

EXERCISE NUTRITION COACH: STRATEGIES & COACHING

运动营养教练：科学与应用

FEA Certified Exercise Nutrition Specialist – Level 2

FEA 认证运动营养专家 – 第 2 级

Course Overview 课程概述

Building on the nutrition foundations introduced in personal trainer certifications, the **Certified Exercise Nutrition Specialist (CENS)** empowers fitness professionals to apply evidence-based nutrition strategies with real clients. The two-level program starts with **Level 1: Exercise Nutrition Coach (Science & Application)**, teaching practical methods to help clients make healthier, culturally-appropriate, and sustainable food choices while considering convenience and meal prep. **Level 2: Exercise Nutrition Coach (Goal-Specific Strategies & Coaching)** takes it further, equipping trainers to design personalized, goal-focused nutrition plans for muscle gain, fat loss, strength, endurance, and team sports, while refining coaching skills to navigate client needs and barriers.

在私人教练认证中所学习的营养基础之上，**认证运动营养专家（CENS）**赋予体适能专业人士将循证的营养策略应用于实际客户的能力。该两级课程体系首先从**第一级：运动营养教练（科学与应用）**开始，重点教授实用方法，帮助客户在饮食选择上更健康、更符合文化背景、更具可持续性，同时兼顾便利性与餐食准备。**第二级：运动营养教练（目标导向策略与指导）**更进一步，培养教练为客户设计个性化、目标导向的营养计划，例如增肌、减脂、提升力量、耐力及团队运动表现。同时，强化教练的指导技巧，帮助其更好地应对客户需求与障碍。

Completion of Level 2 also grants access to a comprehensive online self-study course by industry expert Fabio Comana, allowing in-depth exploration of complex nutrition concepts at your own pace. After finishing the course and passing the exam, participants earn the **FEA Certified Exercise Nutrition Specialist** credential, officially recognising their expertise in evidence-based exercise nutrition coaching.

完成第二级课程后，学员还可获得由行业专家 Fabio Comana 主讲的全面线上自学课程的学习权限，自主深入探索更复杂的营养概念。顺利完成该课程并通过考试后，学员将获得**FEA 认证运动营养专家**资质，正式认可其在循证运动营养指导方面的专业能力。

Course Nature (Category 4) 课程性质（类别 4）

This is an advanced continuing education course intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. This course consists of only online self-learning components.

这是一门高阶继续教育课程，适合已完成相关领域前期培训的私人教练或具备资质的体适能从业者。本课程完全由线上自学模块组成。

Course Objectives 课程目标

- Apply Goal-Specific Nutrition Strategies – Deliver evidence-based nutrition approaches tailored to diverse client goals, including muscle gain, fat loss, strength and power development, endurance, and team sports performance.
应用目标导向的营养策略 — 提供循证的营养方法，针对不同客户目标量身定制，包括增肌、减脂、提升力量与爆发力、增强耐力以及团队运动表现。
- Strengthen Coaching Competency – Use advanced coaching skills to uncover client needs, even when goals are unclear or not fully expressed, and guide them effectively toward achievable outcomes.
强化指导能力 — 运用进阶教练技巧，深入挖掘客户需求，即使他们的目标并不清晰或未完全表达，也能有效引导其朝着可实现的结果前进。
- Coach for Sustainable Results – Develop personalized nutrition coaching strategies that consider client preferences, lifestyles, and barriers to build adherence and deliver long-term, impactful results.
指导可持续成果 — 制定个性化的营养指导策略，综合考虑客户的偏好、生活方式与潜在障碍，帮助其建立长期遵循性，从而实现持久且有影响力的结果。

Class Plan (2-Day Course, 8:30am – 4:30pm) 课程编排（为期 2 天的课程，上午 8:30 - 下午 4:30）

Day 天	Duration 时长	Topic 主题	Format 格式
1	3.5 Hours 3.5 小时	<ul style="list-style-type: none">• Introduction 介绍• Nutrition strategies for muscle gain 增肌营养策略• Nutrition strategies for fat loss 减脂营养策略• Nutrition strategies for strength & power 肌力与爆发力营养策略	Theory 理论
	3.5 Hours 3.5 小时	<ul style="list-style-type: none">• Nutrition strategies for endurance sports 耐力运动营养策略• Nutrition strategies for team sports 团队运动营养策略	Theory 理论
2	3.5 Hours 3.5 小时	<ul style="list-style-type: none">• Introduction to Nutrition Coaching 营养指导介绍• Building Rapport 建立融洽关系• Investigation 调查	Theory 理论
	3.5 Hours 3.5 小时	<ul style="list-style-type: none">• Planning 计划• Action 行动• Case Study 案例研究• Business in Nutrition Coaching 营养指导的业务	Theory 理论

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。

Topics Covered 涵盖的主题

Chapter 章节	Topics Covered 涵盖的主题	Format 格式
	Principles of Nutritional Science 营养科学原理	
1	Evidence-based Science and Practice 循证科学与实践	Theory 理论
2	Carbohydrates 碳水化合物	
3	Proteins 蛋白质	
4	Fats 脂肪	
5	Micronutrients, Functional Foods, and Alcohol 微量营养素、功能性食品与酒精	
6	Hydration and Fluid Balance 水合与体液平衡	
7	Digestion and Absorption 消化与吸收	
8	Energy Balance and Metabolism 能量平衡与代谢	
9	Bioenergetics 生物能量学	
10	Where to Next? 下一步是什么?	
	Nutritional Coaching 营养指导	
1	Scope of Practice and Certification 执业范围与认证	Theory 理论
2	Coaching Concepts and Responsibilities 教练理念与责任	
3	Rapport and Communication 融洽关系与沟通	
4	Behavioral Change Theories 行为改变理论	
5	Gathering Behavioral Information 收集行为信息	
6	Goal setting and Planning Behavioral Change 目标设定与行为改变计划	
7	Nutritional Assessments - More Qualitative Self-awareness Strategies 营养评估 — 定性自我觉察策略	
8	Nutritional Assessments - More Quantitative Self-awareness Strategies 营养评估 — 定量自我觉察策略	
9	Food Labels and Claims 食品标签与宣称	
10	Environmental Influences 环境影响因素	
11	Navigating the World of Diets 探索饮食世界	
12	Responses to Stress 对压力的反应	
13	Making Sense of it All (Real World Applications) 综合应用（现实情境中的实践）	

Learning Materials 学习材料

Recorded Videos in Google Classroom, digital handouts, digital course manual and/or digital presentation slides.

Google Classroom 录制视频、电子讲义、电子课程手册和/或电子展示幻灯片。

Pre-requisite 先决条件

This course is designed for individuals who wish to learn about nutrition to help clients make better food choices to achieve their health & fitness goals. Basic coaching certification is recommended, and completion of the Level 1: Exercise Nutrition Coach: Science & Application course is required. Refer to the course categories table for more information.

本课程专为希望学习营养知识的个人而设，旨在帮助他们指导客户做出更健康的饮食选择，从而实现健康与健身目标。建议具备基础教练认证，并且需完成第一级课程：运动营养教练—科学与应用。更多信息请参阅课程类别表。

Awards 证书

- The Certificate of Completion is awarded upon full attendance and completion of the course.

完成全程出席并顺利完成课程后，将颁发结业证书。

- The Specialist Certification is awarded upon meeting all pre-requisites, exam components and grading criteria. Refer to the course categories table for more information.

专家认证 — 在满足所有先决条件、完成考试内容并达到评分标准后授予。更多信息请参阅课程类别表。

Disclaimer: 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. Thus, 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：结业证书仅证明学员已顺利完成规定的培训或学习内容，并不代表该学员已依据行业标准在此特定领域接受过正式评估或获得专业认证。因此，您并未因本课程而获得在该主题领域执业的资格，本课程仅为继续教育性质。您必须继续在认证私人教练的既定执业范围内开展工作。

Grading Criteria / Exam Fee 评分标准/考试费

The final exam consists of 100 multiple-choice questions and must be completed within 2 hours. A minimum passing score of 70% is required. Participants are given 2 attempts, all of which must be completed within one year from the date of getting access to google classroom.

期末考试由 100 道选择题组成，须在 2 小时内完成。最低及格分数为 70%。学员共有 2 次考试机会，且所有考试必须在获得 Google Classroom 访问权限之日起一年内完成。

Domain 范围	Topics 主题	Format 格式
1	Scope of Practice and Evidence-based Science 执业范围与循证科学	5%
2	Principles of Nutritional Science 营养科学原理	30%
3	Nutrition and Human Physiology 营养与人体生理学	15%
4	Coaching, Communication and Behavioral Change 指导、沟通与行为改变	20%
5	Nutrition Assessments and Self-Awareness Strategies 营养评估与自我觉察策略	15%
6	Real World Applications 现实情境应用	15%
	TOTAL 中分	100%

Online Proctored Exam Requirements 线上监考考试要求

Exam Date & Time 考试日期与时间	To schedule for your exam, kindly email helpmelearn@fea.group . The FEA-CENS certification exam must be scheduled 14 days before the desired date. 如需安排考试，请发送邮件至 helpmelearn@fea.group 。FEA-CENS 认证考试必须在所选考试日期至少提前 14 天预约。
Exam Location 考试地点	Anywhere (exam candidate must meet the environment requirement) 任何地点（考生必须满足考试环境要求）
Device required 所需设备	<ul style="list-style-type: none"> Laptop with webcam 带摄像头的笔记本电脑 Smartphone with camera 带摄像头的智能手机
Set-up required prior to exam 考试前需完成的设置	Yes 是

Equipment 设备

- You will need a computer with a webcam and reliable internet connection access.
需要配备摄像头的电脑以及稳定的网络连接。
- Your computer must have a compatible operating system: Windows 10 onwards, macOS 10.11 onwards.
电脑操作系统需兼容：Windows 10 及以上， macOS 10.11 及以上。
- Please note: Tablets/iPads, dual/multi monitors and projectors are not allowed to be used as testing device.
注意：不允许使用平板/iPad、双屏/多屏显示器或投影仪作为考试设备。
- You will need to have your webcam on throughout the exam.
考试期间需始终开启电脑摄像头。
- You may need to use your mobile device as a secondary video camera during the exam.
可能需要在考试过程中将手机用作第二摄像头。
- You will need to switch your phone to "Do Not Disturb" mode.
需将手机设置为“请勿打扰”模式。

Environment and Attire 环境与着装要求

- Make sure you are in a bright and well-lit, quiet, and private room to minimize distractions and ensure clear visibility.
确保所在房间光线充足、安静且私密，以减少干扰并保证摄像头清晰可见。
- 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.
确保背景和桌面整洁有序；否则，监考系统可能检测到禁止物品，从而中断考试进程。
- Do not use any virtual backgrounds or overlays that may interfere with the proctor's observation.
不得使用任何虚拟背景或覆盖图层，以免影响监考观察。
- Pets, family members and other individuals are strictly prohibited in the room during the examination.
考试期间严禁宠物、家人或其他人员进入房间。
- Do not wear hats, caps, or anything that obscures your face or hinders facial recognition.
不得佩戴帽子、鸭舌帽或任何遮挡面部的物品，以免影响面部识别。
- Do dress appropriately and maintain a professional appearance.
请穿着得体，保持专业形象。
- No toilet breaks are allowed during the exam.
考试期间不允许上厕所。

Things to bring: 考试需携带物品：

- Please have your ID/passport ready for examination verification.
请准备好身份证/护照以便进行身份验证。

Not Allowed: 禁止携带或行为：

- iPods, MP3 players, headphones, cameras, smartphones, secondary screen, recording devices and watches (including smartwatches) are not allowed.
不允许使用 iPod、MP3 播放器、耳机、相机、智能手机、第二显示屏、录音设备及手表（包括智能手表）。
- No food is allowed during the examination and smoking, including vaping is not permitted at any time.
考试期间不得食用任何食物，也禁止吸烟或使用电子烟。
- Personal writing utensils, including paper, pencils and books are not allowed.
不允许携带个人书写工具，包括纸张、铅笔及书籍。
- Reading the questions out loud during exam is not permitted.
不允许在考试过程中大声朗读题目。

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 within 7 working days following the exam termination.

为确保考试顺利进行，考生必须在考试日前提前完成所有必要的电脑设置，以避免考试过程中出现任何潜在干扰。如果系统或监考人员检测到任何可疑行为，考试将立即终止，FEA 的决定为最终决定。在此情况下，考试终止的完整报告将在考试终止后 7 个工作日内，通过 helpmelearn@fea.group 邮件发送给考生。

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.

若考试被终止，学员将获得第二次考试机会，需支付常规考试费用。学员也可以选择接受此次被终止考试的成绩为“0”，并进行第一次补考。学员必须在收到终止报告后的 7 天内及时回复，告知其希望的补考方式。遵守上述指南并及时处理相关事项，可确保为所有考生提供公平且顺利的考试环境。

Grading Criteria / Exam Fee 评分标准/考试费

Completion of course participation and assignment(s)完成课程参与和作业

Course Provider 课程提供者

Fitness Edutraining Asia (FEA)

CEC Points 继续学习学分

TBC

Dress Code 着装要求

Casual Attire 休闲装

What Do I Need to Bring? 我需要带什么?

Stationery and a spare change of clothes 文具和一套备用衣服

Course Capacity 课程人数

6 - 24 pax 6 – 24 人

Language 语言

English & Mandarin (Bilingual). Local language in respective countries may be available.

英文与中文（双语）。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</p>

	<p>发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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