"IPTFA in collaboration with GFTA proudly presents"

Mind-Body Performance Skills Practitioner Certification

身心表現技巧實踐證書課程



Introduction

This is a **mid-tier practical bridging programme** purpose-built for fitness coaches, sports instructors and helping professionals. Centered around the core philosophy of Mind-Body Integration, it translates sports psychology, body awareness, breath regulation and mindfulness practice into immediately usable guidance tools that you can deploy right on the training floor.

Different from traditional fitness training that only teaches movement techniques, and distinct from purely theoretical psychology seminars, this programme adheres to the core proposition: "Not just teaching movements, but guiding states". It empowers you to evolve from a "movement executor" into a professional practitioner who can accurately read the mind-body state of your clients.

課程簡介：

這是一門專為體適能教練、運動導師及助人工作者打造的**中階實務橋樑課程**，以「身心整合」為核心理念，把運動心理學、身體覺察、呼吸調節與靜觀實踐轉化為訓練現場「即學即用」的引導工具。有別於傳統只教動作技術的體適能培訓，也不同於純理論的心理學講座，課程始終堅持**「不只教動作，更懂引導狀態」**的核心主張，幫助你從「動作執行者」升級為能讀懂學員身心狀態的專業實踐者。

課程總時長 18 小時，內容由淺入深，從神經科學基礎到現場實操演練，再到 SEN 特殊群體教學應用，全程圍繞真實教學場景設計，讓你上完課隔天就能把工具包裡的技巧

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The full 18-hour curriculum progresses from foundational knowledge to on-site practical drills, and finally to SEN special population teaching applications. Every session is designed around real-world coaching scenarios, so you can apply the skills from the toolkit directly in your very next class after completing the course.

直接用到自己的課堂中。

Tangible Core Competencies You Will Master

- ✅ Use simple assessment techniques to quickly identify your client's current focus level, anxiety level and mind-body connection status, no longer relying solely on subjective experience to judge their state
- ✅ Master three core sports psychology coaching methods: self-talk reframing, mental imagery guidance, and classified attention control
- ✅ Independently design a standard 60-minute mind-body integrated session: 10-minute warm-up awareness, 40-minute main training with synchronized breathing, 10-minute cool-down emotional release
- ✅ Master sports intervention strategies for SEN groups and high-stress office workers, flexibly adjust coaching methods for clients with different traits
- ✅ Build differentiated classes with mind-body guidance techniques, drastically boost client retention, and establish a unique professional personal brand as a coach

完成課程後，你將獲得這些可落地的核心能力

- ✅ 能運用簡易評估技巧，快速辨識學員當下的專注力水平、焦慮程度與身心連結狀態，不再只憑經驗判斷學員狀態
- ✅ 熟練掌握自我對話改寫、心理預演引導、注意力分類控制三大核心運動心理教學方法
- ✅ 能獨立設計一堂 60 分鐘的標準身心整合課：包含 10 分鐘暖身覺察、40 分鐘動作與呼吸配對主訓練、10 分鐘緩和情緒釋放
- ✅ 掌握 SEN 族群與高壓上班族的運動介入策略，能針對不同特質的學員靈活調整教學方式
- ✅ 運用身心引導技術打造差異化課堂，大幅提升學員黏著度，建立獨特的專業教練個人形象

Who Should Attend

- Personal trainers, fitness coaches, Pilates instructors, yoga instructors
- Specialized sports coaches, physical education teachers
- Primary/secondary school teachers, teaching assistants, SEN support tutors

適合對象：

- 私人教練、健身教練、普拉提導師、瑜伽導師
- 各類專項運動教練、體育科老師
- 中小學教師、教學助理、SEN 支援導師

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- Social workers, rehabilitation service practitioners, elderly care service workers
- All sports professionals who want to upgrade their holistic health coaching capabilities

- 社工、復康服務工作者、長者服務從業人員
- 所有希望提升身心健康教學能力的體育從業者

Course Modules

Module 1: Mind-Body Connection Science & Coach Positioning

Break down the physiological loop between stress (cortisol) and muscle tension from a neuroscience perspective, explain how "mind-body disconnection" directly leads to movement compensation. Clearly define the professional boundary between fitness coaches and psychotherapists, and teach you to identify 5 major red flags that require professional referral. You will also learn to apply the Yerkes-Dodson Law to quickly judge if a client is over-anxious or under-aroused, and use corresponding techniques to bring them into the optimal performance zone. The session concludes with group role-play drills to master practical skills for building psychological safety during initial client consultations.

課程內容：

單元 1：身心連結科學與教練定位

從神經科學角度拆解壓力皮質醇與肌肉緊繃的生理迴路，解釋「身心失連」如何直接導致動作代償；同時明確劃分體適能教練與心理治療師的專業界線，教你準確識別需要轉介的 5 大紅旗警示。你還會學會應用耶基斯-多德森定律，快速判斷學員處於過度焦慮或過度放鬆的狀態，用對應的技巧把學員調整到最佳表現區間，最後透過分組演練掌握初次會談建立心理安全感的實用技巧。

Module 2: Body Awareness & Movement Integration

Break the common misconception that body scan can only be done lying down. You will learn to convert body scan and grounding techniques into coaching tools that work in standing and dynamic scenarios, and optimize clients' joint activation sequence through proprioceptive stimulation. You will also master using metaphorical language to replace rigid movement instructions, guiding clients to feel the movement instead of just copying it. The module ends with a practical assessment to ensure you can clearly and smoothly lead a 5-minute standing body scan and stretching

單元 2：身體覺察與動作整合

打破「身體掃描只能躺著放鬆」的誤區，教你把身體掃描、扎根技巧轉化為站姿、動態場景下的教學工具，透過本體感覺刺激優化學員的關節啟動順序。同時你會學會用隱喻語言替代生硬的動作指令，引導學員「感受動作」而非「模仿動作」，最後透過實操考核，確保你能清晰流暢地帶領 5 分鐘站立式身體掃描與伸展。

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session.

Module 3: Practical Breath Regulation Toolkit
Understand how breathing, the only physiological function controlled by both the autonomic nervous system and conscious will, can directly activate the sympathetic and parasympathetic nervous systems. You will systematically master scenario-based application of three core breathing methods: 4-6 Breathing for de-stressing high-pressure anxious clients, Box Breathing for boosting focus before competitions, and Coherent Breathing for calming agitated SEN clients. You will also learn to precisely match breathing rhythm to the concentric/eccentric phases of strength training and Pilates core activation, and master the key skills of pace, tone and pauses during breath guidance.

單元 3：呼吸調節的實戰工具箱
理解呼吸作為唯一可被意識控制的自主神經功能，如何直接調動交感與副交感神經狀態。系統掌握三大核心呼吸法的場景化應用：4-6 呼吸法適用高壓焦慮學員降壓、方塊呼吸適用比賽前提升專注力、和諧呼吸適用 SEN 煩躁學員平復情緒。同時學會把呼吸節奏精準配對到重訓的向心/離心階段、普拉提的核心啟動環節，掌握引導呼吸時的語速、語調、停頓關鍵技巧。

Module 4: Sports Psychology Skills & Focus Reshaping
Learn the four classification logic of attention, and master guiding clients to switch between internal/external, narrow/broad focus modes according to training goals. Master the technique of reframing negative self-talk like "I'm useless" into concrete movement cues like "pull your shoulders back, brace your core". Learn to use mental imagery to help injured clients who cannot train physically to maintain their movement memory. Finally, design 2-minute micro-focus training programmes for ADHD clients, solving the common problem of clients getting distracted easily during sessions

單元 4：運動心理技巧與專注力重塑
學習注意力的四大分類邏輯，學會根據訓練目標引導學員切換內在/外在、狹窄/寬廣的專注模式。掌握把「我好廢」這類負面自我對話，改寫為「膊頭向後，核心收緊」這類具體動作提示詞的技術；學會用心理預演幫助受傷無法訓練的學員維持動作記憶。最後針對 ADHD 學員設計 2 分鐘就能見效的專注力微訓練方案，解決學員課堂分心的常見難題。

Module 5: SEN Special Populations & Emotional Regulation
Gain in-depth understanding of the common behavioural traits and emotional triggers of three typical SEN groups (Autism Spectrum

單元 5：SEN 特殊群體與情緒調節
深入認識自閉症譜系、ADHD、讀寫障礙三類常見 SEN 學員在運動課堂的行為特質與情緒觸發點，掌握視覺化課表、任務拆解分析、「先肯定再調整」的正向引導框架。

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Disorder, ADHD, dyslexia) in sports classes. Master the visual schedule, task analysis, and the positive guidance framework of "affirm first, then adjust". Learn to guide highly frustrated clients to complete cognitive restructuring and gradually build their mental resilience. The session concludes with a simulated teaching drill, where you will design a 15-minute "awareness + simple movement" activity for a specific SEN case, to complete the practical validation of your SEN coaching skills.

學會幫助高挫敗感學員完成認知重構，逐步建立心理韌性。最後透過模擬個案演練，為特定特質的 SEN 學員設計 15 分鐘的「覺察+簡單動作」活動，完成 SEN 教學能力的實戰驗證。

Module 6: Curriculum Design & Integrated Practice

Master the golden ratio design rule for 60-minute mind-body integrated sessions, and combine all the skills from previous modules into a complete deliverable class. Learn to identify early warning signs of compassion fatigue, master simple and actionable self-care techniques to sustain your long-term teaching passion. The course wraps up with 15-minute simulated teaching demonstrations to validate your guidance ability across different scenarios, and you will develop your own 30-day post-course action plan to fully translate what you learned in class into your daily coaching practice.

單元 6：課程設計、整合實戰

掌握 60 分鐘身心整合課表的黃金比例設計法則，把前面所有單元的技巧串聯成完整的可交付課程。同時學習辨識教練同理心耗竭的早期信號，掌握簡單易操作的自我照顧技巧，維持長期的教學熱情。最終透過 15 分鐘模擬教學演示，驗證你在不同場景下的引導能力，最後制定屬於自己的課後 30 天實踐行動計劃，把課堂所學真正落地到日常教學中。

International Certificate Recognition

Participants who meet the following two requirements will be awarded the " **Mind-Body Performance Skills Practitioner Certificate**" issued by IPTFA:

- Attend at least 80% of the course;
- Achieve a passing score of 70% or above in all subject-content assessments; and
- Submit, after the course, a written mind-body integration training plan designed for a specified population.
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Course fee: HKD 4,200

國際證書認可

符合以下兩項要求的學員，可獲 IPTFA 頒發「**身心表現技巧實踐證書**」：

- 課程出席率達 80%或以上
- 學科內容考核均取得 70%或以上的合格成績
- 課後繳交一份針對指定族群的身心整合課表書面計劃。

課程費用： HKD 4,200

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Course Duration: 18 hours
Continuing Education Units：3 CEUs
Enquiry: (852) 2345 6286
WhatsApp: 9768 3881 (message only)
E-mail: info@iptfa.com
Website: www.iptfa.com

課時：18 小時
延續學份：3 CEUs 學分
查詢： (852) 2345 6286
WhatsApp：9768 3881 (僅限訊息)
電郵： info@iptfa.com
網站： www.iptfa.com

Instructor Qualifications: Ada Chaw
"Having worked in fitness and mind-body education for over fifteen years, I have found that most students who perform movements poorly are often not lacking physical capacity, but rather experiencing a 'mind-body disconnection'—stress makes breathing shallow, emotions cause muscles to become tense and stiff, and scattered concentration leads to compensation."

導師資歷：Ada Chaw
「從事體適能與身心教育超過十五年，我發現大部分學員動作做不好，往往不是體能不足，而是『身心失連』——壓力令呼吸變淺、情緒讓肌肉僵緊、專注力渙散導致代償。

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)

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

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

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.

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

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

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。

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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