



# International Personal Trainers & Fitness Academy (IPTFA)

Branch: Singapore, Canada, China, Hong Kong, India, Iran, Kazakhstan, Malaysia, Maldives, Macau, Mongolia, Nepal, Sri Lanka, Pakistan, Taiwan  
Since 1959 From Singapore

## Diploma in Applied Nutrition and Health Management

### Course Structure

**Diploma in Applied Nutrition and Health Management** is a 1 year Part Time Diploma Program comprising of three components, i.e., assignments, examinations and final report required.

The course comprises a total of 120 hours theory and practice, and to be presented upon completion of practice teaching report.

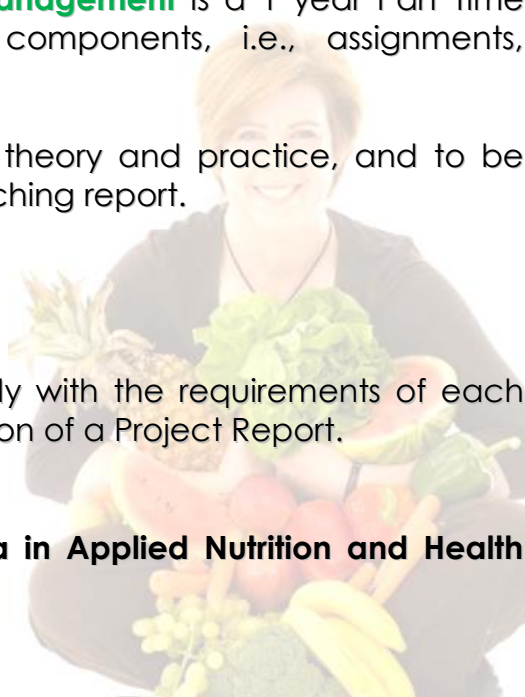
Students will be required to take 4 modules.

### Coursework Requirement

Students are required to successfully comply with the requirements of each subject prior to the preparation and submission of a Project Report.

Coursework Curriculum

The Coursework Curriculum for the **Diploma in Applied Nutrition and Health Management** is presented below.



### COURSE STRUCTURE

Code	Subjects / Modules
D 303	Applied Nutrition & Weight Management
D 304	Nutrition and Health Filament Body
D 301A	Human Anatomy and Functional of Muscle
D 305	Advanced Nutrition Consultant

### Requirement

Personal trainers, fitness instructors and those who are interested in the nutrition.

### Passing Criteria

- Attend 75% of the total course time.
- Attain a pass mark of 70% on the theoretical examination.
- Final report should be handed after passing the course.

**Course Fee:** HK\$13,900 / USD 1,782

**Venue:** ARES Sports and Management Education Centre  
Unit C, 2/F, Right Time Building, 21-27Playing Field Road,  
Mong Kok, Kowloon, HK

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<p><b>IPTFA Course Code:</b> D 303 Applied Nutrition &amp; Weight Management</p>	<p><b>Content :</b> Macronutrients, Energy Balance, Digestion and Metabolism, Food Pyramid &amp; Food Labels, Micronutrients, Sports Chemistry, Sports Nutrition, Supplements and Ergogenic Aids, Glycemic Index, Everyone is talking about losing weight, Weight Loss Supplements &amp; Drugs</p>
<p>Total : 30 hrs</p>	<p>Fee : HK\$ 3,500 / USD 449</p>
<p><b>IPTFA Course Code:</b> D 304 Nutrition and Health Filament Body</p>	<p><b>Content :</b> Common method of slimming and weight-loss, common weight loss methods, reasons of fat, weight control, Science of slimming, Slimming Technology, - Psychology of slimming, Healthy band exercise, - Preparation and Practice of slimming exercise</p>
<p>Total : 21 hrs</p>	<p>Fee : HK\$ 3,000 / USD 385</p>
<p><b>IPTFA Course Code:</b> D 301A Human Anatomy and Functional of Muscle</p>	<p><b>Content :</b></p> <ul style="list-style-type: none"> <li>➤ Human Anatomy</li> <li>➤ Exercise Physiology</li> <li>➤ Health &amp; Fitness Assessment</li> <li>➤ Resistance Training and Exercises</li> <li>➤ Nutrition and Fitness</li> </ul>
<p>Total : 30 hrs</p>	<p>Fee : HK\$ 3,500 / USD 449</p>
<p><b>IPTFA Course code:</b> D 305 Advanced Nutrition Consultant</p>	<p><b>Content :</b> Contents included the following persons with special needs: Obesity, Hypertension, Diabetes, Osteoporosis, Blood Fats Disorder, Youth, Adult – Women, Adult – Men, Elderly, Special People Need on Exercise Prescription, Case Studies</p>
<p>Total : 39 hrs</p>	<p>Fee : HK\$ 3,900 / USD 500</p>

**Certificate of Quality:** Graduates who have fulfilled the following criteria will be issued the **Diploma in Applied Nutrition and Health Management**, INTERNATIONAL CERTIFICATE IN Applied Nutrition & Weight Management, INTERNATIONAL CERTIFICATE IN Nutrition & Health Filament Body Instructor

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and INTERNATIONAL CERTIFICATE IN Advanced Nutrition Consultant by International Personal Trainers & Fitness Academy.

# Diploma in Applied Nutrition and Health Management

<b>Enrollment Criteria</b>	Age 17 or above
<b>Lecturer Profile</b>	IPTFA Lecturer, Experienced Personal Trainer
<b>Language</b>	English
<b>Course Duration</b>	Total: 120 hours
<b>Course Fees</b>	HK\$13,900 / USD 1,782 3 weeks early bird \$ 200 discount
<b>Fees for Re-exam</b>	Theoretical & Practical re-exam HK\$ 300 Below 60 minute must restudy the course
<b>Deadline</b>	3 working days prior to the course commencement date (IPTFA reserves the right to cancel or reschedule the course)
<b>Venue</b>	International Personal Trainers & Fitness Academy (IPTFA)
<b>Application</b>	Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to <b>[INTERNATIONAL PERSONAL TRAINERS &amp; FITNESS ACADEMY]</b> to INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY, Unit C, 2/F, Right Time Building, 21-27Playing Field Road, MongKok, Kowloon, HK
<b>Registration &amp; Enquiry</b>	Tel: 2345 6286 Fax: 2345 1236 E-mail: <a href="mailto:info@iptfa.com">info@iptfa.com</a> Website: <a href="http://www.iptfa.com">www.iptfa.com</a>
<b>Notice</b>	(1) When The Hong Kong Observatory announces a YELLOW or RED rainstorm warning, or typhoon signal No.1 or 3 is hoisted, the classes will continue as usual. (2) When The Hong Kong Observatory announces a BLACK rainstorm warning, or typhoon signal No.8 is hoisted, the classes on the same day will be cancelled. Our academy will announce another date, time and venue for the makeup class.
<b>Continuing Education Unit</b>	18 CEUs
<b>Refund Policy</b>	There will be no refund unless the course is cancelled by the IPTFA

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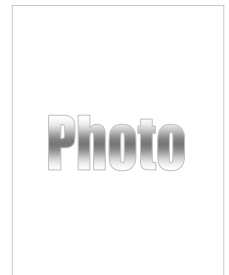


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## ENROLLMENT FORM

Course Code	Course Name : <b>Diploma in Applied Nutrition and Health Management</b>
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## Personal Information

Name:	English	Chinese
Date of Birth:	mm/dd/yy	Identify ID./ Passport No.
Sex :	Age :	Occupation :
Address :		
Tel No.:	Day-time	Night-time
Mobil :	E-mail :	
Related work experiences and current certificates:		

Information Source  web-site  Friend recommend  Post  Others E.G.: \_\_\_\_\_  
All the personal data will keep confidential and will only be used in the application procedure of the events organised by our Academy. For any change of your personal data, please contact IPTFA.

Payment : Cash, EPS, Cheque, and T/T, Please do inscribe: "International Personal Trainers & Fitness Academy ", T/T account no. **(SCB : 33782-05697-8; BOC : 012-698-0-000764-4)**

### Declaration

I, \_\_\_\_\_, declare that all the personal data are true and correct. I am aware that my participation in the International Personal Trainers & Fitness Academy event(s) exposes me to a risk of personal injury and I agree to hold harmless International Personal Trainers & Fitness Academy, their Directors, employees and subsidiaries, the presenters and all the event staff from any and all liability arising from this course including, but not limited to, muscle strains, tears, pulls, broken bones, death and any and all illness, ailments or loss of personal property.

I understand the risks arising from the participation of this course and attest that I am in sound physical condition. I also understand that I may be videotaped, audio taped and photographed during the course and International Personal Trainers & Fitness Academy may use my images for any and all uses without my prior consent. I further agree to all conditions of registration, including but not limited to, the no refund policy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### For Official Use Only

Amount: \_\_\_\_\_ Received Date: \_\_\_\_\_  
 Cash  Cheque \_\_\_\_\_ Bank \_\_\_\_\_

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Issued by: \_\_\_\_\_ Refer to: \_\_\_\_\_

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