

# MUAYTHAI KICKBOXING FOR PERSONAL TRAINERS

## 泰踢拳培训课程

Fight Fat Away, Build Power and Endurance with Muay Thai 学习泰拳，甩掉脂肪，建立爆发力与耐力

### Course Overview 课程介绍

Whether your clients want to transform their physique, reduce body fat, boost energy, improve fitness, or simply enjoy a sweat-filled workout, Muay Thai Kickboxing (MTKB) delivers it all. This dynamic and engaging training style not only burns calories but also develops anaerobic fitness, sharpens coordination, and enhances reaction time — often without clients even realising how hard they're working. This workshop is designed specifically for personal trainers who want to incorporate MTKB into their training sessions. You don't need to be a fighter — we'll guide you step by step so you can confidently lead your first session. 无论您的客户是想改变体型、减少体脂、提升能量、改善体能，还是单纯享受一次大汗淋漓的锻炼，泰拳踢拳 (MTKB) 都能满足需求。这种充满动感和趣味的训练方式不仅能燃烧卡路里，还能提升无氧体能、强化协调性、加快反应速度 – 往往让客户在不知不觉中突破极限。我们的工作坊专为希望将 MTKB 融入训练课程的私人教练而设计。您无需是拳手 – 我们会一步步带领您，让您能够自信地主持您的第一堂课。

### 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

- Master pad-holding techniques with an emphasis on safety and efficiency. 掌握持靶技术，注重安全性与高效性。
- Apply effective coaching cues, both verbal and non-verbal, to enhance client performance. 运用有效的口头与非口头教学提示，提升学员表现。
- Design tailored kickboxing programs for clients of varying experience levels and fitness goals. 为不同经验水平与健身目标的客户设计量身定制的踢拳训练课程。
- Create and deliver kickboxing-based HIIT workouts that challenge and motivate clients. 设计并实施基于踢拳的高强度间歇训练（HIIT）课程，以激励并挑战学员。

### Class Plan (2-Day Course, 8:30am – 5:30pm)

课程编排（为期 2 天课程，早上 8:30 – 下午 5:30）

| Day<br>天 | Duration<br>时长   | Topics Covered<br>涵盖的主题                      | Format<br>格式 |
|----------|------------------|----------------------------------------------|--------------|
| 1        | 30 Mins<br>30 分钟 | Introduction to MTKB Coaching<br>MTKB 课程介绍指导 | Theory<br>理论 |

|   |                  |                                                                                                                                       |                  |
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|   | 90 Mins<br>90 分钟 | Footwork, Upper Body Shadow Techniques & Coaching Cues<br>步法、上肢空击技术与教学提示                                                              | Practical<br>实践  |
|   | 30 Mins<br>30 分钟 | Focus Pad Introduction<br>拳靶介绍                                                                                                        | Theory<br>理论     |
|   | 90 Mins<br>90 分钟 | Upper Body Technique with Focus Pad<br>上肢拳靶技术训练                                                                                       | Practical<br>实践  |
|   | 60 Mins<br>60 分钟 | Hand Wrap Techniques<br>缠手带技术                                                                                                         | Practical<br>实践  |
|   | 60 Mins<br>60 分钟 | Thai Pads Introduction<br>泰拳靶介绍                                                                                                       | Theory<br>理论     |
|   | 60 Mins<br>60 分钟 | Lower Body Techniques & Coaching Cues<br>下肢技术与教学提示                                                                                    | Practical<br>实践  |
|   | 90 Mins<br>90 分钟 | Lower Body Techniques with Thai Pads / Kick Bags<br>下肢技术泰拳踢靶 / 踢击靶                                                                    | Practical<br>实践  |
|   | 60 Mins<br>60 分钟 | Day 1 Recap<br>第一天回顾                                                                                                                  | Practical<br>实践  |
| 2 | 30 Mins<br>30 分钟 | Introduction to MTKB Programming<br>MTKB 课程介绍设计                                                                                       | Theory<br>理论     |
|   | 30 Mins<br>30 分钟 | The 6 Protocol / Intensity – Structure of MTKB Programme<br>六大训练模式 / 强度 – MTKB 课程结构                                                   | Theory<br>理论     |
|   | 60 Mins<br>60 分钟 | Creating Effective Combos for Your Sessions / Practical Combo – 4,6,8,10 Movements and Progressions<br>设计高效组合– 实战组合训练（4、6、8、10 动作及进阶） | Practical<br>实践  |
|   | 60 Mins<br>60 分钟 | Pads (Thai Pads & Kick Bags) Practical Kicking + Punching + Elbow Strikes + Knee Strikes<br>实战靶练（泰拳靶 & 沙包）：踢击 + 拳击 + 肘击 + 膝击          | Practical<br>实践  |
|   | 60 Mins<br>60 分钟 | Fight Conditioning and Its Elements – MTKB HIIT Workout<br>格斗体能与要素 – MTKB HIIT 训练                                                     | Practical<br>实践  |
|   | 60 Mins<br>60 分钟 | Designing MTKB Workout Program for your clients – Time based vs repetition based<br>为客户设计 MTKB 训练课程 – 基于时间 vs 基于次数                    | Practical<br>实践  |
|   | 30 Mins<br>30 分钟 | Self-Revised / Discussion / Coaching Cues – Group Work<br>自主复习 / 小组讨论 / 教学提示                                                          | Practical<br>实践  |
|   | 60 Mins<br>60 分钟 | Theory Assessments – Create a MTKB Workout<br>理论考核 – 设计一堂 MTKB 训练课程                                                                   | Evaluation<br>考核 |
|   | 90 Mins<br>90 分钟 | Practical Assessments<br>实操考核                                                                                                         | Evaluation<br>考核 |

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 电子课程投影片讲义

## **Pre-requisite 参课条件**

This course is designed for fitness professionals who wish to incorporate MTKB into their personal training session. Basic fitness instructing/personal training certification is recommended. 本课程专为希望将泰拳踢拳融入私人训练课程的健身专业人士而设计。建议学员具备基础的健身指导或私人教练认证。

## **Awards 证书**

The Certificate of Completion is awarded upon full attendance and completion of the course and passing all evaluations based on the grading criteria. 结业证书将在学员全程出席并完成课程，以及通过所有基于评分标准的考核后颁发。

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成功完成相关培训或教育，并不表示该学员已依据行业标准在该特定领域接受过正式评估或取得专业认证。因此，您并未在此主题上获得正式认证以从事相关工作。该课程仅属于继续教育课程，您仍须在认证私人教练的既定执业范围内开展工作。

## **Grading Criteria / Exam Fee 通过标准 / 考试费用**

- Theory (Written) Exam: PT Session Workout Design – 20%  
理论（笔试）考试：私人训练课程设计 – 20%
- Practical evaluation 实践考核：
  - Shadow Boxing – 30%  
影子拳训练 – 30%
  - Pad Holding – 20%  
靶训练 – 20%
  - Personal Training Skills & Coaching Cues – 20%  
私人训练技能与教学提示 – 20%
  - Overall Course Understanding – 10%  
整体课程理解 – 10%

A minimum of 70% is required for passing and obtaining the certificate of completion.  
通过并获得结业证书的最低要求为 70%。

Retake Fee: RM 100 (USD 25) 补考费用：RM 100 (USD 25)

## **Course Provider 课程提供单位**

Fitness Edutraining Asia (FEA)

**CEC Points 继续教育学分**

Level 1 & 2: ACE 1.6 CECs and NASM 1.6 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。

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| <b>Category 1:<br/>Health and<br/>Fitness<br/>Workshops<br/>类别一：健<br/>康与健身课<br/>程</b> | <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><b>Certificate of Completion</b> — You have attended and completed the course.<br/><b>完成证书</b>—您已出席并完成课程</p> |
| <b>Category 2:<br/>Primary<br/>Certification<br/>Courses 类别<br/>二：初级认<br/>证课程</b>     | <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>                                                                                                                                                                                                     |

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|                                                                              | <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.</p> <p><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:</b><br/><b>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</p> |

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|                                                                                                  | <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><b>Certificate of Completion</b> — You have attended and completed the course.<br/> <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.<br/> <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:</b><br/> <b>Specialization</b><br/> <b>Courses 类别</b><br/> <b>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：<br/> <b>FEA Certified Fitness Practitioner – Module 3 OR</b><br/> <b>NCCA accredited Personal Trainer Certification OR</b><br/> <b>EuropeActive accredited Personal Trainer Certification OR</b><br/> <b>Any equivalent qualification</b><br/> <b>FEA 认证体适能从业者—单元 3，或</b><br/> <b>NCCA 认可的私人教练认证，或</b><br/> <b>EuropeActive 认可的私人教练认证，或</b><br/> <b>任何同等资质</b></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> |

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|  | <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.<br/> <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.<br/> <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.<br/> <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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