>免责声明</b>—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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