



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

INTERNATIONAL CERTIFICATE IN Child Fitness Instructor Course

Course Content : The course is specializing in physiological growth, special assessment techniques, exercise selection and training plans designed for children. The course is integrated with both theory and practical training and candidates in the whole process will be guided to learn different children's fitness games, exercises and safety issues through participation. Successful graduates will become a qualified and recognized children's fitness instructor.

Course Content :

- Growth and Development of Children & Adolescents
- Effects of Exercise on Growth & Development
- Anatomy and Physiology of Children; Differences between Children and Adults
- Exercise Safety and Injury Prevention
- Individual and Group Programming
- Nutrition for Physically Active Children
- Children with Special Conditions
- Child Fitness Training Skills

Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **INTERNATIONAL CERTIFICATE IN Child Fitness Instructor** 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 Fee: HKD 4,980 / USD 639

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:

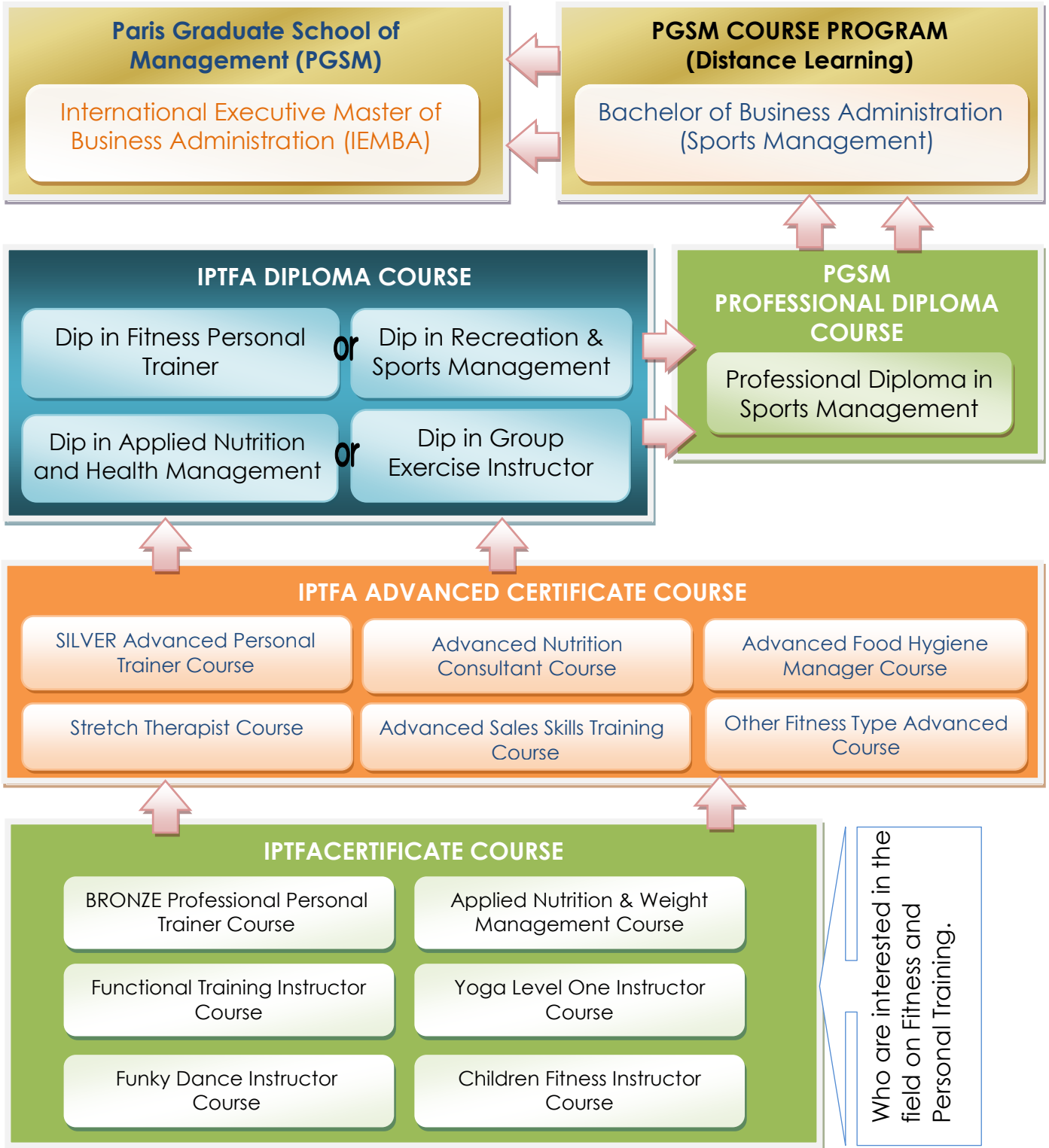




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Study Pathway for Fitness



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INTERNATIONAL CERTIFICATE IN Child Fitness Instructor Course

Enrollment Criteria	Age 17 or above
Lecturer Profile	IPTFA Lecturer, Registered Doctor, Registered Dietician, Registered Physiotherapist, Experienced Personal Trainer
Language	English, Cantonese and Mandarin
Course Duration	Total: 26 hours
Class Population	Maximum of 20 (First come first served basis)
Course Fees	HK\$ 4,980 / US 639 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, 21-27 Playing Field Road, Mong Kok, Kowloon, HK
Registration & Enquiry	Tel: 2345 6286 Fax: 2345 1236 E-mail: info@iptfa.com Website: www.iptfa.com
Notice	(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.
Continuing Education Units	6 Continuing Education Units
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA

Recognized & Supported Organizations:



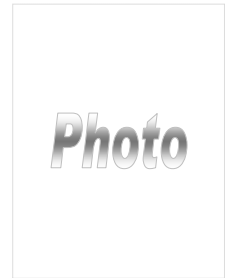


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ENROLLMENT FORM

Course Code	Course Name : INTERNATIONAL CERTIFICATE IN Child Fitness Instructor
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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:

