

ASIAN ACADEMY FOR SPORTS AND FITNESS PROFESSIONALS
亞洲運動及體適能專業學院
NUTRITION AND WEIGHT MANAGEMENT CERTIFICATION – Intake 87
營養及體重控制證書課程 – 第87屆

NUT-0221-87

DATE	COURSE TITLE	TIME	VENUE
07/06 (Mon)	Fundamental Concepts of Weight Management 1: Macronutrient of Common Cooked and Fresh Foods 基礎體重管理概念1之食物基本營養	19:00 - 22:00	A
11/06 (Fri)	Fundamental Concepts of Weight Management 2: Micronutrient of Common Foods: Focus on Vitamins 基礎體重管理概念2之維他命	19:00 - 22:00	A
18/06 (Fri)	Fundamental Concepts of Weight Management 2: Micronutrient of Common Foods: Focus on Minerals 基礎體重管理概念2之礦物質	19:00 - 22:00	A
21/06 (Mon)	Nutrition Assessment 營養評估	19:00 - 22:00	A
25/06 (Fri)	Food Portions and Calorie Counting 食物份量及熱量計算	19:00 - 22:00	A
28/06 (Mon)	Principles of Weight Management 1 : Factors Leading to Obesity + Practice 體重控制 1 之造成肥胖的因素 + 練習	19:00 - 22:00	A
02/07 (Fri)	Principles of Weight Management 2 : Energy Needs & Adult Nutrition + Practice 體重控制 2 之熱量的需要及成人營養 + 練習	19:00 - 22:00	A
05/07 (Mon)	Principles of Weight Management 3 : Diet Myths Analysis & Behavioral Change + Practice 體重控制 3 之坊間減肥法及飲食行為改善法 + 練習	19:00 - 22:00	A
09/07 (Fri)	Principles of Weight Management 3 : Food Labeling + Practice 體重控制 3 之食物標籤 + 練習	19:00 - 22:00	A
12/07 (Mon)	Recipe Development 設計餐單	19:00 - 22:00	A
19/07 (Mon)	PRACTICAL EXAMINATION 實習考試	19:00	A
26/07 (Mon)	THEORY EXAMINATION 理論考試	19:00 – 21:30	A

A - 香港鰗魚涌英皇道1065號東達中心16樓1603室
(MTR 港鐵: Exit A2, Taikoo Station 太古站 A2出口)