International Personal Trainers & Fitness Academy (IPTFA)

國際康體專才培訓學院

Chronic Disease Management and Exercise Intervention Specialization Certification

慢性疾病管理與運動介入證書課程



Course Description:

In today's society, chronic diseases are an important factor affecting people's health. The resulting health problems not only affect patients' quality of life but also place enormous pressure on public health systems. As health awareness increases, exercise is recognised as an important intervention to improve the health status of patients with chronic diseases. Therefore, professional fitness coaches need to possess professional knowledge and skills to provide exercise guidance for patients with chronic diseases.

This course aims to help fitness professionals gain an in-depth understanding of the physiological foundations of chronic diseases, learn how to design safe and effective exercise

課程內容：

在當今社會，慢性疾病是影響人們健康的重要因素，導致的健康問題不僅影響患者的生活質量，還對公共衛生系統造成了巨大壓力。隨著人們對健康意識的提高，運動被認為是改善慢性疾病患者健康狀況的重要介入措施。因此，專業的健身教練需要具備專業知識與技能，以提供針對慢性疾病患者的運動指導。

本課程旨在幫助健身專業人士深入了解慢性疾病的生理學基礎，學會如何針對不同疾病設計安全有效的運動處方，並培養管理患者心理需求的能力。透過理論講授、實務演練與案例分析，學員將全面掌握慢性疾病的運動介入策略，並能夠在實

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prescriptions for different diseases, and develop the ability to manage patients' psychological needs. Through lectures, practical drills and case analysis, students will comprehensively master exercise intervention strategies for chronic diseases and be able to apply them flexibly in actual work.

際工作中靈活應用。

Objective:

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

- **Master chronic disease and physiological foundations:** Understand the definitions, classifications, epidemiological trends and physiological mechanisms of common chronic diseases, as well as the improving effects of exercise on physiological function.
- **Design safe and effective exercise prescriptions:** Apply body assessment, risk management and exercise prescription principles to design safe exercise prescriptions for older adults and patients with chronic diseases such as stroke, diabetes, hypertension and coronary heart disease.
- **Apply advanced training and rehabilitation techniques:** Apply advanced resistance training principles (Weider 32 Principles, peak-contraction position training method) and PNF stretching techniques, manage common overuse injuries (flat feet, knee pain, rounded shoulders, frozen shoulder), and integrate exercise nutrition and weight management strategies.
- **Address psychosocial factors and professional practice:** Analyse patient motivation, behaviour change and social support systems; through case analysis and simulation exercises, master coaching sales skills, client management secrets, and the professional role of collaborating with medical teams.

課程目標：

完成課程後，學員將能：

- **掌握慢性疾病與生理學基礎**：理解常見慢性疾病的定義、分類、流行趨勢、生理機制，以及運動對生理機能的改善作用。
- **設計安全有效的運動處方**：運用身體評估、風險管理及運動處方原則，為長者及中風、糖尿病、高血壓、冠心病等慢性疾病患者設計安全運動處方。
- **應用進階訓練與康復技術**：運用高級阻力訓練原則（韋德 32 法則、收縮位置訓練法）、PNF 伸展技術，並處理常見勞損性創傷（扁平足、膝痛、圓肩、五十肩），結合運動營養及體重管理策略。
- **兼顧心理社會因素與專業實務**：分析患者動機、行為改變及社會支持系統，透過案例分析與模擬練習，掌握教練銷售技巧、客戶經營秘訣及與醫療團隊合作的專業角色。

Target Audience:

This course is designed for:

- Fitness coaches, personal trainers and strength and conditioning coaches;
- Sports science professionals;
- Medical and health management

目標對象：

本課程專為以下人士設計：

- 健身教練、私人教練及體能教練；
- 運動科學專業人士；

personnel;
- Practitioners in rehabilitation, elderly services and health promotion;
- All professionals who wish to gain an in-depth understanding of the relationship between chronic diseases and exercise intervention.

- 醫療健康管理人員；
- 康復、長者服務及健康促進相關從業人員；
- 所有希望深入了解慢性疾病與運動介入關聯的專業人士。

Career Pathways

Upon completion, graduates will be prepared for:

Role	Setting
Chronic disease exercise instructor	Fitness centres, private training studios, community health centres
Elderly fitness coach	Elderly centres, residential care service organisations, community centres
Rehabilitation exercise assistant / exercise consultant	Rehabilitation organisations, physiotherapy clinics, health management centres
Health management and weight management consultant	Health management companies, corporate wellness programmes
Specialised fitness coach	Fitness clubs, sports training centres, medical and health management centres

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
慢性疾病運動指導教練	健身中心、私人訓練工作室、社區健康中心
長者體適能教練	長者中心、安老服務機構、社區中心
復康運動助理／運動顧問	復康機構、物理治療診所、健康管理中心
健康管理及體重管理顧問	健康管理公司、企業健康計劃
專項體適能教練	健身俱樂部、運動訓練中心、醫療健康管理中心

Course Content:

Part 1: Overview of Chronic Diseases

1. Definition and classification of chronic diseases
    - Introduction to common chronic diseases
    - Analysis of global health impact
2. Epidemiological trends of chronic diseases
    - Data on morbidity and mortality
    - Influence of socioeconomic factors

課程大綱：

第一部分：慢性疾病概述

1. 慢性疾病的定義與分類
    - 常見慢性疾病介紹
    - 全球健康影響分析

2. 慢性疾病的流行趨勢
    - 發病率與死亡率的數據
    - 社會經濟因素的影響

Part 2: Physiological Foundations

1. Overview of basic human physiology

第二部分：生理學基礎

1. 人體基本生理學概述

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- Functions of major systems
- How physiological changes affect exercise

2. Physiological mechanisms of chronic diseases
   - Physiological effects of various chronic diseases
   - Improving effects of exercise on physiological function

- 主要系統的功能
- 生理變化如何影響運動

2. 慢性疾病的生理機制
   - 各類慢性疾病的生理影響
   - 運動對生理機能的改善作用

Part 3: Physical Assessment and Risk Management

1. Fitness assessment methods
   - Body composition analysis
   - Functional training assessment
2. Risk assessment and management
   - Medical history collection
   - Safe exercise guidelines

第三部分：身體評估與風險管理

1. 健身評估方法
   - 身體組成分析
   - 功能性訓練評估

2. 風險評估與管理
   - 醫療歷史收集
   - 安全運動指導方針

Part 4: Exercise Prescription Design

1. Basic principles of exercise prescription
   - Exercise type, intensity, duration and frequency
   - Importance of individualised exercise plans
2. Exercise recommendations for different chronic diseases
   - Cardiovascular diseases
   - Diabetes
   - Respiratory diseases

第四部分：運動處方設計

1. 運動處方的基本原則
   - 運動類型、強度、時長與頻率
   - 個別化運動計畫的重要性

2. 針對不同慢性疾病的運動建議
   - 心血管疾病
   - 糖尿病
   - 呼吸系統疾病

Part 5: Psychosocial Factors

1. Role of psychological factors in chronic disease management
   - Factors affecting motivation and adherence
   - Behaviour change strategies
2. Role of social support systems
   - How to help patients build support networks
   - Family and community participation

第五部分：心理社會因素

1. 心理因素在慢性疾病管理中的角色
   - 動機與遵循的影響因素
   - 改變行為的策略

2. 社會支持系統的作用
   - 如何協助患者建立支持網絡
- 家庭和社區的參與

Part 6: Practical Application

1. Case analysis
   - Discussion of actual cases and group work
   - Exercise prescription design for simulated patients

第六部分：實踐應用

1. 案例分析
   - 實際案例討論與小組工作
   - 模擬患者的運動處方設計

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2. Role of fitness professionals
    - Importance of collaboration with medical teams
    - Recommendations for continuing professional development

2. 健身專業人員的角色
    - 與醫療團隊合作的重要性
    - 持續專業發展的建議

International Certificate Recognition
Participants who meet the following two requirements will be awarded the " **Chronic Disease Management and Exercise Intervention Certificate** " issued by IPTFA:

- Course attendance of 75% or above;
- Pass both the theory examination and practical assessment with 70% or above.
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國際證書認可
符合以下兩項要求的學員，可獲 IPTFA 頒發「**慢性疾病管理與運動介入證書**：

- 出席率達 75%或以上
- 考試中理論與實習課程獲得 70%合格成績

Course fee: HKD 5,000
Course Duration: 24 hours
Continuing Education Units： 2 CEUs
Enquiry: (852) 2345 6286
WhatsApp: 9768 3881 (message only)
E-mail: info@iptfa.com
Website: www.iptfa.com

課程費用：HKD 5,000
課時： 24 小時
延續學份：2 學分
查詢： (852) 2345 6286
WhatsApp：9768 3881 (僅限訊息)
電郵： info@iptfa.com
網站： www.iptfa.com

Entry Requirements: Suitable for fitness coaches, sports science professionals, medical and health management personnel, and interested individuals.

入學資格：適合健身教練、運動科學專業人士、醫療健康管理人員及有興趣人士。

Instructor Qualifications: IPTFA registered senior course instructors.

導師資歷：註冊物理治療師、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

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

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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.

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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