



ASIAN ACADEMY FOR SPORTS AND FITNESS PROFESSIONALS
亞洲運動及體適能專業學院
NUTRITION AND WEIGHT MANAGEMENT CERTIFICATION – Intake 91
營養及體重控制證書課程 – 第91屆

NUT-0621-91

| DATE | COURSE TITLE | TIME | VENUE |
|--------------------|---|----------------------|--------------|
| 19/10 (Tue) | Fundamental Concepts of Weight Management 1: Macronutrient of Common Cooked and Fresh Foods 基礎體重管理概念1之食物基本營養 | 10:00 - 13:00 | A |
| 22/10 (Fri) | Fundamental Concepts of Weight Management 2: Micronutrient of Common Foods: Focus on Vitamins 基礎體重管理概念2之維他命 | 10:00 - 13:00 | A |
| 26/10 (Tue) | Fundamental Concepts of Weight Management 2: Micronutrient of Common Foods: Focus on Minerals 基礎體重管理概念2之礦物質 | 10:00 - 13:00 | A |
| 29/10 (Fri) | Nutrition Assessment 營養評估 | 10:00 - 13:00 | A |
| 02/11 (Tue) | Food Portions and Calorie Counting 食物份量及熱量計算 | 10:00 - 13:00 | A |
| 05/11 (Fri) | Principles of Weight Management 1 : Factors Leading to Obesity + Practice 體重控制 1 之造成肥胖的因素 + 練習 | 10:00 - 13:00 | A |
| 09/11 (Tue) | Principles of Weight Management 2 : Energy Needs & Adult Nutrition + Practice 體重控制 2 之熱量的需要及成人營養 + 練習 | 10:00 - 13:00 | A |
| 12/11 (Fri) | Principles of Weight Management 3 : Diet Myths Analysis & Behavioral Change + Practice 體重控制 3 之坊間減肥法及飲食行為改善法 + 練習 | 10:00 - 13:00 | A |
| 16/11 (Tue) | Principles of Weight Management 3 : Food Labeling + Practice 體重控制 3 之食物標籤 + 練習 | 10:00 - 13:00 | A |
| 19/11 (Fri) | Recipe Development 設計餐單 | 10:00 - 13:00 | A |
| 26/11 (Fri) | PRACTICAL EXAMINATION 實習考試 | 10:00 | A |
| 03/11 (Fri) | THEORY EXAMINATION 理論考試 | 11:00 – 13:30 | A |