



Certified Fitness Nutrition Coach (CFNC) 健身營養教練證書課程



Introduction:

The Certified Fitness Nutrition Coach is designed to provide the modern fitness professional or fitness enthusiast with an in-depth knowledge of key nutrition and dietary concepts and to apply this knowledge in an effective, client-focused manner

Structure:

It is recommended that the full course be completed within 8 weeks. The course manual is divided into 10 chapters. This same structure is followed throughout all the learning materials as well to ensure consistency and simplicity of information. The course content follows a carefully planned order:

- Chapters 1-3 provide a comprehensive theoretical foundation to several essential nutritional topics.
- Chapters 4-7 teach the student how to apply

課程簡介：

認證健身營養教練旨在為現代健身專業人士或健身愛好者提供關鍵營養和飲食概念的深入知識，並以有效、以客戶為中心的方式應用這些知識。

課程結構：

建議在 8 週內完成全部課程。課程手冊分為 10 章。所有學習教材都遵循相同的結構，以確保信息的一致性和簡單性。課程內容遵循精心計劃的順序：

- 第 1-3 章為幾個基本營養主題提供了全面的理論基礎。
- 第 4-7 章教導學生如何將他們的營養知識應用於與健康和健身相關的 4 個最常見的飲食目標。



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- their nutritional knowledge to the 4 most common dietary objectives related to health and fitness.
- Chapters 8-9 discuss how to perform effective dietary analysis and how to coach clients successfully in the needed diet and behavior change.
 - Chapter 10 provides a useful reference to a range of legal ergogenic supplements.
- 第 8-9 章討論瞭如何進行有效的飲食分析，以及如何成功地指導客戶進行所需的飲食和行為改變。
 - 第 10 章為一系列合法的增補劑提供了有用的參考。

Assessments include:

- Attend 75% of the total course time
- Attain a pass mark of 70% on the final exam and applied case study.

Course fee: HKD 6,000

Course Duration: 30 hours

Enquiry: (852) 2345 6286

E-mail: info@iptfa.com

Website: www.iptfa.com

評估包括：

- 出席率達 75%或以上
- 終期考試及提交應用案例研究獲得 70%合格成績。

課程費用： HKD 8,800

課時： 30 小時

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