

Managing Clients with Fat Loss Goal - Health Coaching Level 1

减脂管理专家 – 健康教练第一级

Enjoy Higher Success Rates of Client Weight Loss Programme through Effective Coaching System

学习高效辅导系统，帮助客户高机率达成减脂目标

Course Overview 课程介绍

Majority of clients hire personal trainers with the goal of improving their body composition or to achieve a healthy bodyweight. It is important to understand that training these clients requires more than just exercise and providing them reliable nutrition information.

大部分客户聘请私人教练的目的是改善身体成分或是达到一个健康的体重。为了帮助这些客户达到目标，身为教练的你应理解，比起运动以及提供可靠的营养资讯，他们需要的更多。

Upon deep understanding of what could have caused the weight gain and providing their clients with possible strategies, Fat Loss Coaches empower clients to decide which strategy to undertake whilst encouraging open communication throughout. As such, both clients and coaches will continuously learn what works and what does not.

通过深入理解体重增加的原因，并提供他们一些可行策略，减脂教练让客户自行选择策略，并鼓励客户在整个合作期间开放沟通。因此，客户与较量双方才能够清楚了解，哪些策略可行，那些行不通。

Course Highlights 课程亮点

- Learn How to Use the 10 Steps Coaching Method to Manage Clients
学习如何通过是个辅导步骤来管理客户
- Be exposed to all possible factors which may have led your clients to weight gain
能够找出所有导致客户增重的可能因素
- Physiology of fat storage and fat loss
脂肪储存与减脂的生理学
- Systematic Client Progression Plan (from beginner to advance) for Both Exercise and Nutritional Strategies
从运动与营养策略着手，系统性地设计初阶至高阶的个人化方案
- Learn how to develop and lead exercise programming for fat loss
学习如何设计与带领减脂运动方案

Why Should You Consider This Course? 您为什么需要参与这项课程？

Become a successful fat loss coach by being able to provide and develop better exercise, nutrition and stress management strategies by understanding the unique challenges each of your overweight and obese clients face or any client who has a weight loss goal

身为一位成功的减脂教练，在管理过重与肥胖或有减脂目标客户的客户时，需要理解他们会面临的种种挑战，以能够提供与制定更适合的运动，营养，与压力管理策略。

What Are the Topics Covered? 课程内容包含了哪些主题？

- Why you should coach and not just “train” clients who are overweight and obese
为什么除了训练过重与肥胖客户之外，您还需要辅导他们！
- Understanding obesity and its consequences
了解肥胖以及其后果
- Physiology of fat loss, and how hormones and enzymes affect fat gain and fat loss
减脂生理学，以及荷尔蒙与酶是如何导致脂肪的增加与减少
- Coaching strategies
辅导策略
- Exercise strategies
运动策略
- Nutrition strategies
营养策略
- Stress management strategies
压力管理策略
- Programming in practice
设计方案实作

Who Will This Benefit? 这项课程适合谁？

- Fitness Professionals
体适能训练专家
- Strength and Conditioning Professionals
肌力与体能训练专家

Pre-requisite 参课条件

This course is designed for fitness professionals to learn health coaching thus being able to help clients achieve fat loss goals via lifestyle modifications. Basic fitness instructing/personal training certification recommended.

许多体适能训练专家想通过学习健康辅导，调整生活习惯，帮助客户达到减脂目标。而此课程专为他们设计。建议事先获取基本体适能指导/私人教练证书。

Course Provider 课程提供单位

Fitness Edutraining Asia (FEA)

CEC Points 继续教育学分

ACE CECs 1.8, NASM CEUs 1.8

Course Duration 课程时长

18 hours (3 days)

18 小时 (3 天)

Learning Materials 学习材料

Fitness Edutraining Asia (FEA)

Handouts, course manual and/or presentation slides
讲义，课程教材和/或 PPT

Awards 证书

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion
全程参与并完成工作坊/课程后，方能获取结业证书

Grading Criteria 通过标准

Completion of course participation and assignment(s)
全程参与课程和完成作业

Recertification 重新认证

N/A

Exam Fee 考试费用

N/A

Dress Code 着装规范

Casual
休闲

What Do I Need To Bring? 我要带什么？

Stationery
文具

Course Capacity 课程人数

A minimum of 12 pax and a maximum of 20 pax
至少 12 人，最多 20 人

Language 语言

English
英文

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