PERSONAL TRAINING SPECIALIST CERTIFICATION 體適能精英(私人訓練)證書

Course Code 課程編號 : FS-0120(5) v.4

DATE 日期	COURSE TOPIC 課程科目	Lecturer 導師
	Term 1 第 1 學期	
DAY 0	**Applied Exercise Physiology for Personal Training Specialist** **體適能精英教練專用運動生理學** • *Evidence Based Training Adaptations and Effects of Various Contemporary Strength Training Methods 各種力量訓練的適應性和效應之嶄新科研, 例如:* ○ *Impacts and Effects of Clustered Sets and Intra-set Rest Configurations 群聚組及組內休息設定對訓練影響* ○ *Evaluation and Understanding of Eccentric Training 離心訓練的成效探討* ○ *Post-Activation Potentiation and the Complex and Contrast Training 激活後增強效應及複合與對比訓練之深入淺出* ○ *Muscle Hypertrophy related Science and Research Updates 肌肉肥大相關最新研究* • *Literature Review for Updated Current Views on Fat Oxidation 脂肪燃燒之最新相關科研* • *Aerobic Training for Long Distance and Ball Games 長距離及球類運動之有氧訓練介紹與探討* • *Introduction of Brain Fitness (Neurocognitive) 腦適能 (神經認知)於體適能應用上介紹* • *Introduction of Engram Repertoire and Motor Program 運動技能印跡曲目與運動程式的基礎概念* **Applied Biomechanics for Personal Training Specialist** **體適能精英教練專用生物力學** • *EMG Analysis for Strength and Muscle Training 阻力及肌肉訓練之肌電圖分析* • *Biomechanical Analyses for Comparing the Training Benefits and Risks of various strength training methods (including Squats, Press Exercises etc.) 力量訓練之生物力學和訓練成效與風險 (包括蹲舉, 推舉等)* • *Interpretation and Evaluation of Controversial Topics on Strength Training using Biomechanical Principles and Multi-facets Consideration 運用力學及多角度原理剖析訓練相關爭議話題*	
DAY 1 **27/02/2021** **(SAT)** **8 hours**	**Applied Functional Anatomy for Personal Training Specialist** **體適能精英專用功能解剖學** • *Muscles features applied in gym training 如何應用肌肉特性於健身訓練* • *Muscles features applied in post rehab training 如何應用肌肉特性於康復後訓練* • *Fascia Linkage vs training 筋膜的連貫性 vs 訓練* **Appreciation and Critical Analysis on Worldwide Fitness Training Models** **國際上的體適能訓練系統及模型鑑賞與評析** • *NASM OPT and Corrective Training Model* • *ACE IFT* • *Bompa Periodization Model* • *AASFP AFT Enhancement System*	