



International Personal Trainers & Fitness Academy (IPTFA)

國際康體專才培訓學院

Silver – Advanced Personal Fitness Trainer Certification

銀級國際高級康體私人教練證書課程(私人教練課程)



Course Description:

This course is specifically designed for individuals who already hold a personal trainer qualification, offering them an opportunity for advanced study, attainment of a higher credential, and enhanced competitiveness within the industry. It is particularly suitable for working trainers and fitness enthusiasts.

The course content includes specialised modules on exercise programming for the elderly, advanced resistance training principles and applications, advanced weight training principles, practical stretching exercises, technique refinement for weight training movements, sports nutrition analysis and weight management, sports injury management, exercise physiology and scientific training methods, as well as the secrets to building a successful personal

課程內容：

此課程專為已持有私人教練資格的人士設計，提供他們深造的機會，獲得更高的資格，並提升他們在行業內的競爭力。這尤其適合在職的教練和健身愛好者。

課程內容包括為長者設計的專題課程、高級阻力訓練原則及應用、高級重量訓練原則、實踐運動伸展訓練、重量訓練動作的技術改良、運動營養分析與體重管理、運動創傷管理、運動生理學和科學化訓練，以及成功私人教練事業的秘訣。

要報名參加，學員必須持有私人教練證書或體育科學學位，或具有相關的工作經驗。課程包括 56 小時的理論和實習，完成後，學員需要提交實習教學報告。



INSTITUTE
OF EXERCISE & SPORTS



International Personal Trainers and Fitness Academy ©All rights reserved

training career.

To enrol, participants must hold a personal trainer certificate or a degree in Sports Science, or possess relevant working experience. The course comprises 56 hours of theory and practical training, upon completion of which participants are required to submit a practical teaching report.

Our academy's curriculum meets international standards and is recognised by many of the world's leading fitness associations as a designated continuing education programme for their graduates. This course offers holders of the Bronze – Professional Personal Fitness Trainer Certificate or equivalent qualifications the opportunity to advance to a higher level of certification and strengthen their professional standing in the industry. It is especially well-suited for working trainers.

Objective:

To elevate participants from practical instruction to the level of industry leader, equipping them with the most sought-after advanced coaching competencies in today's market—including strength training for longevity, exercise recovery and regeneration, fascial training, women's health and lifecycle training, special populations training, and data-driven coaching—while simultaneously cultivating industry leadership and professional ethics, so that they emerge as elite coaches who integrate scientific training expertise, business acumen, and international competitiveness.

Target Audience:

This course is designed for:

- Holders of IPTFA Bronze – Professional Personal Fitness Trainer Certificate or equivalent qualifications
- Fitness professionals seeking advanced certification and career progression
- Working trainers who wish to specialise in special populations training
- Individuals with a degree in Sports Science or related fields

我們學院的課程已達到國際標準，並獲得許多世界頂尖健身協會的認可，作為他們畢業生的指定延續課程之一。此課程為已持有銅級專業健身私人教練證書或同等私人教練資格的人士提供深造的機會，獲得更高的資格，並提升他們在行業內的競爭力。這尤其適合在職的教練。

課程目標：

完成課程後，學員將能：

- 為長者（中風、糖尿病、高血壓、冠心病）設計安全運動處方
- 運用高級阻力訓練原則（韋德 32 法則、收縮位置訓練法）
- 運用 PNF 伸展技術提升柔韌性及康復效果
- 分析運動營養及體重管理策略
- 處理常見勞損性創傷（扁平足、膝痛、圓肩、五十肩）
- 掌握教練銷售技巧及客戶經營秘訣

目標對象：

本課程專為以下人士設計：

- IPTFA 銅級國際專業康體私人教練證書持有者或同等資格的教練
- 尋求高階認證及事業晉升的健身專業人士
- 希望在職進修、專攻特殊人群訓練的在職教練
- 持有運動科學或相關學科學位的人士



Entry Requirements

- Hold a personal trainer certificate (e.g., IPTFA Bronze or equivalent) (subject to academy review);
- OR Hold a degree in Sports Science or a related discipline

Career Pathways

Upon completion, graduates will be prepared for:

Role	Setting
Senior Personal Trainer	Fitness centres, private studios, luxury health clubs — serving diverse clients including elderly and chronic disease populations
Rehabilitation Exercise Coach	Physiotherapy clinics, rehabilitation centres, post-surgery care facilities — designing and supervising exercise programmes for clients recovering from injury
Special Populations Trainer	Community health centres, senior living facilities, corporate wellness programmes — specialising in clients with hypertension, diabetes, stroke history, and cardiac conditions
Fitness Centre Supervisor / Training Manager	Gyms, sports clubs, wellness centres — overseeing training teams, quality assurance, and client programme development
Sports Performance Coach	Sports teams, athletic organisations — applying advanced resistance training principles and compound exercise techniques to enhance athletic performance

Course Content:

Chapter 1: Elderly Thematic Exercise Training Stroke and Diabetes Exercise Training

- Post-stroke sequelae and exercise

入學資格：

- 持有私人教練證書（如 IPTFA 銅級或同等資格）（需經本學院審核）；
- 或 持有運動科學或相關學科之學位

職業發展路徑

完成本課程後，畢業生可勝任以下角色：

角色	工作場所
高級私人教練	健身中心、私人訓練工作室、高級健身會所 —— 服務多元客戶群，包括長者及慢性病患者
復康運動教練	物理治療診所、康復中心、術後護理機構 —— 為創傷後恢復期的客戶設計及督導運動計劃
特殊人群訓練教練	社區健康中心、長者護理機構、企業健康計劃 —— 專注服務高血壓、糖尿病、中風病史及心臟病患者
健身中心主管／培訓經理	健身室、運動俱樂部、健康中心 —— 監督訓練團隊、品質保證及客戶計劃開發
運動表現教練	運動隊伍、體育組織 —— 應用高級阻力訓練原則及複合動作技術提升運動表現

課程大綱：

第一章：長者專題運動訓練

中風及糖尿病運動訓練

- 中風後遺症與運動康復原則



INSTITUTE
OF EXERCISE & SPORTS



- rehabilitation principles
- Exercise safety and blood glucose management for diabetic clients

Hypertension and Coronary Heart Disease Exercise Training

- Exercise prescription and blood pressure monitoring for hypertensive clients
- Cardiac rehabilitation stages and exercise guidelines for CHD patients
- Emergency recognition and response protocols

Chapter 2: Sports Injury and Treatment Sports Injury and Treatment

- Acute injury management (PRICE protocol)
- Identification and management of chronic overuse injuries
- Principles of sports injury rehabilitation

Chapter 3: Repetitive Strain Injury & Rehabilitative Exercise Flatfoot and Knee Joint

- Causes, assessment, and corrective exercises for flatfoot (pes planus)
- Management of common knee conditions (patellar tendinopathy, patellofemoral pain)

Rounded Shoulder and Frozen Shoulder

- Upper crossed syndrome and rounded shoulder correction
- Frozen shoulder (adhesive capsulitis) stages and rehabilitative training

Chapter 4: Weight Management and Nutrition (I)

Understanding Obesity

- Causes and classification of obesity (genetic, metabolic, environmental)
- Energy balance and fat storage mechanisms
- Health risks associated with obesity

Chapter 5: Weight Management and Nutrition (II)

Reading Food Labels

- Nutrition label structure and ingredient analysis
- Common nutrition claims and practical applications

- 糖尿病運動安全與血糖管理

高血壓及冠心病運動訓練

- 高血壓患者運動處方與血壓監測
- 冠心病康復階段與運動指引
- 緊急情況識別與應變

第二章：運動創傷與治療 運動創傷與治療

- 急性創傷處理（PRICE 原則）
- 慢性勞損識別與管理
- 運動創傷康復原則

第三章：勞損性創傷及復康運動 扁平足及膝關節

- 扁平足成因、評估與矯正訓練
- 常見膝痛（髕腱炎、髕股疼痛）處理

圓肩及五十肩

- 上交叉綜合症與圓肩矯正
- 五十肩分期與康復訓練

第四章：體重管理與營養（I） 認識肥胖

- 肥胖成因與分類（遺傳、代謝、環境）
- 能量平衡與脂肪儲存機制
- 肥胖相關健康風險

第五章：體重管理與營養（II） 解讀營養標籤

- 營養標籤結構與成分分析
- 常見營養聲稱與實例應用

運動營養分析



Sports Nutrition Analysis

- Role of macronutrients in exercise performance
- Pre-, during-, and post-exercise nutrition strategies
- Basics of sports supplements

Chapter 6: Practical Stretching Training Basic Stretching Training

- Stretching methods (static, dynamic, ballistic)
- Flexibility assessment and prescription design (FITT-VP)

Advanced PNF Stretching

- Neurophysiological mechanisms of PNF (autogenic inhibition, reciprocal inhibition, stretch reflex)
- Three PNF techniques: Hold-Relax, Contract-Relax, CRAC (Contract-Relax-Agonist-Contract)
- Diagonal patterns (D1, D2) for upper and lower extremities
- Practical PNF stretching protocols and safety guidelines

Chapter 7: Advanced Resistance Training Principles (I)

Weider's 32 Training Principles

- Foundational principles: Progressive Overload, Multi-Set, Isolation
- Intermediate principles: Pyramid Training, Split Training, Supersets
- Advanced principles: Cheating, Giant Sets, Peak Contraction, Descending Sets, etc.

Chapter 8: Advanced Resistance Training Principles (II)

Position of Flexion (POF) Training

- The three positions: Midrange, Stretched, Contracted
- Exercise classification and application based on POF
- Two-day and four-day split training programme design using POF

Chapter 9: Scientific Resistance Training Method

Scientific Resistance Training

- 三大營養素與運動表現關係
- 訓練前、中、後的營養策略
- 運動補充品基礎知識

第六章：伸展訓練實踐 基礎伸展訓練

- 伸展方法分類（靜態、動態、彈震式）
- 柔韌性評估與處方設計（FITT-VP）

高級 PNF 伸展技術

- PNF 神經生理機制（自主性抑制、相反性抑制、牽張反射）
- 三種 PNF 技術：Hold-Relax、Contract-Relax、CRAC
- 上肢及下肢對角線模式（D1、D2）
- PNF 伸展實操流程與安全要點

第七章：高級阻力訓練原則（I）

韋德 32 訓練法則

- 初階法則：漸進超負荷、多組練習、孤立訓練
- 中階法則：金字塔訓練、分部練習、超級組
- 高階法則：欺騙法則、巨型組、頂峰收縮、漸降組等

第八章：高級阻力訓練原則（II）

收縮位置訓練法（POF）

- 三個收縮位置：中段、伸展、收縮位
- POF 動作分類與應用
- 兩分化及四分化訓練處方編排

第九章：阻力訓練動作技術深造 科學化阻力訓練



- Biomechanical analysis of the "Sticking Point"
- Effect of joint angle on torque
- Isotonic contraction characteristics in: biceps curl, bench press, squat, triceps extensions

Chapter 10: Compound Workout Training Method

Compound Exercise Training

- Five core compound exercises: bench press, deadlift, squat, pull-up, overhead press
- Muscle synergy mechanisms in compound movements
- Correct vs. incorrect form with corrections
- 30-minute high-efficiency compound training plan

Chapter 11: Personal Trainer Business Secrets

Sales Skills and Business Management

- The 6 levels of selling (The 6 P's): Planning, Personality, Professional, Patience, Persistence, Prudence
- Sales planning and client acquisition strategies
- Personality types and buying decisions (Thinking vs. Feeling; Judging vs. Perceiving)
- The ASK sales model (Attitude, Skill, Knowledge)
- Handling client objections and closing techniques
- Client relationship maintenance and satisfaction enhancement

Assessments include:

Coursework, 75% attendance; 70% passing mark in theory and practical examinations

Course fee: HKD 7,800

Course Duration: 56 hours

Enquiry: (852) 2345 6286

E-mail: info@iptfa.com

Website: www.iptfa.com

- 黏著點 (Sticking Point) 的力學分析
- 不同關節角度對力矩的影響
- 肱二頭肌彎舉、仰臥推舉、深蹲、臂屈伸的等張收縮特性

第十章：複合動作訓練技術

複合動作訓練法

- 五大核心複合動作：臥推、硬拉、深蹲、引體向上、推舉
- 複合動作的肌肉協同機制
- 動作正誤對比與糾正
- 30 分鐘高效複合訓練計劃

第十一章：私人教練事業秘訣

銷售技巧與事業經營

- 推銷的 6 個層次 (6 個 P：計劃、個性、專業、耐性、毅力、遠見)
- 銷售計劃制定與客戶開發
- 人類性格與購買決策分析 (思考型／感覺型；判斷型／觀察型)
- ASK 銷售模型 (態度、技能、知識)
- 處理客戶反對意見與成交技巧
- 客戶關係維護與滿意度提升

評核包括：

課程作業、出席率 75%；理論及實習考試 70%合格

課程費用： HKD 7,800

課時： 56 小時

查詢： (852) 2345 6286

電郵： info@iptfa.com

網站： www.iptfa.com

