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# Synthesis & Funky Aerobic Instructor Certification

# 綜合健康舞 & Funky Aerobic 導師證書課程



## Course Introduction

This course is designed for current coaches and individuals interested in health dance. It is practice-oriented and combines theory with practice to teach safe and effective health dance training methods. The course covers human anatomy, kinesiology and muscle physiology, teaching and communication skills, basic principles of health dance, design and choreography, music application, aerobic exercise design, techniques and cueing methods, common injuries and prevention, and the management and application of health dance facilities and equipment. Students will learn teaching methods for various types of health dance classes and master the concepts, choreography, and class management of Funky Aerobic, building a solid foundation for serving as health dance coaches or enhancing their teaching professionalism.

## 課程簡介

本課程專為現職教練及對健康舞有興趣人士而設，以實習為主，結合理論與實踐，教授安全及有效的健康舞訓練方法。課程涵蓋人體解剖、運動學及肌肉生理學、教學及溝通技巧、健康舞基本原理、設計與編排、音樂運用、有氧運動設計、技巧及提示方法、常見傷患與預防，以及健康舞設施及裝備管理應用。學員將學習多種類型健康舞班的教學方法，並掌握 Funky Aerobic 的概念、創編及課堂管理，為擔任健康舞教練或提升教學專業能力打好基礎。

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## Course Objectives:

Upon completion of the course, students should be able to:

1. Understand the basic concepts, principles, and development of health dance and Funky Aerobic.
2. Master basic knowledge of human anatomy, kinesiology, and muscle physiology, and apply it to safe and effective health dance training.
3. Design, choreograph, and create different types of health dance courses, and effectively use music elements.
4. Correctly demonstrate basic health dance movements, and master aerobic exercise design, teaching techniques, and cueing methods.
5. Possess teaching and communication skills, and be able to lead different types of health dance classes.

## 課程目標：

完成課程後，學員應能：

1. 理解健康舞及 Funky Aerobic 的基本概念、原理與發展。
2. 掌握人體結構解剖、運動學及肌肉生理學的基本知識，並應用於安全有效的健康舞訓練。
3. 設計、編排及創編不同類型健康舞課程，並有效運用音樂元素。
4. 正確示範健康舞基本動作，掌握有氧運動設計、教學技巧及提示方法。
5. 具備教學及溝通技巧，能帶領不同類型健康舞班。

## Target Audience:

- Current coaches or practitioners in sports, recreation, fitness, and health dance-related fields.
- Individuals interested in health dance who wish to improve their teaching and choreography abilities.
- Individuals aspiring to become health dance or Funky Aerobic coaches.
- Applicants should have basic ability to participate in health dance activities and be able to take part in practical training and physical activities.

## 適合對象：

- 現職教練或體育、康樂、健身及健康舞相關從業員。
- 對健康舞有興趣，希望提升教學及編排能力的人士。
- 有志成為健康舞或 Funky Aerobic 教練的人士。
- 需具備基本健康舞運動參與能力，並能參與實習及體能活動。

## Course Structure:

1. Choreography of Health Dance
   Course design principles, choreography structure, movement combinations, flow design, and practice.
2. Music Elements and Application
   Beats, rhythm, music selection, and

## 課程結構：

1. 健康舞的創編
   課程設計原理、編排結構、動作組合、流程設計及實習
2. 音樂元素和運用
   拍子、節奏、音樂選擇、動作與音樂配

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techniques for coordinating movements with music.

3. Basic Health Dance Movements
   Basic steps, movement techniques, demonstration methods, and safety points.
4. Common Injuries in Health Dance and Prevention
   Common injuries, risk assessment, preventive measures, and handling principles.
5. Funky Health Dance Management
   Class management, facility and equipment management application, and safe environment arrangement.
6. Teaching Techniques and Methods
   Teaching and communication skills, cueing methods, aerobic exercise design, and leading practice.
7. Other Types of Health Dance Classes
   Introduction to different types of health dance classes, teaching characteristics, and points to note.
8. Marketing for the Funky Coach Industry
   Industry overview, market positioning, coach professional development, and promotion strategies.

合技巧

3. 健康舞基本動作
   基本步法、動作技巧、示範方法及安全要點
4. 健康舞運動常見的傷患與防止
   常見傷患、風險評估、預防措施及處理原則
5. Funky 的健康舞管理
   課堂管理、設施及裝備管理應用、安全環境安排
6. 教學技巧方法
   教學及溝通技巧、提示方法、有氧運動設計、帶領實習
7. 其他健康舞班種類
   不同類型健康舞班介紹、教學特點及注意事項
8. Funky 教練行業的市場學
   行業概況、市場定位、教練專業發展及推廣策略

**International Certificate Recognition**

Students who meet the following two requirements may receive the dual certificates "**Synthesis Aerobic Instructor Certificate** and **Funky Aerobic Instructor 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

**Course fee:** HKD 5,600
**Course Duration:** 30 hours

**國際證書認可：**

符合以下兩項要求的學員，可獲 IPTFA 頒發雙證書「**綜合健康舞導師證書** 及 **Funky Aerobic 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

**課程費用：**HKD 5,600
**課時：**30 小時

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**Continuing Education Units：** 5 CEUs
**Enquiry**: (852) 2345 6286
**WhatsApp:** 9768 3881 (message only)
**E-mail:** info@iptfa.com
**Website:** www.iptfa.com

**延續學份：** 5 學分
**查詢：** (852) 2345 6286
**WhatsApp：** 9768 3881 (僅限訊息)
**電郵：** info@iptfa.com
**網站：** www.iptfa.com

**Admission Requirements:**
**Entry Requirements:** Anyone aged 17 or above with relevant dance experience is eligible.

**申請資格：**
**入學資格：** 凡年滿十七歲或以上，有相關舞蹈基礎。

**Instructor Qualifications:** Registered Senior Course Instructor

**導師資歷：** 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)

**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

**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

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

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

**Bank of China** | Account Name: INTL P T & F A (HK) LTD T/A INTL Personal Trainer & Fitness

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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.

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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