"IPTFA in collaboration with GFTA proudly presents"

Functional Trainer Certification

功能訓練教練證書課程



This course is hosted by the IPTFA. It is designed for fitness coaches, wellness practitioners and sports enthusiasts, systematically teaching the multi-tool-centered functional training system. It helps participants master the life-oriented and diversified training design capabilities, obtain internationally recognized professional qualifications, and expand career development opportunities.

本課程針對健身教練、康體從業者及運動愛好者，系統教授以多工具為核心的功能訓練體系，幫助學員掌握生活化、多元化的訓練設計能力，考取國際認可的專業資格，拓展職業發展空間。

Core Course Highlights:

- Full tool coverage: Covers 5 mainstream functional training tools including fitness balls, medicine balls, balance discs, resistance bands and fitness bars, breaking the limitations of traditional equipment training
- Extremely practical: All movement designs

課程核心亮點：

- 工具全覆蓋：涵蓋健身球、藥球、平衡碟、橡筋帶、健身棒五大主流功能訓練工具，打破傳統器械訓練的局限
- 實用性極強：所有動作設計緊扣日常生活場景，學員可直接運用於客戶的日常

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are closely linked to daily life scenarios. Participants can directly apply them to scenarios such as improving clients' daily activity ability and injury prevention

- Rich experience: The training modes are flexible and diverse, getting rid of the boring and repetitive training rhythm, greatly enhancing the training fun for both participants and clients
- International recognition: The course qualification is recognized by Fitness Australia, and the graduation certificate can meet the employment requirements of the overseas fitness industry

Course Modules

The total course duration is 21 hours, systematically taught in 6 major modules:

- Introduction of Core Muscle: In-depth explanation of balance principles and core muscle group anatomy to lay a solid theoretical foundation for functional training
- Fitball Training Principles: Master specialized fitball training methods and supporting stretching exercises, learn to use unstable surfaces to enhance core activation
- Medicine Ball Training Principles: Be proficient in medicine ball strength training, explosive power exercises and partner passing training to improve clients' overall dynamic strength
- Balance Disk Training Principles: Use balance discs to carry out targeted trunk muscle group exercises, greatly improving participants' ability to design balance training programs
- Elastic Band Training Principles: Master the elastic band resistance training system, learn to use portable tools to achieve full-scene resistance training

活動能力提升、損傷預防場景

- 體驗感豐富：訓練模式靈活多變，擺脫枯燥重複的訓練節奏，大幅提升學員與客戶的訓練樂趣
- 國際認可：課程資格獲 Fitness Australia 認可，畢業證書可對接海外健身行業從業要求

課程內容：

總學時共 21 小時，分 6 大模塊系統授課：

- 核心肌肉的介紹：深入講解平衡力原理、核心肌群解剖結構，打牢功能訓練的理論根基
- 健身球訓練原則：掌握健身球專項訓練方法、配套伸展練習，學會利用不穩定平面強化核心激活
- 藥球訓練原則：熟練藥球力量訓練、爆發力練習、雙人傳球訓練，提升客戶的整體動態力量
- 平衡碟訓練原則：運用平衡碟開展軀幹肌群針對性練習，大幅提升學員的平衡訓練設計能力
- 橡膠帶訓練原則：掌握彈力帶阻力訓練體系，學會利用輕便工具實現全場景的抗阻訓練
- 綜合訓練的原理：整合所有工具，教授「中心穩定下的強化運動」「平衡下的強化運動」兩大綜合訓練模式，實現從單工具到場景化訓練的升級

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- Principle of Integrated Training: Integrate all tools, teach two comprehensive training modes: "strengthening exercises under core stability" and "strengthening exercises under balance", realizing the upgrade from single-tool to scenario-based training

After completing the course, you will fully master core muscle control skills, achieve upper and lower body muscle strengthening, and at the same time have professional guidance capabilities for balance and flexibility training.

International Certificate Recognition
Participants who meet the following two requirements will be awarded the "Functional Training Coach Certificate" issued by IPTFA:

- Course attendance rate reaches 75% or above
- Both the theoretical examination and practical assessment obtain a passing score of 70% or above

This certificate is also recognized by Fitness Australia and can be used as a valid basis for industry qualification recognition and continuing education credit application.

Course fee: HKD 4,200
Course Duration: 21 hours
Continuing Education Units： 3 CEUs
AUSactive 14 CEUs
Enquiry: (852) 2345 6286
WhatsApp: 9768 3881 (message only)
E-mail: info@iptfa.com
Website: www.iptfa.com

Admission Requirements:
Entry Requirements: Aged 17 or above.

完成課程後，你將全面掌握核心肌肉控制技巧，實現上下半身肌肉強化，同時具備專業的平衡與柔軟度訓練指導能力。

國際證書認可
符合以下兩項要求的學員，可獲 IPTFA 頒發「功能訓練教練證書」：

- 課程出席率達 75%或以上
- 理論考試+實習考核均取得 70%或以上的合格成績

該證書同時獲 Fitness Australia 認可，可作為行業資格認定、續牌積分申請的有效依據。

課程費用： HKD 4,200
課時： 21 小時
延續學份： 3 CEUs 學分 / AUSactive 14 學分
查詢： (852) 2345 6286
WhatsApp： 9768 3881 (僅限訊息)
電郵： info@iptfa.com
網站： www.iptfa.com

申請資格：
入學資格： 凡年滿十七歲或以上

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Instructor Qualifications: Registered physiotherapists; Registered Senior Course Instructor

導師資歷：註冊物理治療師、GFTA / IPTFA 註冊資深課程導師教授

Re-examination Fee: HK$300 for retaking the written exam, practical exam, or supplementary exam (those scoring below 60 must retake the course).

重考費用：筆試、實習試重考或補考費 HK$ 300 (60 分以下者需重新修讀課程)

Hong Kong Federation of Trade Unions (HKFTU) Professional Qualifications Assessment Centre: Candidates who pass the assessment may apply for the "Functional Training Coach (Elementary/Intermediate)" Vocational Skills Certificate jointly issued by IPTFA and the HKFTU Spare-Time Study Centre. This certificate is issued under the supervision of the HKFTU Professional Qualifications Assessment Centre. Assessment Fee: HK$1,200

香港工聯專業資歷評核中心：考核合格者，可申請由 IPTFA 與 工聯會進修中心聯合簽發《功能訓練教練 初級/中級》職業技能證書，此證書由香港工聯專業資歷評核中心監督簽發。 檢定費用：$ 1,200

Deadline: Three working days before course commencement (IPTFA reserves the right to cancel courses or change course times).

截止日期：開課前三個工作天(IPTFA 保留取消課程或更改課程時間之權利)

Venue: IPTFA Education Centre, Room C, 2/F, Wan Tai Building, 21–27 Mong Kok Stadium Path, Mong Kok, **International Personal Trainers & Fitness Academy.**

上課地點：IPTFA Education Centre
旺角運動場道 21-27 號運泰大廈 2 樓 C 室，**國際康體專才培訓學院。**

Payment Methods: Pay in person at the Academy in cash, mail a cheque (payable to: International Personal Trainers & Fitness Academy), or deposit into the Academy's account:

繳費方法：可親臨學院繳交現金、郵寄支票 (抬頭：國際康體專才培訓學院) 或

Shanghai Commercial Bank | Account Name: INTL PERSONAL TRAINERS & FIT A (HK) LTD
Account No.: 33782-05697-8
FPS: 164613515

存入學院戶口：
上海商業銀行 | 戶口名 INTL PERSONAL TRAINERS & FIT A (HK) LTD
銀行戶口：33782-05697-8
FPS 轉數快：164613515

Bank of China | Account Name: INTL P T & F A

中國銀行 | 戶口名 INTL P T & F A (HK) LTD
T/A INTL Personal Trainer & Fitness Academy

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(HK) LTD T/A INTL Personal Trainer & Fitness Academy
Account No.: 012-698-0-000764-4
FPS: 164613515

Hang Seng Bank | Account Name: INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY (HONG KONG) LIMITED
Account No.: 369-488143-883
FPS: 107214223

銀行戶口：012-698-0-000764-4；
轉數快：164613515

恆生銀行 | 戶口名：INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY (HONG KONG) LIMITED
銀行戶口：:369-488143-883
轉數快：107214223

Class Arrangements:

1. When the Observatory issues Typhoon Signal No. 1 or No. 3, or a Yellow or Red Rainstorm Warning, classes will be held as usual.
2. When the Observatory issues Typhoon Signal No. 8 or above, or a Black Rainstorm Warning, that day's classes will be cancelled. The Academy will separately notify students of the make-up class date, time, and venue.

上課情況：

1. 當天文台發出一號或三號颱風訊號、黃色或紅色暴雨警報，將照常上課。
2. 當天文台發出八號或以上颱風訊號、或黑色暴雨警報，該日之課程將取消，學院將另行通知補課之日期、時間及地點。

Refund Policy: Except when the Academy cancels a course, tuition fees paid will not be refunded under any other circumstances.

退款政策：除了本學院取消課程外，其他情況概不退回已繳學費

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