

HIIT INSTRUCTOR TRAINING 高强度间歇训练指导员课程

Experience True HIIT and Learn How to Modify for Different Clientele 体验真正的 HIIT，并学会如何为不同的客户进行调整

Course Overview 课程介绍

High Intensity Interval Training (HIIT) has created a craze among social media and social groups alike for its impressive effects on one's physical appearance and fitness performance. But are you performing TRUE HIIT to be able to enjoy its benefit? Is HIIT for everyone? Are you curious to know how to design a safe and effective HIIT workout that your clients will keep coming back for your programme? If yes, this course is for you! Join us and learn the science behind a successful and effective HIIT programme; from energy system, exercise selections, volume and intensity, to program variations and modifications.

高强度间歇训练（以下简称 HIIT）带来的效果令人印象深刻，尤其是在个人外观和体能表现上，在社交媒体和群组中引起了极大的回响。但您是否了解 HIIT 的各个指标（强度，训练量...），训练时是否达标，并享受其带来的好处呢？HIIT 真的适合所有人吗？您想知道如何设计一种安全有效的 HIIT 课程，让您的客户想继续参与您的训练计划吗？如果是的话，请赶紧报名，这是专为你设计的课。你将了解 HIIT 成功有效背后的科学知识；并学会如何从能量系统，动作选择，训练量和强度，方案的多样和调整。

Course Nature (Category 3) 课程性质（类别 3）

This is a continuing education course intended for certified personal trainers or qualified fitness practitioners. The purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.

这是继续教育课程，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。

Course Objectives 课程目标

- Understand the science behind HIIT and its role in weight loss.
了解 HIIT 背后的科学原理及其在减重中的作用。
- Apply 10 ready-to-use, science-based HIIT workout plans effectively.
有效运用 10 个现成的、基于科学的 HIIT 训练计划。
- Access and use exercise videos with regular updates to expand workout options.
获取并使用持续更新的运动视频，扩展训练选择。
- Select the right exercises and determine optimal work-to-rest ratios without relying on mobile apps.
在不依赖手机应用的情况下，选择合适的动作并确定最佳的工作-休息比例。

Class Plan (1-Day Course, 8:30am – 4:30pm)

课程编排（为期一天的课程，早上 8:30 – 下午 4:30）

Day 天	Duration 时长	Topics Covered 涵盖的主题	Format 格式
1	30 mins 分钟	Edutainer-Student introductions. Why is HIIT popular? Debunking Myth vs Research Science 讲师 - 学员自我介绍。为什么 HIIT 如此受欢迎？揭穿迷思 vs 科学研究	Discussion 讨论
	30 mins 分钟	Understanding SIT (Sprint Interval Training): Performance-based HIIT 理解冲刺间歇训练 (SIT)：以表现为导向的 HIIT)	Practical 实践
	60 mins 分钟	Experience a Bodyweight HIIT MasterClass 体验一场自身体重 HIIT 大师课	Practical 实践
	90 mins 分钟	HIIT variations, science behind HIIT and workout design considerations for general population clients HIIT 的多种变式、其背后的科学原理，以及为大众客户设计训练计划时的考量因素	Theory 理论
	90 mins 分钟	Peer-based Group Practice of the different exercises, and exploring exercise regressions/alternatives for different fitness levels 基于同伴的小组练习不同的动作，并探索适用于不同体能水平的动作回归与替代方案	Theory & Practical 理论 & 实践
	30 mins 分钟	Pick a format and lead a short HIIT bout within your teams. 选择一种形式，并在你们的小组中带领一段短时间的 HIIT 训练。	Practical 实践
	60 mins 分钟	Assignment: Design your group's own HIIT workout based on format choices. 作业：根据所选的训练形式，设计你们小组专属的 HIIT 训练计划。	Theory 理论
	30 mins 分钟	Recap and reflect on key learning points 回顾并反思关键学习要点	Discussion 讨论

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。

Learning Materials 学习材料

Digital course slide handouts 电子课程幻灯片讲义

Pre-requisite 参考条件

This course is designed for fitness professionals who wish to learn the science behind designing an effective HIIT workout and variations. Basic fitness instructing/personal training certification is recommended. 针对想学习 HIIT 背后原理的体适能训练专家而设，并有能力设计多样 HIIT 课程。建议事先获取基本体适能指导/私人教练证书。

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。

Grading Criteria / Exam Fee 评分标准/考试费

N/A 无

Course Provider 课程提供者

Fitness Edutaining Asia (FEA)

CEC Points 继续学习学分

ACE 0.6 CECs and NASM 0.6 CEUs

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

Course Capacity 课程人数

6 - 20 pax 6 – 20 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</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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