

## Computer Literacy and Information Technology for Fitness Professionals

### 專業體適能專用教練資訊科技及電腦應用能力

- Excel spreadsheet functions 試算表功能演練
- Athletic profile using z-score 用Z 分數建立運動員檔案
- Training load monitoring 訓練負荷監察
- ACWR calculation for training load monitoring 計算ACWR 作訓練量監察
- APPs applications for health, fitness and performance  
健康、體適能及運動表現相關手機應用程式

#### DAY 2 Versatile PT skills

##### 28/02/2021 多元化私人訓練技巧

#### (SUN) 1 Applied Functional Fitness 功能訓練實踐篇

8 hours

- Selection and application for different populations 在不同人群的應用及選取
  - Principles of modification: Progression or Regression 調節原則：進階或退階
  - Functional Fitness Program Design 功能訓練的方案設計
- #### 2 HIIT principles and practice 高強度間歇訓練之原理及實際應用
- HIIT Evidence Based Review 高強度間歇訓練之科研證據回顧
  - Applied Skills for Weight Control 體重控制專用技巧
  - Practical Tips for conducting HIIT 進行高強度間歇訓練之實際應用技巧

#### DAY 3 Communication, Professionalism and Development for Fitness Specialist

##### 06/03/2021 精英教練相關溝通與表達技巧，操守及個人發展

(SAT)

8 hours

- Sharing of Attitude Adjustment for personal growth 個人成長的心態調整分享
- Integrity for Personal Trainers 私人教練的誠信和操守
- Lifelong Learning and career planning 終身學習及教練職業規劃
- Sharing on Enneagram Application in Fitness Training and sales  
九型人格在健身訓練及銷售的應用及分享
- How to motivate your clients 如何激發你的客戶
- Practical strategies and Skill for classroom management 課堂管理的實際技巧
- Teaching and Presentation skills 教學及演講技巧

#### DAY 4 Sports Nutrition and Weight Management

##### 07/03/2021 運動營養及體重管理

(SUN)

8 hours

- The Effects and Risks of Contemporary Weight Management Strategies  
新興體重管理策略之成效與風險
- Updated Research on Using Supplements for Sports and Strength Performance  
補充劑於運動及力量表現上的近年相關科研
- Practical Eating Plans for Running Competitions and Team Sports  
跑步及隊際運動比賽之飲食計劃實務

#### Practical Application of communication & Classroom management 1

##### 溝通技巧及課堂管理實際應用 1

- Presentation 演講
- Improvisation skill 應變技巧
- Handling class situation 處理課堂上的狀況
- Sharing of questioning and answering skill 提問及回答的技巧分享

Quiz

小測