



# International Personal Trainers & Fitness Academy (IPTFA)

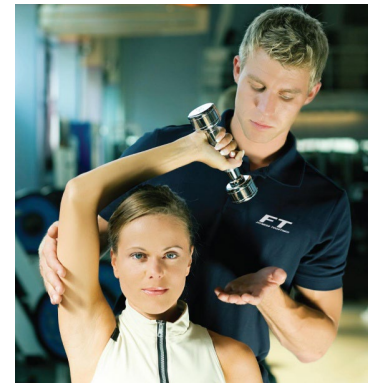
Branch: Singapore, Canada, China, Hong Kong, India, Iran, Kazakhstan, Malaysia, Maldives, Macau, Mongolia, Nepal, Sri Lanka, Pakistan, Taiwan, Vietnam, UAE  
*Since 1959 From Singapore*

## INTERNATIONAL CERTIFICATE IN Bronze – Professional Personal Fitness Trainer

**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



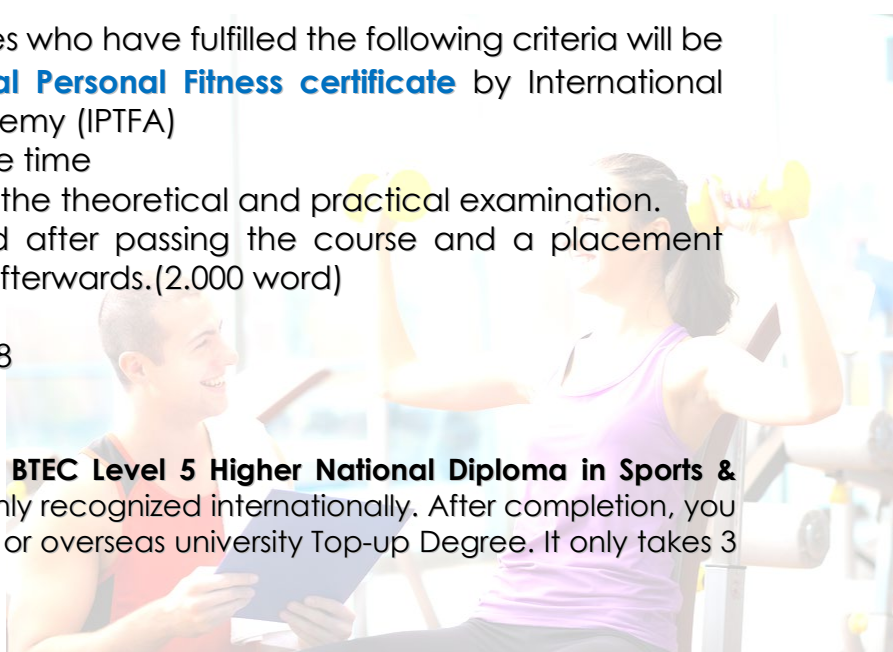
**Certificate of quality :** Graduates who have fulfilled the following criteria will be issued the **Bronze – Professional Personal Fitness certificate** by International Personal Trainers & Fitness Academy (IPTFA)

- 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 6,300 / US 808

**#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.



Recognized & Supported Organizations:

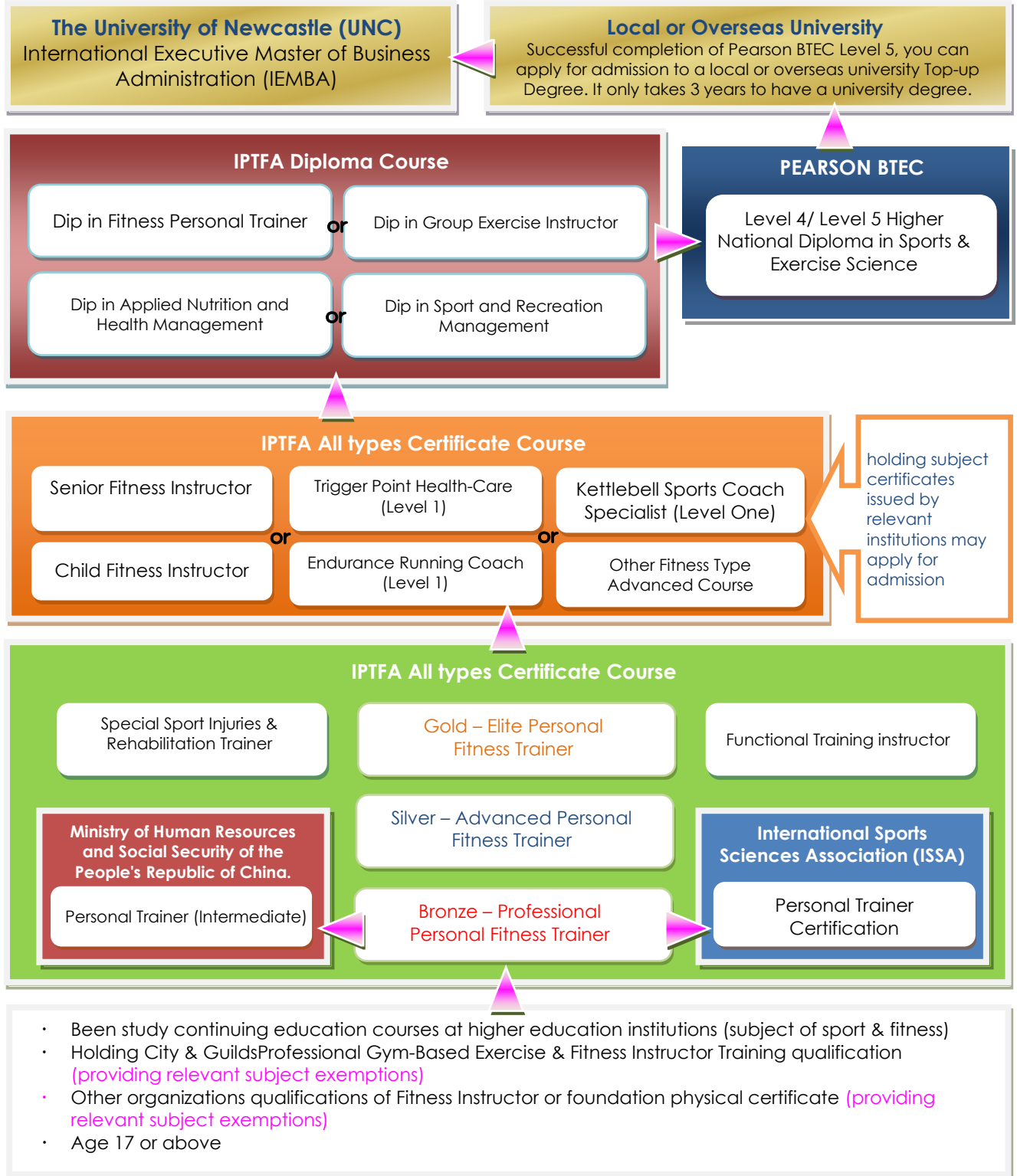




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## Study Pathway for Fitness



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## INTERNATIONAL CERTIFICATE IN Bronze – Professional Personal Fitness Trainer

<b>Enrollment Criteria</b>	Age 17 or above
<b>Lecturer Profile</b>	IPTFA Lecturer, Registered Doctor, Registered Dietician, Registered Physiotherapist, Experienced Personal Trainer
<b>Language</b>	English, Cantonese and Mandarin
<b>Course Duration</b>	Total: 42 hours
<b>Class Population</b>	Maximum of 20 (First come first served basis)
<b>Course Fees</b>	HK\$ 6,300 / US 808 3 weeks early bird \$ 200 discount
<b>Fees for Re-exam</b>	Theoretical & Practical re-exam HK\$ 500 (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>FPS : 164613515</b> <b>Company : INTL PT &amp; FA (HK) LTD T/A INTL PT &amp; FA</b>
<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>	Fitness Australia 10 CECs
<b>Refund Policy</b>	There will be no refund unless the course is cancelled by the IPTFA

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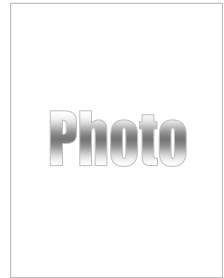


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## (ENROLLMENT FORM)

Course Code	Course Name : <b>Bronze – Professional Personal Fitness Trainer Certificate Course</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)**

**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: \_\_\_\_\_

Recognized & Supported Organizations:

