

課程: Online 體適能訓練課程: 家居健身

Course Title: Online Fitness Training Course: Home Workout

課程結構
Course Structure

單元 Modules	單元名稱 Modules name	網上學習 (分鐘) Online learning (mins)	自我導向學習 (分鐘) Self-directed learning (mins)
1	體適能教練的進化 Evolution of a Fitness Instructor	15	15
2	準備課堂及實質例子示範 Prepare your class and real case demonstration	55	55
3	課堂策劃 Planning Your Class	30	30
4	課堂建立 Class Set-Up	30	30
5	50 分鐘網上課堂 – 流程示範 50mins Online Class Execution – Class Rundown	310	310
6	如何應付有特別需要的客戶 Training Clients with Different Needs	30	30
7	法律 · 安全和責任 Legal, Safety and Liability	10	10
Online 體適能訓練課程: 家居健身 總學時: 16 小時 Complete Online Fitness Training Course: Home Workout total learning hours: 16 hours			