



"IPTFA in collaboration with ICFSS proudly presents"

## Metabolic Optimization and Health Management Specialist Certification 代謝優化與健康管理師認證課程



### Aim:

This course aims to systematically upgrade fitness coaches from mere "movement executors" into scientifically grounded "health management experts." It enables participants to master the science of metabolic health centered on muscle, and to immediately apply this knowledge in services for high-value clients such as corporate executives, older adults, and individuals in pre-chronic disease stages. Thus, coaches can build a differentiated personal brand in a competitive market, enhance the value of their sessions, and increase their income.

### Objective:

- Knowledge Integration: Understand the scientific principles of muscle as a metabolic and endocrine organ, and master integrated knowledge of hormones, metabolism, and nutrition.
- Health Assessment: Use professional assessment tools to identify clients' chronic

### 目的：

本課程旨在將健身教練從單一的「動作執行者」系統性升級為具備科學根基的「健康管理專家」，使學員掌握以肌肉為核心的代謝健康科學，並能即時應用於企業高管、銀髮族、慢性病前期人群等高價值客戶的服務中，從而在競爭激烈的市場中建立差異化個人品牌，提升課堂價值與收入來源。

### 課程目標：

- 知識整合：理解肌肉作為代謝與內分泌器官的科學原理，掌握荷爾蒙、代謝與營養的整合知識。
- 健康評估：運用專業評估工具，識別客戶慢性病風險並進行健康分層管理。





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- disease risks and implement health stratification management.
- Program Design: Independently design individualized training plans focused on metabolic optimization and muscle health.
- Nutritional Application: Provide clients with precise nutritional advice to enhance training effectiveness and recovery efficiency.
- Premium Service: Serve high-value client groups such as older adults, pre-chronic disease individuals, and corporate executives, building a differentiated competitive advantage.
- Business Conversion: Leverage 10+ practical tools and templates to increase session rates, retention rates, and referral rates.

#### Course Content:

- Client Health Assessment Questionnaire Template
- Muscle Health and Chronic Disease Risk Comparison Chart
- Body Composition Analysis and Interpretation Guide
- Energy System Application Comparison Chart
- Hormone Assessment and Stress Management Guide
- Metabolic Disease Risk Assessment Form
- Protein Intake Calculation Sheet
- Pre- and Post-Exercise Nutrition Recommendation Comparison Chart
- Client Progress Tracking System Template

#### Assessments include:

- Coursework/Project.
- Multiple Choice Examination.
- Portfolio of Evidence.
- Practical Demonstration/Assignment.

**Course fee:** HKD 4,800

**Course Duration:** 24 hours

**Enquiry:** (852) 2345 6286

**E-mail:** info@iptfa.com

**Website:** www.iptfa.com

- 方案設計：獨立設計以代謝優化與肌肉健康為核心的個別化訓練計劃。
- 營養應用：為客戶提供精準營養建議，提升訓練效果與恢復效率。
- 高端服務：服務銀髮族、慢性病前期、企業高管等高端客戶群，建立差異化競爭優勢。
- 商業轉化：借助 10+ 實用工具與模板，提升課堂單價、續約率與轉介率。

#### 課程大綱：

- 客戶健康評估問卷模板
- 肌肉健康與慢性病風險對照表
- 身體組成分析與解讀指引
- 能量系統應用對照表
- 荷爾蒙評估與壓力管理指引
- 代謝疾病風險評估表
- 蛋白質攝取計算表
- 運動前後營養建議對照表
- 客戶進度追蹤系統模板

#### 評核包括：

課程作業、理論考試與實習演示/作業

**課程費用：** HKD 4,800

**課時：** 24 小時

**查詢：** (852) 2345 6286

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