



International Personal Trainers & Fitness Academy (IPTFA)

Since 1959 From Singapore
ASMEC Registration No. 581810

Diploma in Fitness Personal Trainer

The programme aims to provide formal training and knowledge in sports & fitness training & applied nutrition to those who are interested to develop their careers as personal trainers & sports coaching professional. Upon completion of the course, students should be able to:

- a. Provide a strong foundation in exercise science, human anatomy, and physiology
- b. Develop skills in fitness assessment and program design:
- c. Enhance knowledge in nutrition and weight management:
- d. Improve communication and interpersonal skills:
- e. Master various training techniques and modalities:
- f. Learn to work with diverse populations:
- g. Obtain a recognized personal training certification
- h. Stay current with industry trends and research:
- i. Uphold professional and ethical standards:



The course comprises a total of 138 hours theory and practice, and to be presented upon completion of practice teaching report. Students will be required to take 4 modules.

Coursework Requirement

Students are required to successfully comply with the requirements of each subject prior to the preparation and submission of a Project Report.

Coursework Curriculum

The Coursework Curriculum for the **Diploma in Fitness Personal Trainer** is presented below.

COURSE STRUCTURE

Code	Subjects / Modules
D 301	Bronze – Professional Personal Fitness Trainer
D 302	Silver – Advanced Personal Fitness Trainer
D 303	Applied Nutrition & Weight Management
D 304	Special Sport Injuries & Rehabilitation Trainer

Requirement

Students must hold a personal trainer certificate, or in physical qualifications or relevant working experience.

Course Fee: HKD 22,000 / USD 2,820

Address: Unit C, 2/F, Right Time Bldg, 21-27 Playing Field Rd, Mong Kok, Kowloon.
TEL: 2345 6286 FAX: 2345 1236 WEBSITE: www.ipdfa.com E-MAIL: info@ipdfa.com



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Successful completion of **Pearson BTEC Level 5 Higher National 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.



Accredited by:

IPTFA Course Code: D 301 Bronze – Professional Personal Fitness Trainer	Content : <ul style="list-style-type: none"> ➤ Marketing Strategies and Promotion on Professional Personal Fitness Trainer ➤ Stretching and Flexibility ➤ Injury prevention ➤ Human Anatomy and Physiology
Total : 42 hrs	Fee : HKD 6,300 / USD807
IPTFA Course Code: D 302 Silver – Advanced Personal Fitness Trainer	Content : <ul style="list-style-type: none"> ➤ The exercise prescription for special population ➤ Advanced resistance training principle ➤ Advanced stretching technique ➤ Weight management and sports nutrition ➤ Scientific training method and advanced marketing skills
Total : 42 hrs	Fee : HKD 6,800 / USD 872
IPTFA Course Code: D 303 Applied Nutrition & Weight Management	Content : <ul style="list-style-type: none"> ➤ Macronutrients ➤ Food Pyramid & Food Labels ➤ Supplements and Ergogenic Aids ➤ Weight Loss Supplements & Drugs
Total : 30hrs	Fee : HKD 4,300 / USD 552
IPTFA Course code: D318 Special Sport Injuries & Rehabilitation Trainer	Content : <ul style="list-style-type: none"> ➤ Prescriptions of different exercise and effects ➤ Injury prevention ➤ Role of the personal Trainer ➤ Risk Assessment and management
Total : 24hrs	Fee : HKD 4,600 / USD 589

Certificate of Quality: Graduates who have fulfilled the following criteria will be issued the Diploma in Fitness Personal Trainer, Bronze – Professional Personal Fitness Trainer Certificate, Silver – Advanced Personal Fitness Trainer, Applied Nutrition & Weight Management Certificate, Special Sport Injuries & Rehabilitation Trainer Certificate by International Personal Trainers & Fitness Academy.

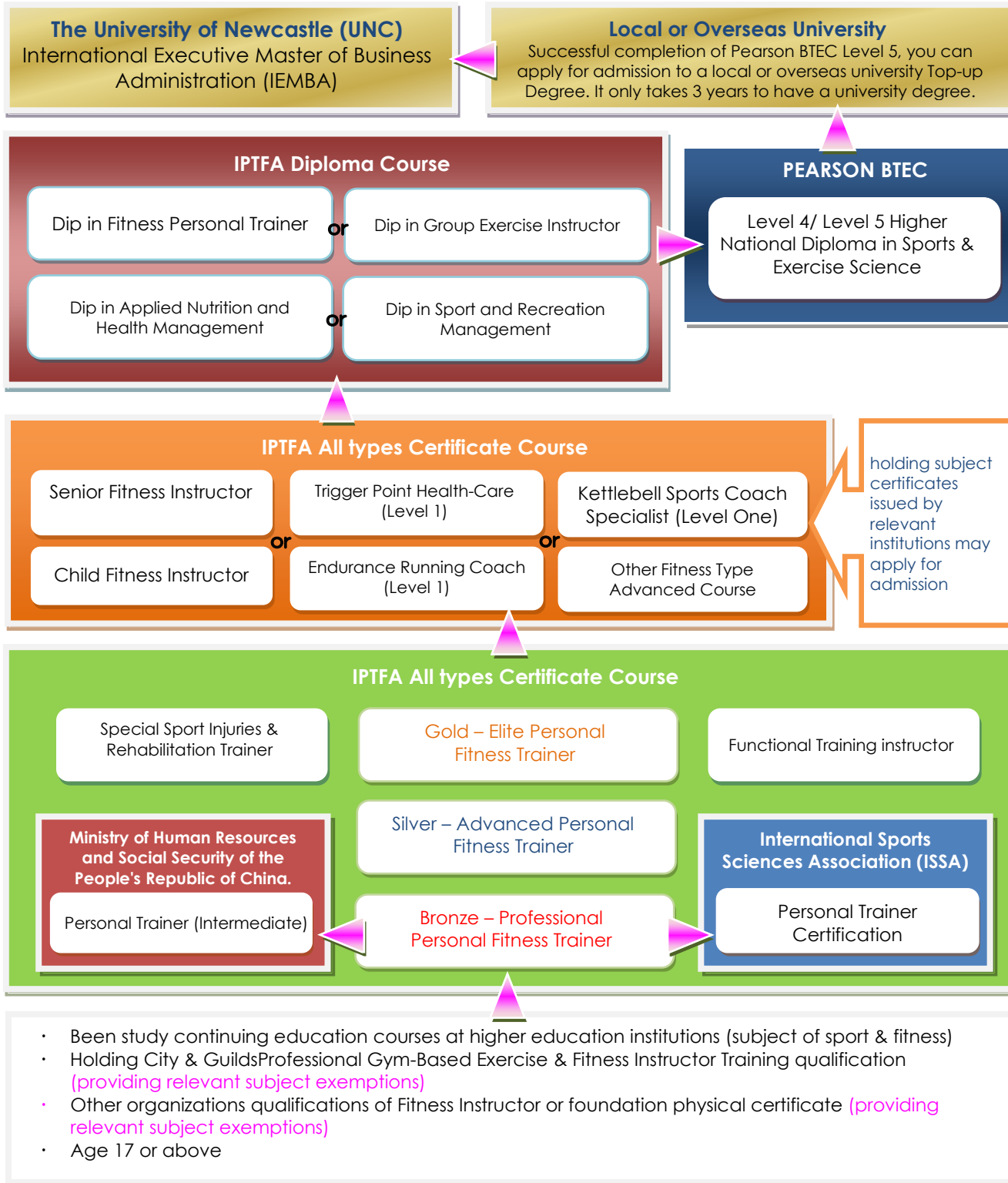
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Study Pathway for Fitness



Address: Unit C, 2/F, Right Time Bldg, 21-27 Playing Field Rd, Mong Kok, Kowloon.
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Diploma in Fitness Personal Trainer

Enrollment Criteria	Age 17 or above
Lecturer Profile	IPTFA Lecturer, Experienced Personal Trainer
Language	English
Course Duration	Total: 138 hours
Course Fees	HKD 22,000 / USD 2,820
Fees for Re-exam	Theoretical & Practical re-ex41am HK\$ 500 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: +852 2345 6286 Fax: +852 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 Unit	IPTFA 23 CEUs / AUS Active 10CECs
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA

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(ENROLLMENT FORM)

Course Code	Course Name : Diploma in Fitness Personal Trainer
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Personal Information

Name:			
Date of Birth:	mm/dd/yy	Identify ID./ PassportNo.	
Sex :	Age :	Occupation :	
Address :			
Tel No.:			
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)**

FPS : 164613515 Company : INTL PT & FA (HK) LTD T/A INTL PT & FA

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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