



International Personal Trainers & Fitness Academy (IPTFA)

國際康體專才培訓學院

Gold – Elite Personal Fitness Trainer Certification

金級國際精英康體私人教練証書課程



Aim:

The Gold - Elite Personal Fitness Trainer Certificate Course aims to elevate experienced fitness professionals from practical instructors to industry leaders, equipping them with advanced, evidence-based coaching competencies aligned with 2025-2026 global fitness trends. The course integrates cutting-edge disciplines—strength training for longevity, exercise recovery and regeneration, fascial training, women's health across life stages, senior and special populations training, and data-driven coaching—while developing leadership acumen, professional ethics, and business management capabilities.

Graduates will emerge as holistic, internationally competitive elite coaches capable of serving diverse client populations across all life stages, translating scientific principles into practical, client-centred training solutions, and advancing the fitness profession through ethical leadership and

課程內容：

金級精英私人教練證書課程旨在將資深健身專業人士從實務指導者提升為行業領袖，裝備學員符合 2025-2026 年全球健身趨勢的進階、實證教練能力。課程整合尖端學科——力量訓練與長壽健康、運動恢復與再生訓練、筋膜訓練、女性健康與生命週期訓練、銀髮族與特殊人群訓練，以及數據驅動教練——同時培養領導才能、專業倫理及事業經營能力。

畢業生將成為全方位、具國際競爭力的精英教練，能夠服務不同生命階段的多元客戶群，將科學原則轉化為以客戶為中心的實用訓練方案，並透過道德領導及創業視野推動健身專業的發展。



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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.

Career Pathways

Upon completion, graduates will be prepared for:

Role	Setting
Senior / Elite Personal Trainer	High-end fitness centres, private studios
Fitness Centre Manager / Training Director	Fitness facilities, health clubs
Specialist Coach (Women's Health / Senior Fitness / Recovery)	Niche coaching practices, wellness centres
Sports Team Fitness Coach	Professional or amateur sports organisations
Fitness Industry Consultant / Educator	Corporate wellness
Independent Practitioner / Business Owner	Private coaching practice, online coaching business

Course Content:

Module 1: Strength Training and Longevity Health (6hr)

- **Muscle Health and Longevity Science:** Physiological mechanisms of sarcopenia, the relationship between muscle mass and metabolic health, evidence-based foundation of resistance training for extending healthspan

課程目標：

從實務操作提升至「行業專業領袖」層面，掌握力量訓練與長壽健康、運動恢復與再生訓練、筋膜訓練、女性健康與生命週期訓練、特殊人群訓練、數據驅動教練等當前市場最搶手的高階教練技能，同時培養行業領導力及專業倫理素養，成為兼具科學訓練能力、商業視野與國際競爭力的精英教練

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／精英私人教練	高級健身中心、私人訓練工作室
健身中心經理／培訓總監	健身設施、健康俱樂部
專科教練（女性健康／銀髮族訓練／運動恢復）	專門教練業務、健康中心
運動隊伍體能教練	專業或業餘體育組織
健身產業顧問／導師	企業健康計劃
獨立執業者／企業東主	私人教練業務、網上教練業務

課程大綱：

單元一：力量訓練與長壽健康（6hr）

- 肌肉健康與長壽科學：肌少症的生理機制、肌肉量與代謝健康的關聯、阻力訓練對延長健康壽命的實證基礎
- 生命階段力量訓練：20-40 歲（峰值維持）、40-60 歲（流失預防）、60 歲以上（功能保留）的階段性訓練策略



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- **Life-Stage Strength Training:** Stage-specific training strategies for ages 20–40 (peak maintenance), 40–60 (loss prevention), and 60+ (functional preservation)
- **Bone Density Optimisation Training:** Weight-bearing training for osteoporosis prevention and intervention, safe impact training design
- **Functional Strength Training:** Training design that translates strength into activities of daily living (lifting, squatting, stair climbing, etc.)
- **Women's Strength Training Special Topic:** Strength training considerations for women across different life stages (reproductive years, perimenopause, postmenopause)
- **Training Progress Monitoring and Adjustment:** Strength gain tracking, fatigue management, recovery strategies
- 骨質密度優化訓練：負重訓練對骨質疏鬆的預防與干預、安全衝擊訓練設計
- 功能性力量訓練：將力量轉化為日常生活能力（提舉、蹲下、爬樓梯等）的訓練設計
- 女性力量訓練專題：不同生命階段（生育期、圍絕經期、更年期）女性的力量訓練考量
- 訓練進度監測與調整：力量增長追蹤、疲勞管理、恢復策略

Module 2: Exercise Recovery and Regenerative Training (6hr)

- **Foundations of Recovery Science:** Physiological mechanisms of exercise fatigue, nervous system recovery, tissue repair and regeneration, the critical role of recovery in training adaptation
- **Active Recovery Techniques:** Low-intensity active recovery training design, dynamic recovery strategies, cross-training applications for recovery
- **Passive Recovery Methods:** Sleep optimisation strategies, nutritional recovery strategies (protein timing, anti-inflammatory nutrition), scientific applications of heat and cold therapy
- **Fascial Release and Regeneration:** Active recovery applications using foam rollers, massage balls, vibration massage and other tools
- **Recovery Monitoring and Data Application:** Interpretation and application of Heart Rate Variability (HRV), tracking of recovery indicators such as resting heart rate and sleep quality, and training adjustments
- **Recovery Periodisation Programming:** Integrating recovery strategies into

單元二模塊：運動恢復與再生訓練（6hr）

- 恢復科學基礎：運動疲勞的生理機制、神經系統恢復、組織修復與再生、恢復對訓練適應的關鍵作用
- 主動恢復技術：低強度主動恢復訓練設計、動態恢復策略、交叉訓練的恢復應用
- 被動恢復方法：睡眠優化策略、營養恢復策略（蛋白質補充時機、抗炎營養）、熱療與冷療的科學應用
- 筋膜放鬆與再生：泡沫軸、按摩球、震動按摩等工具的主動恢復應用
- 恢復監測與數據應用：心率變異性（HRV）的解讀與應用、靜息心率、睡眠質量等恢復指標的追蹤與訓練調整
- 恢復週期化編程：將恢復策略整合至訓練計劃、減量週期設計、過度訓練的識別與干預



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training plans, tapering period design, identification and intervention of overtraining

Module 3: Fascial Training and Myofascial Release Techniques (6hr)

- **Foundations of Fascial Science:** The critical role of fascia as a whole-body connective tissue network in mobility, stability, force transmission, and injury resilience
- **Fascial Training Methods:** Dynamic stretching, fascial sliding and elastic training to help clients shorten recovery time, improve range of motion, and reduce muscle soreness
- **Myofascial Release Practical Training:** Technical application and teaching essentials of foam rollers, massage balls, and massage guns

Module 4: Women's Health and Lifecycle Training (6hr)

- **Menstrual Cycle and Training Adjustments:** Hormonal changes across the menstrual cycle phases (follicular, ovulatory, luteal, menstrual) and their impact on exercise performance and recovery, with corresponding training intensity and content adjustment strategies
- **Perimenopause and Menopause Training:** Impact of hormonal changes (oestrogen decline) on muscle mass, bone density, body fat distribution, and metabolic health; exercise intervention strategies for symptoms such as hot flashes, fatigue, and mood fluctuations; the critical role of resistance training in maintaining muscle mass and bone health
- **Life-Stage Nutritional Support:** Protein requirements, calcium and vitamin D intake, and weight management strategies at each life stage
- **Professional Communication and Client Relationships:** How to discuss life-stage health topics with female clients in a sensitive, professional manner to build trust and long-term

單元三：筋膜訓練與肌筋膜釋放技術(8hr)

- 筋膜科學基礎：筋膜作為全身結締組織網絡在活動度、穩定性、力量傳遞及創傷抵禦中的關鍵作用
- 筋膜訓練方法：動態伸展、筋膜滑動與彈性訓練，幫助客戶縮短恢復時間、改善活動幅度、減少肌肉酸痛
- 肌筋膜釋放實操：泡沫軸、按摩球及按摩槍的技術應用與教學要點

單元四：女性健康與生命週期訓練（6hr）

- 女性生理週期與訓練調整：月經週期各階段（卵泡期、排卵期、黃體期、月經期）的荷爾蒙變化及其對運動表現、恢復能力的影響，相應的訓練強度與內容調整策略
- 圍絕經期與更年期訓練：荷爾蒙變化（雌激素下降）對肌肉量、骨質密度、體脂分佈及代謝健康的影響；針對潮熱、疲勞、情緒波動等症狀的運動干預方案；阻力訓練對維持肌肉量與骨質健康的關鍵作用
- 生命階段的營養支持：各階段的蛋白質需求、鈣質與維生素 D 攝取、體重管理策略
- 專業溝通與客戶關係：如何以敏感、專業的方式與女性客戶討論生命階段相關的健康議題，建立信任與長期合作關係



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Module 5: Senior and Special Populations Training Programme Design (6hr)

- **Senior Training:** Physiological characteristics of the ageing population (sarcopenia, decreased bone density, reduced balance ability), safe training principles, and progression/regression teaching techniques
- **Pre- and Post-Natal Training:** Exercise precautions, contraindications, and safe programme design for each stage of pregnancy; postnatal core restoration and pelvic floor muscle training
- **Exercise Support for Chronic Disease and Post-Surgery Rehabilitation Populations:** Deepening of knowledge learned in the Silver course – exercise prescription and safety monitoring for patients with hypertension, diabetes, and coronary heart disease

Module 6: Data-Driven Training and Wearable Technology Application (6hr)

- **Wearable Device Data Interpretation:** Clinical significance and application of indicators such as Heart Rate Variability (HRV), sleep quality, activity levels, and recovery status
- **Data-Driven Personalised Training Programming:** Dynamically adjusting training intensity, frequency, and recovery strategies based on real-time client data
- **AI-Assisted Coaching Tools:** Application and selection of intelligent training platforms and client management systems

Module 7: Industry Leadership and Coaching Business Management (6hr)

- **Nature and Scope of Physical Education, Exercise Science, and Sport Studies** – Professional roles and social responsibility, industry ethical standards
- **Challenges and Future Trends of the 21st Century Fitness Industry** – Hybrid training models (online + offline), holistic

單元五：銀髮族與特殊人群訓練方案設計 (8hr)

- 銀髮族訓練：中高齡人群的生理特點（肌少症、骨質密度下降、平衡能力減退）、安全訓練原則及進退階教學技巧
- 產前產後訓練：孕期各階段的運動注意事項、禁忌與安全方案設計；產後核心修復與盆底肌訓練
- 慢性病與術後康復人群運動支持：深化銀級課程所學的高血壓、糖尿病、冠心病患者的運動處方及安全監測

單元六：數據驅動訓練與可穿戴技術應用 (6hr)

- 可穿戴設備數據解讀：心率變異性（HRV）、睡眠質量、活動量、恢復狀態等指標的臨床意義與應用
- 數據驅動的個人化訓練編程：根據客戶實時數據動態調整訓練強度、頻率及恢復策略
- AI輔助教練工具：智能訓練平台、客戶管理系統的應用與選擇

單元七：行業領導力與教練事業經營 (6hr)

- 體育運動及運動科學的本質與範疇——專業角色與社會責任、行業道德標準
- 21世紀健身產業的挑戰與未來趨勢——混合訓練模式（線上+線下）、整體健康與恢復策略、身心訓練整合



health and recovery strategies, mind-body training integration (yoga, tai chi, etc., for stress management and recovery)

- **Advanced Coaching Business Management:** High-value client acquisition and retention, personal branding, digital marketing strategies, pricing and service package design

Module 8: Comprehensive Case Study and Practical Assessment (4hr)

- **Comprehensive Real-World Case Analysis:** Integrating strength training and longevity health, exercise recovery and regeneration, fascial training, women's lifecycle training, special populations programme design, and data-driven decision-making
- **Group Practical Application:** Simulating the complete coaching process (assessment → programme design → implementation → tracking → adjustment)
- **Real-Time Trainer Feedback and Debrief**

Assessments include:

- Coursework, theoretical examinations, and practical demonstrations/assignments – 70% pass mark required in the following areas:
- Strength training programme design
- Recovery strategy programming
- Myofascial release techniques
- Special populations / women's lifecycle programme design

Course fee: HKD 9,000

Course Duration: 48 hours

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(瑜伽、太極等用於壓力管理與恢復)

- 教練事業經營進階：高價值客戶開發與留存、個人品牌建立、數碼營銷策略、定價與服務套餐設計

單元八：綜合個案研討與实操考核（4hr）

- 真實案例綜合分析：融合力量訓練與長壽健康、運動恢復與再生、筋膜訓練、女性生命週期訓練、特殊人群方案設計及數據驅動決策
- 學員分組實戰演練：模擬完整教練流程（評估→方案設計→執行→追蹤→調整）
- 導師即場點評與反饋

評核包括：

課程作業、理論考試與實習演示/作業
70% 合格（力量訓練方案設計、恢復策略編程、筋膜釋放技術、特殊人群／女性生命週期方案設計）

課程費用： HKD 9,000

課時： 48 小時

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