



# 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*

## Trigger Point Health-Care (Level 1) Certification

**Course Content :** Make your body a laboratory for learning! The skills you develop troubleshooting your own pain problems will directly help you solve your clients' problems. In mastering self-treatment, you discover precisely what works and what doesn't.

Extensive clinical practice time is detailed, supervised, and memorable! Discover less intense, more effective pain relief that lasts. Better communication methods created to empower but you and your client. This is trigger point therapy your clients will love!

At every turn throughout the workshop, you will be shown safer and more effective techniques that will help keep you out of pain. A special forearm and hand self-treatment session will be included, even in the Lower Body Workshop, to help relieve pain from previous strain.

### Course Content :

- What is the Myofascial Pain Syndromes
- How to treatment?
- Common musculoskeletal system damage and Trigger Point
- Myofascial Trigger Points Clinical Features
- Trigger Point Upper body & Upper body Health-Care
- Foam Roller for Self-Myofascial Release

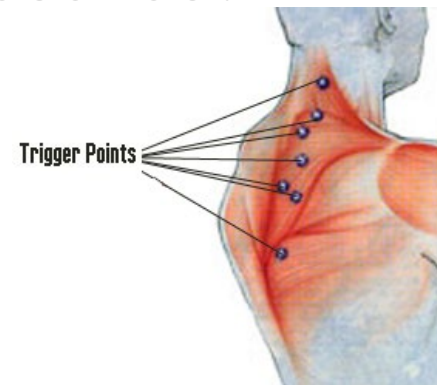
### Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **INTERNATIONAL CERTIFICATE IN Trigger Point Health-Care (Level 1)** by International Personal Trainers & Fitness Academy (IPTFA)

- Attend 100% of the total course time
- Attain a pass mark of 70% on the theoretical and practical examination.

**Course Fee:** HKD 3,200 / USD 282

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



Recognized & Supported Organizations:

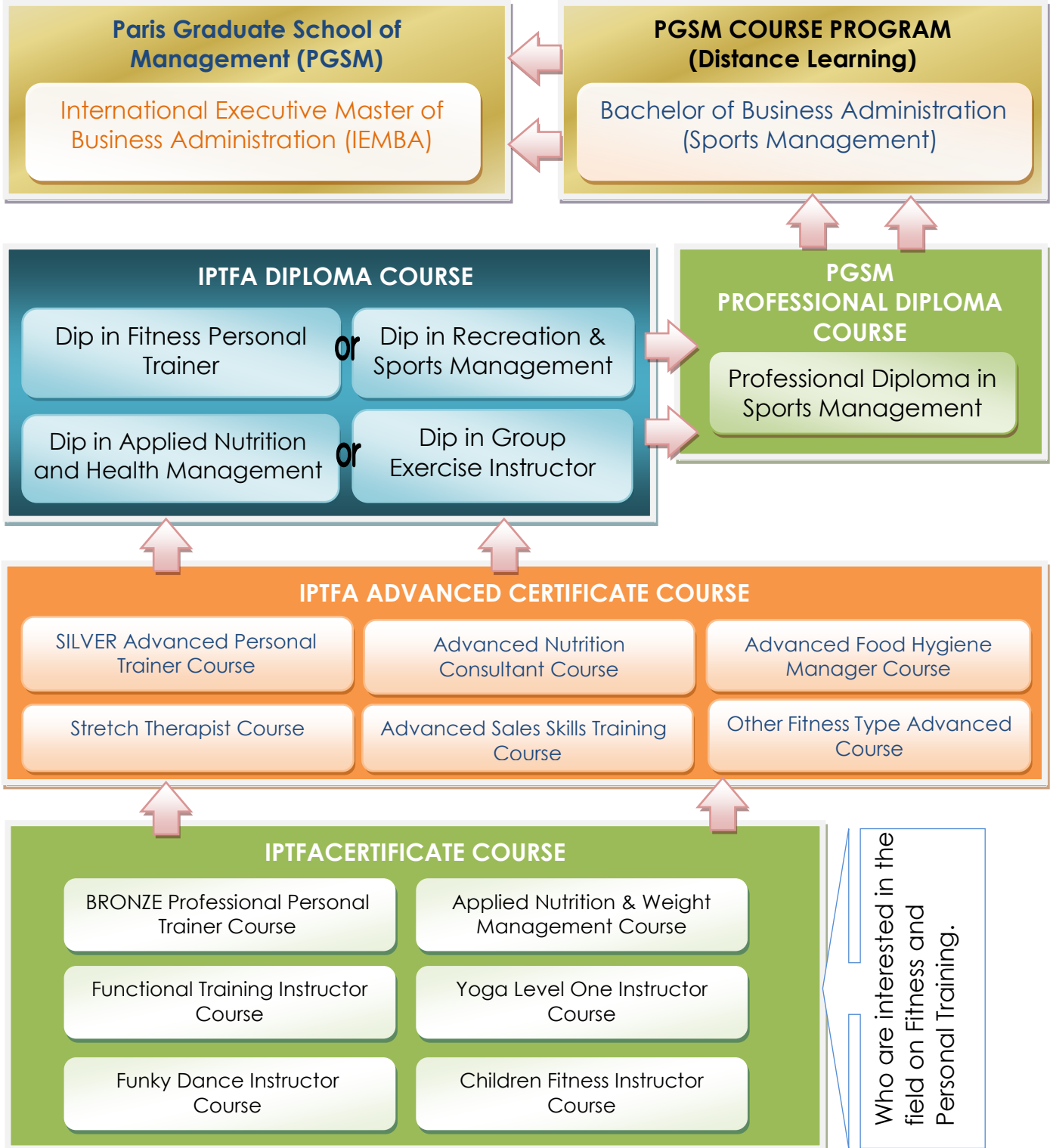




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## Study Pathway for Fitness



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## Trigger Point Health-Care (Level 1) Certification

<b>Enrollment Criteria</b>	Age 17 or above
<b>Lecturer Profile</b>	IPTFA Experience Running Coach, Registered Physiotherapist, Personal Trainer
<b>Language</b>	English ,Cantonese and Mandarin
<b>Course Duration</b>	Total: 12 hours
<b>Class Population</b>	Maximum of 20 (First come first served basis)
<b>Course Fees</b>	HKD 3,200 / USD 400 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, 21-27Playing 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>	6 Continuing Education Units
<b>Refund Policy</b>	There will be no refund unless the course is cancelled by the IPTFA

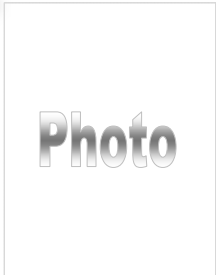
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## ENROLLMENT FORM

Course Code	Course Name : <b>Trigger Point Health-Care (Level 1) Certification</b>
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## Personal Information

Name:	English				
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: _____
<input type="checkbox"/> Cash <input type="checkbox"/> Cheque _____	Bank _____
Issued by: _____	Refer to: : _____

Recognized & Supported Organizations:

