International Personal Trainers & Fitness Academy (IPTFA)

國際康體專才培訓學院

Sports Performance and Fitness Nutrition Certification

運動表現與健身營養證書課程



Course Description:

This course aims to provide participants with a broad and in-depth understanding of sports nutrition as an emerging science, and is combined with the Certificate in Sports Performance and Fitness Nutrition. Participants will learn how to combine nutritional supplements with appropriate foods and planned exercise and fitness activities to enhance exercise endurance, optimise body composition and improve sports performance; they will also acquire the professional knowledge to design individualised nutrition plans for clients with different fitness, health and sports goals, while exploring the judicious use of nutritional supplements during exercise

課程內容：

本課程旨在讓學員對運動營養此新興科學建立廣泛且深入的理解，並結合運動表現與健身營養證書課程。學員將學習如何將營養補充品與適當食物、有計劃的運動及健身活動結合，以提升運動耐力、優化身體組成及提高運動表現；並掌握為不同健身、健康及運動目標客戶設計個人化營養計劃的專業知識，同時探討在運動中明智使用營養補充品以提升表現。

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to enhance performance.

Objective:

Upon completion of the course, participants will be able to:

1. **Master basic and advanced concepts of sports nutrition** — including sports biochemistry, energy metabolism and nutritional status assessment — and analyse the impact of nutrition on training, exercise and endurance performance.
2. **Understand the relationship between carbohydrates, fats and proteins and sports performance**, and apply this to different exercise and fitness goals; understand strategies and applications relating to sports drinks, mid-exercise nutritional supplementation and bodybuilding nutrition.
3. **Design individualised nutrition plans** for clients with different fitness, health and sports goals, and integrate nutrition with planned exercise and fitness activities to enhance overall sports performance.
4. **Use nutritional supplements judiciously** to support sports performance, endurance and body composition optimisation.

課程目標：

完成課程後，學員將能：

1. **掌握運動營養學的基本及進階概念**——包括運動生化學、能量代謝及營養狀況評估，並分析營養對鍛煉、運動及耐力運動表現的影響。
2. **理解醣類、脂肪及蛋白質與運動表現的關係**，並應用於不同運動及健身目標；了解運動飲料、運動中營養補充及健美營養的策略與應用。
3. **為具有不同健身、健康及運動目標的客戶設計個人化營養計劃**，並結合營養與有計劃的運動及健身活動，以提升整體運動表現。
4. **明智使用營養補充品**，以支持運動表現、耐力及身體組成優化。

Target Participants:

- Fitness coaches, personal trainers, strength and conditioning coaches and exercise instructors
- Athletes, sports enthusiasts and fitness participants
- Health management, nutrition and recreation/sports-related practitioners
- Individuals who wish to gain deeper understanding of sports nutrition, sports supplements and individualised nutrition plan design

目標對象：

- 健身教練、私人教練、體能教練及運動指導人員
- 運動員、運動愛好者及健身人士
- 健康管理、營養及康體相關從業人員
- 希望深入了解運動營養、運動補充品及個性化營養計劃設計的人士

Course Content:

Nutritional Status Assessment

1. Purpose, common methods and interpretation of indicators in nutritional status assessment;
2. Basic analysis of dietary habits, dietary

課程大綱：

一、 營養狀況評估

1. 營養狀況評估的目的、常用方法及指標解讀；
2. 飲食習慣、膳食攝取與營養風險的基

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intake and nutritional risk;
3. Relationship of body composition, body weight and health status with nutritional assessment.

本分析；
3. 身體組成、體重及健康狀況與營養評估之關係。

II. Sports Biochemistry

1. Basic concepts of energy metabolism pathways and energy systems during exercise;
2. Major biochemical responses and metabolic adaptations induced by exercise;
3. Relationship of biochemical metabolism with sports performance, fatigue and recovery.

二、 運動生化學

1. 運動時能量代謝途徑及能量系統的基本概念；
2. 運動引起的主要生化反應與代謝適應；
3. 生化代謝與運動表現、疲勞及恢復之關係。

III. Exercise and Nutrition

1. Basic principles of combining exercise and nutrition and the concept of energy balance;
2. Nutritional strategies for different types of exercise and training phases;
3. How nutritional arrangements support sports performance, recovery and health.

三、 運動與營養

1. 運動與營養配合的基本原則及能量平衡概念；
2. 不同運動類型及訓練階段的營養配合策略；
3. 營養安排如何支持運動表現、恢復及健康。

IV. Sports Drinks

1. Functions, main ingredients and classification of sports drinks;
2. Timing, dosage and applicable situations for sports drink use;
3. Precautions, potential risks and common myths in choosing sports drinks.

四、 運動飲料

1. 運動飲料的功能、主要成分及分類；
2. 運動飲料的使用時機、劑量及適用情境；
3. 選用運動飲料的注意事項、潛在風險及常見迷思。

V. Carbohydrates and Exercise

1. Role of carbohydrates in exercise, storage forms and energy supply;
2. Carbohydrate supplementation strategies and dosage arrangements before, during and after exercise;
3. Relationship of carbohydrate intake with endurance performance, fatigue delay and recovery.

五、 醣類與運動

1. 醣類在運動中的角色、儲存形式及能量供應；
2. 運動前、中、後醣類補充策略與劑量安排；
3. 醣類攝取與耐力表現、疲勞延緩及恢復之關係。

VI. Fats and Exercise

1. Basic concepts of fat metabolism and its role in energy supply during exercise;
2. Relationship of fat intake levels and types of fats with sports performance;
3. Fat utilisation strategies, related precautions and common

六、 脂肪與運動

1. 脂肪代謝的基本概念及運動中的供能角色；
2. 脂肪攝取量、脂肪種類與運動表現之關係；
3. 脂肪運用策略及相關注意事項與常

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misconceptions.

VII. Proteins and Exercise

1. Protein requirements and intake timing for exercising individuals;
2. Proteins in relation to muscle synthesis, repair and body composition optimisation;
3. Relationship of protein supplementation strategies with exercise recovery and training adaptation.

VIII. Nutritional Supplementation During Exercise

1. Purposes, principles and common types of supplements for mid-exercise nutritional supplementation;
2. Ingredients, timing, dosage and suitable users of supplements;
3. Considerations for judicious supplement use, risk assessment and common myths.

IX. Bodybuilding Nutrition

1. Principles of nutritional arrangements for bodybuilding and configuration of energy and macronutrients;
2. Nutritional strategies for muscle gain, fat loss and body composition optimisation;
3. Supplementation strategies, recovery arrangements and precautions during bodybuilding cycles.

X. Nutrition for Training and Exercise

1. How nutrition affects training adaptation, training quality and sports performance;
2. Relationship of pre-, intra- and post-exercise nutritional arrangements with recovery;
3. Nutritional adjustments and practical application under different training goals.

XI. Endurance Sports Nutrition

1. Energy supply characteristics and nutritional requirements of endurance sports;
2. Supplementation strategies and fluid/electrolyte arrangements before, during and after endurance exercise;
3. Nutritional applications for enhancing

見誤解。

七、 蛋白質與運動

1. 運動人士的蛋白質需求及攝取時機；
2. 蛋白質與肌肉合成、修復及身體組成優化；
3. 蛋白質補充策略與運動恢復、訓練適應之關係。

八、 運動中營養補充

1. 運動中營養補充的目的、原則及常見補充品類型；
2. 補充品的成分、使用時機、劑量及適用對象；
3. 明智使用補充品的考量、風險評估及常見迷思。

九、 健美營養

1. 健美運動的營養安排原則及能量與宏量營養素配置；
2. 增肌、減脂及身體組成優化的營養策略；
3. 健美週期中的補充策略、恢復安排及注意事項。

十、 營養對於鍛煉與運動

1. 營養如何影響鍛煉適應、訓練質量及運動表現；
2. 運動前、中、後營養安排與恢復之關係；
3. 不同鍛煉目標下的營養調整及實務應用。

十一、 耐力運動營養

1. 耐力運動的能量供應特點及營養需求；
2. 耐力運動前、中、後的補充策略與水分電解質安排；
3. 耐力表現提升、疲勞管理及恢復的營養應用。

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endurance performance, managing fatigue and recovery.

International Certificate Recognition
Participants who meet the following two requirements may be awarded the "**Sports Performance and Fitness Nutrition Certificate**" by IPTFA:

- Course attendance of 75% or above;
- Pass both the theory examination and practical assessment with 70% or above.

國際證書認可
符合以下兩項要求的學員，可獲 IPTFA 頒發「**運動表現與健身營養證書**」:

- 課程出席率達 75%或以上
- 理論考試+實習考核均取得 70%或以上的合格成績

Course fee: HKD 4,800
Course Duration: 30 hours
Continuing Education Units：5 CEUs
Enquiry: (852) 2345 6286
WhatsApp: 9768 3881 (message only)
E-mail: info@iptfa.com
Website: www.iptfa.com

課程費用：HKD 4,800
課時： 30 小時
延續學份：5 學分
查詢： (852) 2345 6286
WhatsApp：9768 3881 (僅限訊息)
電郵： info@iptfa.com
網站： www.iptfa.com

Application Qualifications:

- Recommended age 18 or above;
- No specific professional background is required; a foundation in fitness, sports science, nutrition or health-related fields is an advantage.

入學資格：

- 建議年滿 18 歲；
- 無須具備特定專業背景；如具健身、運動科學、營養或健康相關基礎更佳

Instructor Qualifications: Taught by registered dietitians and IPTFA registered senior course instructors.

導師資歷：註冊營養師、IPTFA 註冊資深課程導師教授

Re-examination Fee: HK$300 for retaking the written exam, practical exam, or supplementary exam (those scoring below 60 must retake the course).

重考費用：筆試、實習試重考或補考費 HK$ 300 (60 分以下者需重新修讀課程)

Deadline: Three working days before course commencement (IPTFA reserves the right to cancel courses or change course times).

截止日期：開課前三個工作天(IPTFA 保留取消課程或更改課程時間之權利)

Venue: IPTFA Education Centre, Room C, 2/F, Wan Tai Building, 21–27 Mong Kok Stadium Path, Mong Kok, **International Personal Trainers & Fitness Academy.**

上課地點：IPTFA Education Centre
旺角運動場道 21-27 號運泰大廈 2 樓 C 室，**國際康體專才培訓學院。**

Payment Methods: Pay in person at the Academy in cash, mail a cheque (payable to: International Personal Trainers & Fitness Academy), or deposit into the Academy's

繳費方法：可親臨學院繳交現金、郵寄支票 (抬頭：國際康體專才培訓學院) 或

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account:

Shanghai Commercial Bank | Account Name: INTL PERSONAL TRAINERS & FIT A (HK) LTD
Account No.: 33782-05697-8
FPS: 164613515

Bank of China | Account Name: INTL P T & F A (HK) LTD T/A INTL Personal Trainer & Fitness Academy
Account No.: 012-698-0-000764-4
FPS: 164613515

Hang Seng Bank | Account Name: INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY (HONG KONG) LIMITED
Account No.: 369-488143-883
FPS: 107214223

Class Arrangements:

1. When the Observatory issues Typhoon Signal No. 1 or No. 3, or a Yellow or Red Rainstorm Warning, classes will be held as usual.
2. When the Observatory issues Typhoon Signal No. 8 or above, or a Black Rainstorm Warning, that day's classes will be cancelled. The Academy will separately notify students of the make-up class date, time, and venue.

Refund Policy: Except when the Academy cancels a course, tuition fees paid will not be refunded under any other circumstances.

存入學院戶口：
上海商業銀行 | 戶口名 INTL PERSONAL TRAINERS & FIT A (HK) LTD
銀行戶口：33782-05697-8
FPS 轉數快：164613515

中國銀行 | 戶口名 INTL P T & F A (HK) LTD T/A INTL Personal Trainer & Fitness Academy
銀行戶口：012-698-0-000764-4；
轉數快：164613515

恆生銀行 | 戶口名：INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY (HONG KONG) LIMITED
銀行戶口：:369-488143-883
轉數快：107214223

上課情況：

1. 當天文台發出一號或三號颱風訊號、黃色或紅色暴雨警報，將照常上課。
2. 當天文台發出八號或以上颱風訊號、或黑色暴雨警報，該日之課程將取消，學院將另行通知補課之日期、時間及地點。

退款政策：除了本學院取消課程外，其他情況概不退回已繳學費

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