

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

Since 1959 From Singapore

Senior Fitness Instructor Certification

Course Content: Elderly group now constitutes the fastest growing segment of our population, and our Elderly Fitness Instructor Certification course is perfectly tailored to teach you the skills needed to provide personal training to elderly adults. IPTFA has brought together some of the finest minds in fitness training science to create a breakthrough Elderly Fitness program for personal trainers who wish to work with seniors or elderly adults. While this burgeoning segment of the personal training market constitutes a lucrative opportunity, the real value is in the joy you'll experience in changing people's lives.

Course Content:

- Anatomy, Kinesiology & Muscle Physiology Review
- Exercise Programming for Special Populations
- Flexibility Training
- Arthritis & Exercise
- Injury Prevention and Rehabilitation
- Cardiovascular Health Exercise Program Design
- Elderly Strength Training
- Healthy Aging
- Ten post of Tai chi Exercise

Certificate of quality:

Graduates who have fulfilled the following criteria will be issued the **INTERNATIONAL CERTIFICATE IN Senior Fitness Instructor** y International Personal Trainers & Fitness Academy (IPTFA)

- Attend 75% of the total course time
- Attain a pass mark of 70% on the theoretical and practical examination.

Course Fee: HKD 4,100 / USD 526

Venue: ARES Sports and Management Education Centre Unit C, 2/F, Right Time Building, 21-27Playing Field

Road, Mong Kok, Kowloon, HK









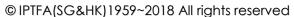














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Study Pathway for Fitness

Paris Graduate School of Management (PGSM)

International Executive Master of Business Administration (IEMBA)

PGSM COURSE PROGRAM (Distance Learning)

Bachelor of Business Administration (Sports Management)

IPTFA DIPLOMA COURSE

Dip in Fitness Personal Trainer Or Dip in Recreation & Sports Management

Dip in Group Exercise Instructor

PGSM PROFESSIONAL DIPLOMA COURSE

Professional Diploma in Sports Management

Dip in Applied Nutrition and Health Management

IPTFA ADVANCED CERTIFICATE COURSE

SILVER Advanced Personal Trainer Course

Advanced Nutrition Consultant Course

Advanced Food Hygiene Manager Course

Stretch Therapist Course

Advanced Sales Skills Training
Course

Other Fitness Type Advanced
Course

IPTFACERTIFICATE COURSE

BRONZE Professional Personal Trainer Course

Applied Nutrition & Weight Management Course

Functional Training Instructor Course Yoga Level One Instructor Course

Funky Dance Instructor Course Children Fitness Instructor
Course

Who are interested in the field on Fitness and Personal Training.



















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Senior Fitness Instructor Certification

Enrollment Criteria	Age 17 or above				
Lecturer Profile	IPTFA Lecturer, Registered Physiotherapist, Experienced tai c Personal Trainer				
Language	English				
Course Duration	Total: 24 hours				
Class Population	Maximum of 20 (First come first served basis)				
Course Fees	HKD 4,100 / USD 526 3 weeks early bird \$ 200 discount				
Fees for Re-exam	Theoretical & Practical re-exam HK\$ 500 (adds a Re-exam lesson) Below 60 minute must restudy the course				
Deadline	3 working days prior to the course commencement date (IPTFA reserves the right to cancel or reschedule the course)				
Venue	International Personal Trainers & Fitness Academy (IPTFA)				
Application	Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to [INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY] to INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY, Unit C, 2/F, Right Time Building, 21-27Playing Field Road, Mong Kok, Knowloon, HK				
Registration & Enquiry	Tel: 2345 6286 Fax: 2345 1236 E-mail: info@iptfa.com Website: www.iptfa.com				
Notice	 When The Hong Kong Observatory announces a YELLOW or RED rainsform warning, or typhoon signal No.1 or 3 is hoisted, the classes will continue as usual. When The Hong Kong Observatory announces a BLACK rainsform 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. 				
Continuing Education Units	6 Continuing Education Units				
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA				



















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	Senior Fitr					
Personal Inforn	<u>nation</u>					
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