

# ESSENTIALS OF RESISTANCE TRAINING TECHNIQUES

## 阻力训练技巧核心内容

Foundation Programme of Certified Fitness Practitioner 认证体适能从业者基础课程

### Course Overview 课程概述

This entry-level course equips you with the essential knowledge, insights, and skills to perform resistance training safely and effectively. You will learn how to select and execute exercises for each major muscle group based on sound scientific principles. This is an essential course to take prior to the Certified Fitness Practitioner – Module 1. 本入门课程将为你提供必备的知识、见解和技能，帮助你安全且有效地进行阻力训练。你将学习如何根据科学原理，为每个主要肌群选择并正确执行动作。这是在参加认证体适能从业者 – 单元 1 之前必须修读的一门基础课程。

### Course Nature (Category 2) 课程性质（类别 2）

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，旨在评估考生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与指导所需的核心能力。

### Course Objectives 课程目标

- Understand the primary functions of major muscle groups and how to select appropriate exercises to target them effectively. 了解主要肌群的主要功能，并掌握如何选择合适的动作以有效锻炼这些肌群。
- Learn to perform resistance exercises safely and efficiently, in alignment with established industry standards and scientific principles. 学习如何按照既定的行业标准和科学原理，安全且高效地完成阻力训练动作。

### Class Plan (1-Day Course, 9:00am - 4:00pm)

课程编排（为期一天的课程，早上 9 点-下午 4 点）

Day 天	Duration 时长	Topics Covered 涵盖的主题	Format 格式
1	3 Hours 3 小时	Lower Body Exercises – Glutes, Quadriceps, Hamstrings, Calf 下肢训练动作—臀肌、股四头肌、腘绳肌、腓肠肌	Practical 实践课
	3 Hours 3 小时	Upper Body Exercises – Pectoralis Major, Latissimus Dorsi, Rhomboid & Trapezius, Deltoids, Biceps Brachii, Triceps Brachii, Abdominals, Erector Spinae 上肢训练动作—胸大肌、背阔肌、菱形肌&斜方肌、三角肌、肱二头肌、肱三头肌、腹肌、竖脊肌	Practical 实践课

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 slides handouts and course manual. 电子课程讲义及课程手册。

**Pre-requisite 参考条件**

Participants should have at least one year of resistance training experience, be able to exercise independently, and not require direct supervision. This workshop is educational in nature and conducted in a group format. It is not a substitute for the personalized guidance and programming provided through one-on-one personal training sessions. 学员应具备至少一年阻力训练经验，能够独立进行锻炼且无需直接监督。本课程具有教育性质，并以小组形式进行，并不能替代一对一私人训练课程所提供的个性化指导与训练计划。

**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 Edutraining Asia (FEA)

**CEC Points 继续学习学分**

N/A 无

**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 - 24 pax 6 – 24 人

**Language 语言**

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

## Course Categories 课程类别

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

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

<b>Category 1:</b> <b>Health and Fitness Workshops</b> 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><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>
<b>Category 2:</b> <b>Primary Certification Courses</b> 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><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> <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>

	<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.  <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:</b>  <b>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</b>  <b>NCCA accredited Personal Trainer Certification OR</b>  <b>EuropeActive accredited Personal Trainer Certification OR</b>  <b>Any equivalent qualification</b>  <b>FEA 认证体适能从业者—单元 3，或</b>  <b>NCCA 认可的私人教练认证，或</b>  <b>EuropeActive 认可的私人教练认证，或</b>  <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>

	<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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