



現代體重管理證書課程一(理論課) (CWM1) Certificate of Weight Management (Theory)

本課程透過理論及實踐，將營養學、運動科學及行為修正學等概念融合成爲一套正確、有效及持久的現代體重管理專業計劃。課程內容包括身體狀況分析評估、心理輔導技巧及如何善用營養補充劑，以達致控制體重的目標。本課程不但可以提高學員對專業營養學的認識，而且可以培育出一班具有專業體重管理資格的導師，並提升亞洲新一代對現代體重管理的知識。藉此推廣和普及健康管理新觀念 — 以科學爲根基的減肥方法，讓學員對營養學和減肥產品有更正確的認識。本課程亦爲美容師、健體中心從業員和醫護人員提供進修途徑，加強專業知識。

課程編號: C W M 1 - 0 9 0 6

對象: 工作性質有關或對營養有興趣之人仕均可報讀

課程結構: 本課程合共 24 小時，另兩小時考試

授課語言: 粵語

上課日期: 06 年 9 月 11, 18, 25 日, 10 月 9, 16, 23 日, 11 月 6, 13 日 (逢星期一)

上課時間: 7-10 pm

考試日期: 11 月 20 日 (一)

考試時間: 7pm-9 pm

學費: HK\$4,500

認可機構:





Course Syllabus

Certificate of Weight Management - Theory

Through the studies of theories and practice, we incorporate nutrition, sports science, and behavior modification to become a healthy, effective and continual course. We aim at enhancing the knowledge and skills to our new Asian generations.

Course Outline

| <u>Lesson</u> | <u>Topics</u> | <u>Objectives</u> |
|---------------|--|---|
| 1 | Human anatomy and physiology; body composition; energy balance | Understand digestive system, fat verses muscle, law of thermodynamics |
| 2 | Food and Human nutrition; calorie count | Study 6 major nutrients including functions, sources, recommendation & deficiency and calories count |
| 3 | Food guide pyramid; FAD diet; Medication & weight loss | Able to use food guide pyramid, differentiate FAD diet; mediation & weight loss drugs in market |
| 4 | Body assessment, weight related disease | Assess body type, understand diet & diseases |
| 5 | Applied exercise science; aerobic & anaerobic exercise; home or office exercise | Set exercise for muscle gain, fat loss or maintenance. Apply exercise into daily activity |
| 6 | Food supplementation | Understand each supplement function and use |
| 7 | Counseling skills & practice; Behavior modification. | Able to establish a good rapport with clients, understand what clients are talking; understand eating behavior and establish changes. |
| 8 | Program setting including fat loss, muscle gain and weight maintenance; calorie exchange, code of ethics | Set weight management program in terms of diet & exercise |
| 9 | Final Examination | Written exam |

**Students are expected to have at least 80% of class attendance and complete the assignments on time and obtain a satisfactory grade on final exam in order to pass this course. The passing grade is 70%.