



# 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*

## (Online Program) Basic Food Science and Hygiene Management Certification

**Course Content :** A three-word definition of Food Sanitation is protection from contamination. With this in mind, all functions and operations must be included in a sanitation program. All food products must be protected from contamination from receiving (and before) through distribution. Sanitation is a dynamic and ongoing function and cannot be sporadic or something that can be turned on once a day, once a week, etc. Therefore, another definition could be: "sanitation is a way of life".

### Objectives:

- ✧ Understand the basic principles of food science,
- ✧ To master the basic principles of food hygiene and the importance
- ✧ Learn the basic skills of food hygiene management.

### Course Content :

- Introduction to food hygiene and related legislation
- Introduction to Food Science
- Types of food
- The relationship between food and life
- The choice of food
- Knowledge of food rot
- Meat and vegetable parasites
- Bacteria and food poisoning
- Natural food poisoning
- Chemical food poisoning
- Code of Practice for food handlers
- Storage of food
- Hygiene management
- Pest control and waste disposal



### End of course certification

On completion of the course you will be required to pass a test, which is made up of multiple choice questions based on the modules you have studied. Once you pass, you will be able to download and print your certificate and start using your new certification to enjoy a successful career within the fitness industry. You also have the option of having your certification posted to you at an additional cost.

**Course Fees :** HKD 2,800 / US 350

Recognized & Supported Organizations:





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<b>Enrollment Criteria</b>	Age 18 or above
<b>Lecturer Profile</b>	IPTFA Lecturer, Registered Doctor, Registered Dietician, Registered Physiotherapist, Experienced Personal Trainer
<b>Language</b>	English
<b>Course Duration</b>	Total: 20 hours
<b>Course Fees</b>	HKD 2,800 / US 350
<b>Fees for Re-exam</b>	Theoretical re-exam HK\$ 320 / US40 (with a Review lesson) Below 60% 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>	Online (Zoom meeting)
<b>Application</b>	Applicants should enroll online with full payment by PayPal, a confirm/guideline email will be sent after receive payment in 2 working days
<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>Continuing Education Units</b>	6 CEUs
<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>(Online Program) Basic Food Science and hygiene Management Certification</b>
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## Personal Information

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

Information Source  web-site  Friend recommend  FB  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: : \_\_\_\_\_

Recognized & Supported Organizations:

