"IPTFA in collaboration with GFTA proudly presents"

國際康體專才培訓學院 與 綜合健體訓練學院

Functional Training of PT Fitness Training Tool Certification

私教小工具功能訓練證書課程



This course is carefully developed by the International Professional Fitness Trainers Association (IPTFA) targeting the common pain points of newly qualified personal trainers. It solves the widespread industry problem of "solid theoretical foundation but insufficient practical skills, and inability to flexibly use the diverse small equipment in gyms". It helps working trainers quickly upgrade their course design capabilities, create a distinctive personal training system more popular with members, and meet the career advancement needs of mid-to-senior level personal trainers.

本課程針對新入職私人教練的常見痛點精心研發，解決「理論基礎紮實但實戰技巧不足、面對俱樂部多樣小工具不會靈活運用」的行業普遍難題，幫助在職教練快速升級課程設計能力，打造更受會員歡迎的特色私教體系，滿足中高級私教的職業進階需求。

Core Course Highlights:

- Highly targeted: Fully bridges the capability gap for new trainers transitioning from the classroom to the workplace, skips redundant basic content, and directly delivers actionable practical

課程核心亮點：

- 針對性極強：完全對接新教練從課堂到職場的能力缺口，跳過冗余基礎內容，直接輸出可落地的實戰教學技巧

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teaching skills

- Scientific and safe system: All movements are refined by IPTFA's senior expert team based on muscle chain research and repeated movement experiments, strictly designed following the human body's metabolic sequence, so even beginners can get started safely
- All-round effect improvement: Under the scientific and controllable training logic, it simultaneously enhances participants' speed, coordination, explosive power and core stability, achieving the three major goals of fat loss, muscle gain and physical fitness enhancement in one stop
- High member popularity: The diverse gameplay with small equipment gets rid of the boredom of traditional training, greatly improves the fun of the courses, and directly helps trainers increase course renewal rates and member stickiness

- 科學安全體系：所有動作由 IPTFA 資深專家團隊基於肌肉鏈研究、反復動作實驗打磨，嚴格遵循人體代謝順序設計，零基礎也能安全上手
- 效果全面升級：在科學可控的訓練邏輯下，同步提升學員的速度、協調性、爆發力與核心穩定性，一站式實現減脂、增肌、體質強化三大目標
- 會員青睞度高：多樣化的小工具玩法擺脫傳統訓練的枯燥感，課程趣味性大幅提升，直接幫助教練提高續課率與會員粘性

Full Introduction to 5 Major Equipment Modules

The total course duration is 20 hours, systematically covering the principles, operation and featured course design of 5 internationally cutting-edge functional training small equipment:



- Slide Discs / Sliding Plates: Achieve low-joint-stress full-body integrated training through smooth sliding movements



- Bulgarian Bag: Maximally enhances strength, muscular endurance, cardiopulmonary function, flexibility and full-body explosive power



- Power Rope: Conducts high-intensity training targeting the upper body and core muscle groups, rapidly improving overall physical fitness and functional strength



- VIPR Training: Deeply combines load with full-body dynamic movements, perfectly matching the pursuit of vitality, efficiency and training effects by fitness clients and professional athletes



- Bosu Ball: Uses the unstable surface to enhance balance and coordination,

五大工具模塊全解析：

總學時共 20 小時，系統掌握 5 大國際前沿功能訓練小工具的原理、操作與特色課程設計：

- Slide 滑碟/滑行盤：通過流暢的滑行動作，實現低關節壓力的全身性整合訓練
- Bulgarian Bag 保加利亞訓練包：極限強化力量、肌耐力、心肺功能、靈活性與全身爆發力
- Power Rope 力量粗繩：針對上身與核心肌群開展高強度訓練，快速提升整體體能與功能性力量
- VIPR 炮筒訓練：將負載與全身動態運動深度結合，完美匹配健身客戶與專業運動員對活力、效率與訓練效果的追求
- Bosu Ball 半月平衡球：利用不穩定表面強化平衡感、協調性，激活核心肌群與日常訓練難以觸及的深層小肌肉

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activating the core muscle groups and deep small muscles that are rarely touched in daily training

International Certificate Recognition
Participants who meet the following two requirements will be awarded the "**Functional Training of PT Fitness Training Tool 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 4,000
Course Duration: 20 hours
Continuing Education Units： 3.3 CEU
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.

Instructor Qualifications: Registered physiotherapists; Registered Senior Course Instructor

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

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

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

國際證書認可
符合以下兩項要求的學員，可獲 IPTFA 頒發「**私教小工具功能訓練證書**」：

- 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

該證書為國際康體行業廣泛認可，可作為教練職業資格升級、俱樂部崗位晉升的有效憑證。

課程費用：HKD 4,000
課時：20 小時
延續學份：3.3 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

申請資格：
入學資格：凡年滿十七歲或以上
導師資歷：註冊物理治療師、GFTA / IPTFA 註冊資深課程導師教授

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)

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)

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。**

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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:

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

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.

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

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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