

**PERSONAL TRAINING SPECIALIST CERTIFICATION 體適能精英(私人訓練)證書**  
Course Code 課程編號 : FS-0120(5)

DATE 日期	COURSE TOPIC 課程科目	Lecturer 導師
<b>Term 2 第 2 學期</b>		
<b>DAY 1</b> <b>08/05/2021</b> <b>(SAT)</b> <b>8 hours</b>	<b>Versatile PT Skills</b> <b>多元化私人訓練技巧</b> <b>3 PT Training for Bodybuilding 健美訓練技巧</b> <ul style="list-style-type: none"> <li>• <i>Practical Tips of applying bodybuilding skills in Personal Training</i> 如何應用健美訓練技巧於私人訓練</li> <li>• <i>Bodybuilding Program Design</i> 健美訓練的方案設計</li> <li>• <i>Diet tips for bodybuilding</i> 健美訓練飲食竅門</li> </ul> <b>4 PT Training for Sports Performance 運動表現相關之私人訓練技巧</b> <ul style="list-style-type: none"> <li>• <i>RAMP Warm-up protocol for different sports</i> 熱身程序 RAMP 於各運動之應用</li> <li>• <i>Plyometrics Training and Testing</i> 增強式訓練及測試</li> <li>• <i>Agility: COD and Perceptual Decision Making</i> 敏捷: 改變方向及感知與決策</li> <li>• <i>Quickness and Reaction</i> 迅速及反應</li> <li>• <i>Acceleration</i> 加速</li> </ul>	
<b>DAY 2</b> <b>09/05/2021</b> <b>(SUN)</b> <b>8 hours</b>	<b>Versatile PT Skills</b> <b>多元化私人訓練技巧</b> <b>5 Corrective Training and Fitness Therapy 矯正訓練及體適能治療</b> <ul style="list-style-type: none"> <li>• <i>Personal training VS Physiotherapy</i> 私人訓練 VS 物理治療</li> <li>• <i>How to apply fitness training in pre and post rehab settings</i> 如何應用體適能訓練在損傷預防及康復後訓練</li> <li>• <i>Principles and practice of skills application for corrective exercises</i> 矯正訓練的原則及實際應用</li> </ul> <b>6 Pilates for Personal Trainers 普拉提訓練</b> <ul style="list-style-type: none"> <li>• <i>Scientific Basics of Pilates</i> 普拉提的科學基礎</li> <li>• <i>Application of Pilates for Healthy Individuals</i> 普拉提訓練應用: 健康人士相關</li> <li>• <i>Application of Pilates for Rehab cases - Rehab Pilates</i> 復康普拉提的原理及應用</li> </ul>	
<b>DAY 3</b> <b>15/05/2021</b> <b>(SAT)</b> <b>8 hours</b>	<b>Training Skills application and Business Development for Personal Trainers</b> <b>私人教練的實際技術應用及業務發展</b> <ul style="list-style-type: none"> <li>• <i>Building up trust and rapport with your clients</i> 如何與客戶建立信任與關係</li> <li>• <i>Skills-knowledge-trust-outcome-sales</i> 技術-知識-信任-結果-銷售</li> <li>• <i>Real case demonstration</i> 實際個案示範</li> <li>• <i>Enhancing Charisma in a personal training setting</i> 提昇個人魅力 (訓練環境)</li> <li>• <i>Case Studies Analysis and Comprehensive Review</i> 專題個案分析和綜合回顧</li> </ul>	