

## International Personal Trainers & Fitness Academy (IPTFA)

Branch: Singapore, Canada, China, Hong Kong, India, Iran, Kazakhstan, Malaysia, Maldives, Macau, Mongolia, Nepal, Sri Lanka, Pakistan, Taiwan, Vietnam, UAE Since 1959 From Singapore

### INTERNATIONAL GERTIFICATE IN Bronzo — **Professi**onal Personal **Fitness Trai**ner

Course Content: This course is designed for the people who are interested in joining the profession of personal fitness trainer. By completing this course, you are able to get a world-recognized qualification of 'Personal Fitness Trainer'. The course included both theoretical and practical sessions. And we will focus on human anatomy, physiology, kinesiology, fitness assessment, prescriptions of different exercise and effects, injury prevention, Instruction and techniques on resisted training, stretching and flexibility, application on nutrition, prescription of aerobic exercise, weight management, and marketing strategies and promotion on personal fitness trainer profession. There are 42 hours theoretical and practical sessions in total.

#### **Course Content:**

- Human Anatomy
- Exercise Physiology
- Health & Fitness Assessment
- Resistance Training and Exercises
- Exercise Prescription for Cardio-respiratory Fitness
- Personal Trainer Marketing
- Resistance training instruction and skill
- Nutrition and Fitness
- Sports injury preventing and controlling



Certificate of quality: Graduates who have fulfilled the following criteria will be issued the Bronze - Professional Personal Fitness 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.
- 15 hours placement needed after passing the course and a placement report should be handed in afterwards. (2.000 word)

Course Fees: HKD 5,300 / US 680 #Fitness Australia 10 CECs

Successful completion of **Pearson BTEC Level 5 Higher National Diploma in Sports & Exercise Science**, the course is highly recognized internationally. After completion, you can apply for admission to a local or overseas university Top-up Degree. It only takes 3 years to have a university degree.



















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#### **Study Pathway for Fitness**

#### The University of Newcastle (UNC)

International Executive Master of Business Administration (IEMBA)

#### **Local or Overseas University**

Successful completion of Pearson BTEC Level 5, you can apply for admission to a local or overseas university Top-up Degree. It only takes 3 years to have a university degree.

# Dip in Fitness Personal Trainer or Dip in Group Exercise Instructor Dip in Applied Nutrition and Health Management or Dip in Sport and Recreation Management

#### **PEARSON BTEC**

Level 4/ Level 5 Higher National Diploma in Sports & Exercise Science

#### **IPTFA All types Certificate Course**

Senior Fitness Instructor

Trigger Point Health-Care (Level 1)

Kettlebell Sports Coach Specialist (Level One)

Child Fitness Instructor

Endurance Running Coach (Level 1)

Other Fitness Type Advanced Course holding subject certificates issued by relevant institutions may apply for admission

#### **IPTFA All types Certificate Course**

Silver - Advanced Personal

Fitness Trainer

Special Sport Injuries & Rehabilitation Trainer

Gold – Elite Personal Fitness Trainer

Functional Training instructor

Ministry of Human Resources and Social Security of the People's Republic of China.

Personal Trainer (Intermediate)

Bronze – Professional Personal Fitness Trainer American Council on Exercise (ACE)

> Personal Trainer Certification

- · Been study continuing education courses at higher education institutions (subject of sport & fitness)
- Holding City & GuildsProfessional Gym-Based Exercise & Fitness Instructor Training qualification (providing relevant subject exemptions)
- Other organizations qualifications of Fitness Instructor or foundation physical certificate (providing relevant subject exemptions)
- · Age 17 or above



















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## Bronze — **Profess**ional Personal **Fitness Trai**ner

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: 42 hours				
Class Populatio	Maximum of 20 (First come first served basis)				
Course Fees	HK\$ 5,300 / US680 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, 21-27Playing Field Road, Mong Kok, Kowloon, HK  FPS: 164613515  Company: INTL PT & FA (HK) LTD T/A INTL PT & FA				
Registration & Enquiry	Tel: 2345 6286 Fax: 2345 1236 E-mail: info@iptfa.com Website: www.iptfa.com				
Notice	<ol> <li>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.</li> <li>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.</li> </ol>				
Continuing Education Units	Fitness Australia 10 CECs				
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA				



















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(ENROLLMENT FORM)
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Course Code	Course Name :
	Bronze – Professional Personal Fitness Trainer
	Certificate Course



#### **Personal Information**

mm/dd/yy	Identi	Identify ID./ Passport no.				
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	E-mail :					
experiences and cu	rrent certificates:					
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