

CORRECTIVE EXERCISE COACH CERTIFICATION

COURSE PROSPECTUS

COURSE DESCRIPTION

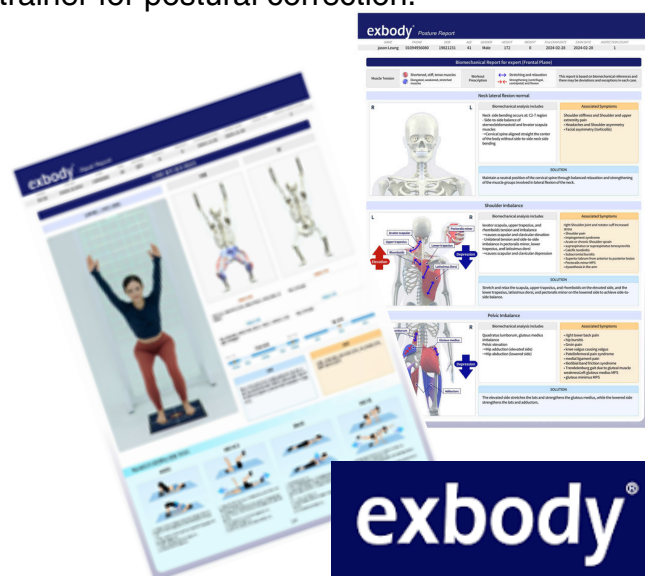
With the rapid development of AI technology, the demand for professionals in the fitness industry who can provide accurate data-driven posture assessments and effective solutions is steadily increasing. This course is designed to equip fitness professionals with the skills to integrate **exbody**—the latest in postural assessment technology—with proven corrective techniques. Participants will learn to assess and improve posture effectively, using a step-by-step approach that combines release and activation techniques.

What You'll Learn:

- ✓ **Comprehensive Postural Assessment:** Understand how to use ExBody technology to identify common postural issues in your clients.
- ✓ **Corrective Techniques:** Learn field-tested methods to address and correct postural problems, ensuring long-lasting improvements.
- ✓ **Program Development:** Gain expertise in designing training programs that not only correct posture but also align with your clients' fitness goals.
- ✓ **Practical Application:** Engage in hands-on practice to apply these techniques in real-world scenarios, making you the go-to trainer for postural correction.

GOAL OF THE COURSE

This workshop is highly practical, focused on elevating your skills to address postural issues with confidence. By the end of the course, you'll be able to seamlessly incorporate postural correction into your training sessions, setting yourself apart as an expert in this essential area.



CORRECTIVE EXERCISE COACH CERTIFICATION

COURSE PROSPECTUS

COURSE HIGHLIGHTS

Use **exbody** for Posture Assessment:

Master the **exbody** postural assessment technology to analyze your clients' posture and identify specific deviations and imbalances which impacting their health.

Step-by-Step Approach to Postural Problems:

Discover a structured methodology for addressing postural issues. This approach will guide you through initial assessments, identification of root causes, and the development of tailored intervention plans to effectively correct postural imbalances.

Practical Hands-On Solutions:

Engage in interactive sessions that focus on real-world applications. You'll receive practical techniques and exercises that can be immediately implemented in your work with clients, enhancing their posture and overall well-being.

COURSE OBJECTIVES

Accurate Posture Assessment with **exbody**:

Develop skills to perform detailed posture assessments, enabling personalized treatment plans.

Understand the **C.R.A.M.P. Model**:

Learn the **C.R.A.M.P.** model (**C**ue, **R**elease, **A**ctivate, **M**ove, **P**rogramming) for a holistic approach to postural correction.

Practical Solutions for Postural Issues:

Explore effective strategies to address a variety of postural problems tailored to client needs.

Key Exercises for Postural Conditions:

Identify exercises to include and avoid in programming, ensuring safe and effective workouts that support posture.

CORRECTION EXERCISE COACH CERTIFICATION

COURSE PROSPECTUS

WHO IS THIS FOR?

Professionals in:

- Fitness industry
- Movement instructors
- Strength & conditioning professionals
- Healthcare professionals

ENROLMENT CRITERIA

- Recognized Certificate in Personal Training with at least 2 years of experience working with clients is preferred
- Students from other related fields of work will be considered on a case by case basis.



COURSE INFO

LANGUAGE OF INSTRUCTION

- Available in English and Chinese

DURATION

- 18 hour In person
- 3 days
- 9am - 4pm

CAPACITY

- 20 Students
(One Instructor)

CECS GAINED

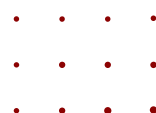
- Pending

TO REGISTER

- Enrollment is complete upon received payment
- For group registration, please contact us for preferential information

COURSE MATERIALS/ TOOLS

- Course manual in English or Chinese



CORRECTION EXERCISE COACH CERTIFICATION

COURSE PROSPECTUS

INSTRUCTORS / COURSE WRITERS



DAVE LIOW

- Instructor for Strength and Conditioning
- Exercise NZ Educator of the Year Awards Winner
- Founder of Holistic Movement Coach



STEVEN CHEW

- Corrective Exercise Master instructor
- Founder, Fitness Academy Asia

COURSE STRUCTURE

DAY 1

08:30-09:00	Arrival check in
09:00-10:00	Introduction to exbody Posture Reports
09:15-10.45	Introduction to posture
10:45-11:00	Break
11:00-12:00	The Corrective Exercise Coach Approach - C.R.A.M.P.
12:00-12:45	Client Expectations and Goals. Consistency and Home Exercises
12:45-13:30	Break
13:15-15:00	Postural conditions - Applying the C.R.A.M.P
15:00-15:15	Break
15:15-16:00	Hip Deviation

CORRECTIVE EXERCISE COACH CERTIFICATION

COURSE STRUCTURE (CONT...)



MATERIALS NEEDED

- Note pad and writing equipment for notes
- Sports Attire (shorts, t-shirts, sports bra)



ASSESSMENT

Not applicable



CERTIFICATIONS

Certification of Attendance
will be given after the course

CONTACT INFO

DAY 2

- 09:00-09:45 Review and Questions of Day 1
- 09:15-10:45 Overpronation and Knee Valgus
- 10:45-11:00 Break
- 11:00-12:00 Overpronation and Hip Valgus
- 12:00-12:45 Forward Neck Deviation
- 12:45-13:30 Break
- 13:15-15:00 Kyphosis and Rounded Shoulders
- 15:00-15:15 Break
- 15:15-16:00 Anterior / Posterio Pelvic tilt

DAY 3

- 09:00-09:45 Review and Questions of Day 1 & 2
- 09:15-10:45 Anterior Shift of Pelvis
- 10:45-11:00 Break
- 11:00-12:00 Anterior and Hyperextension of Knees
- 12:00-12:45 Structuring Your Programme
- 12:45-13:30 Break
- 13:15-15:00 Case Study Examples
- 15:00-15:15 Break
- 15:15-16:00 Final Review and Assessment

- Email: specialize@fitnessacademyasia.com
- Whatsapp: (+852) 5540-1516
- Website: www.fitnessacademyasia.com

Disclaimer: No refund unless class is canceled by the FAA. All bookings are final and refunds are not permitted. In the event you need to cancel or reschedule, please contact us on +852 5540-1516



矯正運動教練證書課程

課程簡介

課程描述

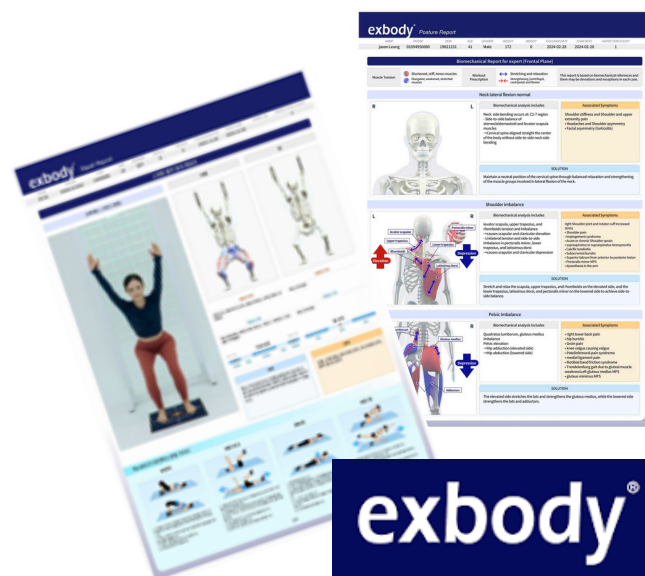
隨著人工智能科技的迅速發展，健身行業對能提供準確數據化姿勢評估和有效解決方案的專業人才需求日益增加。這門課程旨在幫助健身專業人士掌握 **exbody** 先進的姿勢評估 AI 技術，並結合經臨床證實的有效矯正運動方法。通過融合放鬆和啟動技巧，循序漸進地幫助客戶提升整體健康和運動表現。

你將學到什麼：

- ✓ **全面的姿勢評估：** 了解如何使用 **exbody** AI技術來識別客戶常見的姿勢問題
- ✓ **矯正技巧：** 學習經實地測試的方法來解決和糾正姿勢問題，確保長期的改善
- ✓ **訓練計劃制定：** 習得設計訓練計劃的專業知識，不僅可以矯正姿勢，還能配合客戶的健身目標
- ✓ **實際應用：** 參與實作練習，在真實場景中應用這些技巧，使你成為姿勢矯正的首選教練

課程目標

這個課程非常實用，能夠助你更有信心幫助客戶解決姿勢問題。課程結束時，你將學會如何利用準確數據為客人仔細評估作出分析，再無縫地配合有效矯正姿勢運動方案融入客戶訓練課程中，使自己在行業領域中脫穎而出。



矯正運動教練證書課程

課程簡介

課程亮點

學習如何使用 ExBody 準確評估客戶的姿勢:

掌握 **exbody** 姿勢評估技術，分析客戶的姿勢並識別影響其健康的具體偏差和肌肉不平衡

學習循序漸進法來處理姿勢問題:

序漸進來解決姿勢問題，由初步評估、識別根源問題、到為客戶問題定制矯正運動計劃，有系統地為客戶矯正姿勢狀況

學習可以立即用於客戶的實用解決方案:

課程專注於教授實用技巧，讓學生能掌握在現實工作中立即可應用於客戶姿勢和整體健康問題的知識和技巧

課程目標

學習如何使用 ExBody 準確評估客戶的姿勢:

學習進行詳細姿勢評估的技能，從而制定個性化的矯正運動計劃

理解用於矯正姿勢問題的 CRAMP 模型:

學習 C.R.A.M.P. 模型（提示**C**ue、釋放**R**elease、啟動**A**ctivate、運動**M**ove、編程**P**rogramming），以實現全面的姿勢矯正方法

學習改善各種姿勢問題的實用解決方案:

學習探索針對客戶需求的有效策略，以解決各種姿勢問題

學習針對姿勢問題應該加入和避免的關鍵訓練動作

識別應納入和避免的運動，確保安全有效的訓練，支持良好的姿勢

適合報讀人士

- 健身教練
- 動作指導專家
- 肌力與體能專家
- 醫護人士和相關行業工作者

報名條件

- 持有認可的私人教練證書，至少擁有兩年相關教練工作經驗
- 或在相關領域持有專業認證及工作經驗

CECS 持續 進修學分

- Pending

報讀程序

- 收到付款後報名手續完成
- 如需團體註冊，請聯繫我們以獲取優惠價格

課程材料

- 課程手冊: 英文或中文版



課程信息

教學語言

- 英文
- 廣東話/普通話

學習期限

- 18 小時實習工作坊
- 9am - 4pm

人數限制

- 20 名學生
(一位導師)

矯正運動教練證書課程

課程簡介



矯正運動教練證書課程

課程簡介

導師 / 作者



DAVE LIOW

- Instructor for Strength and Conditioning
- Exercise NZ Educator of the Year Awards Winner
- Founder of Holistic Movement Coach



STEVEN CHEW

- Myofascial Decompression Master 高級導師
- 擁有超過10年矯正運動臨床治療經驗
- 創辦人, Fitness Academy Asia

課程結構

DAY 1

- 08:30-09:00 到達登記
- 09:00-10:00 **exbody** 姿勢報告簡介
- 09:15-10:45 姿勢簡介
- 10:45-11:00 Break
- 11:00-12:00 矯正運動教練方法 - **C.R.A.M.P.**
- 12:00-12:45 客戶期望和目標 & 持續性和家居運動
- 12:45-13:30 Break
- 13:15-15:00 姿勢狀況 - 應用 **C.R.A.M.P.** 方法 - 頭部側向和肩膀偏差
- 15:00-15:15 Break
- 15:15-16:00 髖部偏差

CORRECTIVE EXERCISE COACH CERTIFICATION 矯正運動教練證書課程

課程結構

DAY 2

- 09:00-09:45 回顧和問答
- 09:15-10:45 過度旋前和膝內翻
- 10:45-11:00 Break
- 11:00-12:00 過度旋前和髖內翻
- 12:00-12:45 頸前傾
- 12:45-13:30 Break
- 13:15-15:00 脊柱後凸和圓肩
- 15:00-15:15 Break
- 15:15-16:00 骨盆前傾/後傾

DAY 3

- 09:00-09:45 回顧和問答
- 09:15-10:45 骨盆前移
- 10:45-11:00 Break
- 11:00-12:00 膝關節前移和過度伸展
- 12:00-12:45 構建你的訓練計劃
- 12:45-13:30 Break
- 13:15-15:00 案例研究示例
- 15:00-15:15 Break
- 15:15-16:00 最終回顧和評估



所需材料

- 筆記本和寫作工具
- 運動服裝 (如: 短褲、T恤、女性運動內衣等)
- FAA提供教材



評估

- 無需考試
- 在課程結束時，導師會回顧實踐技能，以確保學生的理解情況



證書

- 完成後獲得完成證書及學分

聯絡方法

- 電郵: specialize@fitnessacademyasia.com
- Whatsapp: (+852) 5540-1516
- 網站: www.fitnessacademyasia.com
- Instagram: [fitness.academy.asia](https://www.instagram.com/fitness.academy.asia)

免責聲明: 除非 FAA 取消課程, 否則不予退款。所有預訂均為最終, 不得退款。
如果你需要取消或重新安排, 請在以下聯繫我們 +852 5540-1516

