



## 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

### Pilates Matwork (Level One) Instructor Certification

**Content :** Pilates Mat work can help you stay away from sport injury and it can also let our player to bring their skills into full play. I believe this course can satisfy your interest in Pilates, also to raise your body awareness. No matter how your experience on Pilates or Fitness, you can still join our course, because we will go from the easy to the difficult and complicated.

**Structure :**

- Pilates key element and training target to understand how our muscle work
- Basic level action on Pilates
- Theorem and application on Pilates
- How to improve our body posture & analysis of full body condition
- How to chose the right method for different person
- How to design, to modify and to change the lesson
- Way to connect effectively
- Lesson plan (from choosing the class room, warm up and safety during the lesson)
- Practices report



**Certificate of quality :**

Graduates who have fulfilled the following criteria will be issued the **Pilates Matwork (Level One) Instructor certificate** by 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 Fees :** HKD 4,500 / US 576

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



Recognized & Supported Organizations:



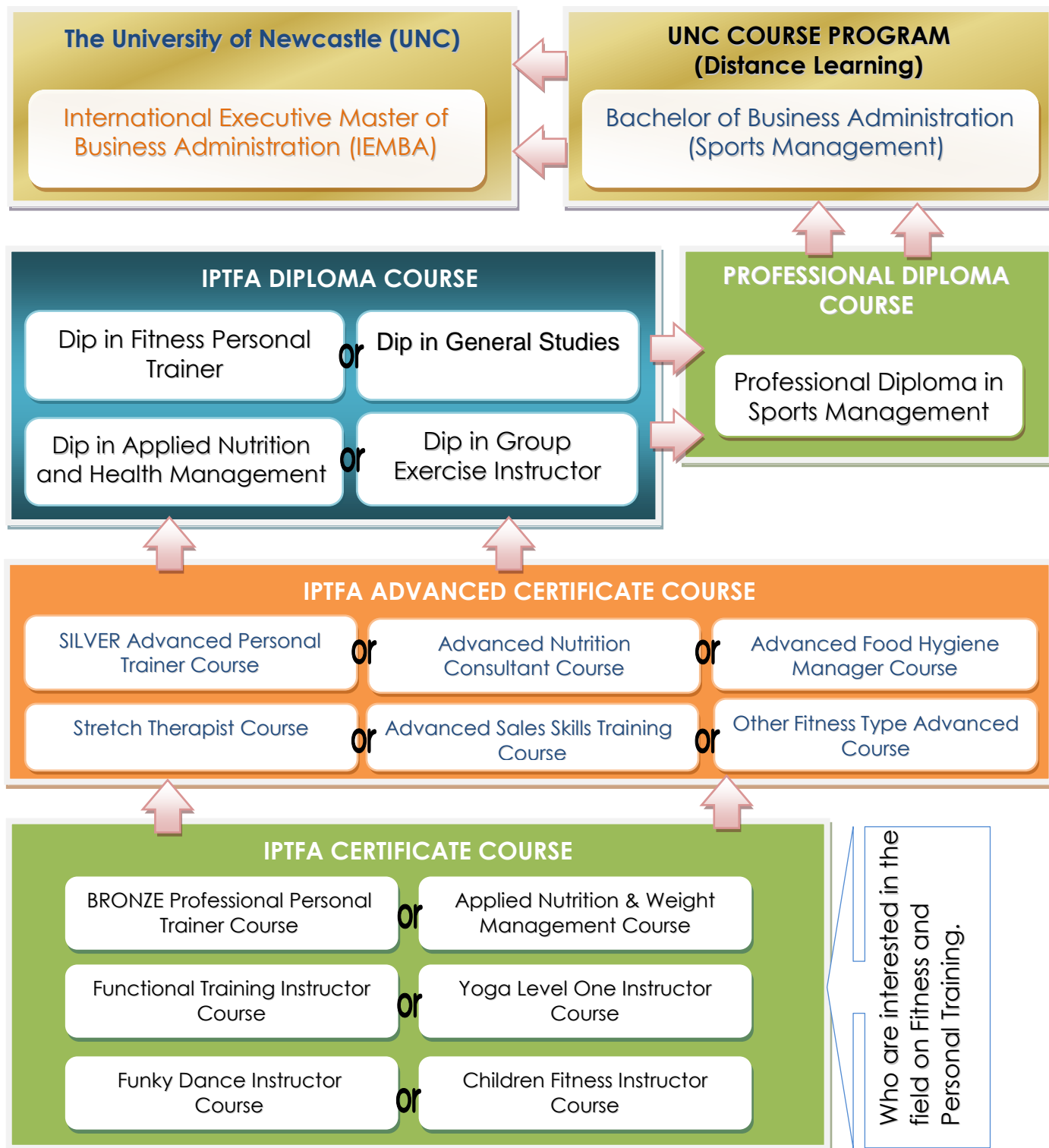


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## Study Pathway for Fitness



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### Pilates Matwork (Level One) Instructor Certification

<b>Enrollment Criteria</b>	Age 17 or above
<b>Lecturer Profile</b>	Pilates Lecturer · Professional Trainer
<b>Language</b>	English
<b>Course Duration</b>	Total: 30 hours
<b>Class Population</b>	Maximum of 20 (First come first served basis)
<b>Course Fees</b>	HKD 4,500 / US 576 3 weeks early bird \$ 200 discount
<b>Fees for Re-exam</b>	Theoretical & Practical re-exam HK\$ 300 (adds a Re-exam lesson) 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, 21-27 Playing Field Road, Mong Kok, Kowloon, HK
<b>Registration &amp; Enquiry</b>	Tel: (852) 2345 6286 Fax: (852) 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 Units</b>	6 Continuing Education Units
<b>Refund Policy</b>	There will be no refund unless the course is cancelled by the IPTFA

Recognized & Supported Organizations:





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## (ENROLLMENT FORM)

Course Code	Course Name : <b>Pilates Matwork (Level I) Instructor Certificate Course</b>
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Photo

## Personal Information

Name:					
Date of Birth:	mm/dd/yy	Identify ID./ PassportNo.			
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 \_\_\_\_\_  
Issued by: \_\_\_\_\_ Refer to: \_\_\_\_\_

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