



## THE NCSF ADVANTAGE

*Recognized throughout the fitness industry as the premier personal trainer certification for career minded professionals, our Commitment to Excellence ensures the NCSF-CPT credential positions you for success in today's competitive job market.*

### 1 ACCREDITED

Our NCCA Accredited Personal Trainer certification ensures you have the industry recognition necessary to succeed

### 2 PREFERRED

The NCSF Certification is the preferred credential of career minded professionals around the world

### 3 GLOBALLY RECOGNIZED

Over 1,000 exam centers operating in 83 countries provides you with the industry's largest exam network

## CERTIFIED PERSONAL TRAINER

Start with your personal trainer certification and enter the fitness industry with the premier credential for career-minded professionals. Our commitment to excellence ensures the NCSF-CPT credential positions you for success in today's competitive job market. Expand your service reach to a larger potential client base with the ability to enhance athletic performance or train individuals for competitive fitness events. These programs will place you in the upper echelon of trainers in the industry.

### NCSF Course Content :

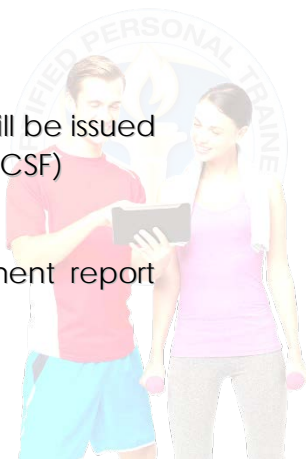
- ✧ Anaerobic Training Theory
- ✧ Body Composition Theory
- ✧ Cardiovascular Theory
- ✧ Exercise Program Components Theory
- ✧ Functional Anatomy Theory
- ✧ Introduction to Personal Training Theory
- ✧ Muscle Physiology Theory
- ✧ Nutrition Theory
- ✧ Weight Management Theory
- ✧ Fitness Program Setting Theory
- ✧ Pre-Exercise Screening Theory
- ✧ Cardio and abs Practical
- ✧ Chest Workout Practical
- ✧ Back Workout Practical
- ✧ Legs Workout Practical
- ✧ Shoulders Workout Practical
- ✧ Arms Workout Practical
- ✧ Practical Examination
- ✧ Theory Examination

**Certificate of quality :** Graduates who have fulfilled the following criteria will be issued the **Personal Trainer certificate** by National Council on Strength & Fitness (NCSF)

- Attend 75% of the total course time
- Attain a pass mark of 70% on the theoretical and practical examination.
- 15 hours placement needed after passing the course and a placement report should be handed in afterwards.(2,000 word)

**Course Fees :** HKD 9,200 / US 1,179

**Course Duration:** Total 47 hours



GLOBAL RECOGNITION:

NCCA  
ACCREDITATION



NCCA ACCREDITED  
CERTIFICATIONS

USREPS

**USREPS**  
US Registry of Exercise Professionals<sup>SM</sup>

EUROPEACTIVE  
ACCREDITATION

**EUROPEAN  
STANDARDS**  
europeactive

## CERTIFIED PERSONAL TRAINER

<b>Enrollment Criteria</b>	Age 18 or above
<b>Lecturer Profile</b>	Passed IPTFA Bronze – Professional Personal Fitness Certificate or has other organizations qualifications of Foundation Fitness certificate ( Needs to pass this institute to scrutinize the qualifications only then to be possible to report reads )
<b>Language</b>	English, Cantonese and Mandarin
<b>Course Duration</b>	Total: 47 hours
<b>Class Population</b>	Maximum of 20 (First come first served basis)
<b>Course Fees</b>	HK\$ 9,200 / US 1,179 3 weeks early bird \$ 200 discount
<b>Fees for Re-exam</b>	Theoretical & Practical re-exam HK\$ 500 (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, 21-27Playing Field Road, Mong Kok, 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 Units</b>	Nil
<b>Refund Policy</b>	There will be no refund unless the course is cancelled by the IPTFA

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**(ENROLLMENT FORM)**

Course Code	Course Name : <b>CERTIFIED PERSONAL TRAINER</b>
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**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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