



# International Personal Trainers & Fitness Academy (IPTFA)

Branch: Singapore, Canada, China, Hong Kong, India, Iran, Kazakhstan, Malaysia, Maldives, Macau, Mongolia, Nepal, Sri Lanka, Pakistan, Taiwan  
*Since 1959 From Singapore*

## Diploma in Recreation & Sports Management

### Course Structure

**Diploma in Recreational and Sports Management** is a 1 year Part-time Diploma Program comprising of three components, i.e., assignments, examinations and final report required.

The course comprises a total of 126 hours theory and practice, and to be presented upon completion of practice teaching report.

Students will be required to take 4 modules.

### Coursework Requirement

Students are required to successfully comply with the requirements of each subject prior to the preparation and submission of a Project Report.

### Coursework Curriculum

The Coursework Curriculum for the **Diploma in Recreational and Sports Management** is presented below.

### COURSE STRUCTURE

| Code  | Subjects / Modules                             |
|-------|--|
| D 301 | Bronze – Professional Personal Fitness Trainer |
| D 306 | Sport Massage (Level One)                      |
| D 307 | Professional Sport Instruments Management      |
| D 308 | Clubhouse Management                           |

### Requirement

Personal trainers, fitness instructors and those who are interested in the Recreation and Sports Management.

### Passing Criteria

- Attend 75% of the total course time.
- Attain a pass mark of 70% on the theoretical and practical examination.
- Final report should be handed after passing the course.

**Course Fee:** HKD 15,200 / USD 1,949

**Venue:** ARES Sports and Management Education Centre  
Unit C, 2/F, Right Time Building, 21-27 Playing Field Road,  
Mong Kok, Kowloon, HK

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|  |  |
|--|--|
| <p><b>IPTFA Course Code:</b> D 301<br/>           Bronze – Professional Personal Fitness Trainer</p> | <p><b>Content :</b></p> <ul style="list-style-type: none"> <li>➤ Marketing Strategies and Promotion on Professional Personal Fitness Trainer</li> <li>➤ Stretching and Flexibility</li> <li>➤ Injury prevention</li> <li>➤ Human Anatomy and Physiology</li> </ul>   |
| <p>Total : 42 hrs</p>  | <p>Fee : HKD 4,200 / USD 539</p>   |
| <p><b>IPTFA Course Code:</b> D 306<br/>           Sport Massage (Level One)</p>                      | <p><b>Content :</b></p> <ul style="list-style-type: none"> <li>➤ The effectiveness of Chinese Massage</li> <li>➤ The requirements and taboos of Chinese Massage</li> <li>➤ Theory of Sport Massage</li> <li>➤ The requirements and taboos of Sport Massage</li> </ul>  |
| <p>Total : 18 hrs</p>  | <p>Fee : HKD 2,500 / USD 321</p>   |
| <p><b>IPTFA Course Code:</b> D 307<br/>           Professional Sport Instruments Management</p>      | <p><b>Content :</b></p> <p>Recreation, market profiles, concept of leisure services, recreational facilities, the planning of new fitness facilities, recreational facilities, practice development, maintenance and safety, risk management, administrative, site visits, market sales strategy</p>   |
| <p>Total : 30 hrs</p>  | <p>Fee : HKD 4,000 / USD 513</p>   |
| <p><b>IPTFA Course code:</b> D 308<br/>           Club house Management</p>                          | <p><b>Content :</b></p> <p>Clubs operators, club facilities, resource management, organization management, membership services, the Hong Kong legislation and the relevant licenses, Sport and Recreation development, entertainment marketing, financial and capital management, human resources management, health, safety and security management, maintenance management</p> |
| <p>Total : 39 hrs</p>  | <p>Fee : HKD 4,500 / USD 577</p>   |

**Certificate of Quality :** Graduates who have fulfilled the following criteria will be issued the **Diploma in Recreation & Sports Management**, Bronze – Professional Personal Fitness Trainer Certificate, Sports Massage (Level One) Instructor Certificate, by International Personal Trainers & Fitness Academy.

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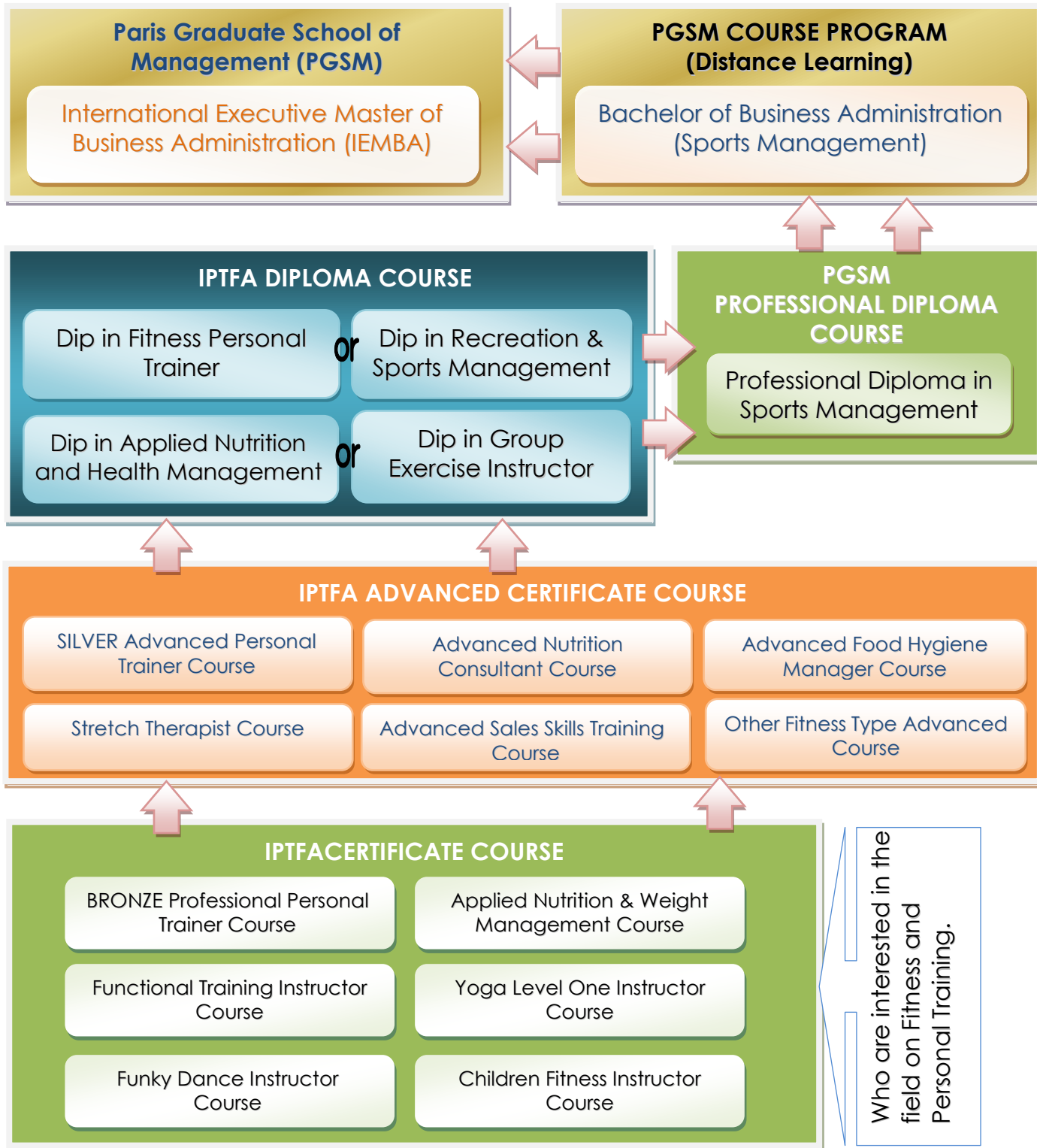




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## Study Pathway for Fitness



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# Diploma in Recreation & Sports Management

|                                   |   |
|-----------------------------------|---|
| <b>Enrollment Criteria</b>        | Age 17 or above   |
| <b>Lecturer Profile</b>           | IPTFA Lecturer, Experienced Personal Trainer  |
| <b>Language</b>                   | English   |
| <b>Course Duration</b>            | Total: 126 hours  |
| <b>Course Fees</b>                | HKD 15,200 / USD 1,949<br>3 weeks early bird \$ 200 discount  |
| <b>Fees for Re-exam</b>           | Theoretical & Practical re-exam HK\$ 300<br>Below 60 minute must restudy the course   |
| <b>Deadline</b>                   | 3 working days prior to the course commencement date<br>(IPTFA reserves the right to cancel or reschedule the course)   |
| <b>Venue</b>                      | International Personal Trainers & Fitness Academy (IPTFA)   |
| <b>Application</b>                | Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to <b>[INTERNATIONAL PERSONAL TRAINERS &amp; FITNESS ACADEMY]</b> to INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY, Unit C, 2/F, Right Time Building, 21-27Playing Field Road, MongKok, Kowloon, HK   |
| <b>Registration &amp; Enquiry</b> | Tel: 2345 6286 Fax: 2345 1236<br>E-mail: <a href="mailto:info@iptfa.com">info@iptfa.com</a> Website: <a href="http://www.iptfa.com">www.iptfa.com</a>   |
| <b>Notice</b>                     | (1) When The Hong Kong Observatory announces a YELLOW or RED rainstorm warning, or typhoon signal No.1 or 3 is hoisted, the classes will continue as usual.<br>(2) When The Hong Kong Observatory announces a BLACK rainstorm warning, or typhoon signal No.8 is hoisted, the classes on the same day will be cancelled. Our academy will announce another date, time and venue for the makeup class. |
| <b>Continuing Education Unit</b>  | 18 CEUs   |
| <b>Refund Policy</b>              | There will be no refund unless the course is cancelled by the IPTFA   |

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## (ENROLLMENT FORM)

|             |   |
|-------------|---|
| Course Code | Course Name :<br><b>Diploma in Recreation &amp; Sports Management</b> |
|-------------|---|



## Personal Information

|  |          |                           |            |              |  |
|--|----------|---------------------------|------------|--------------|--|
| Name:  |          |                           |            |              |  |
| Date of Birth:                                     | mm/dd/yy | Identify ID./ PassportNo. |            |              |  |
| Sex :  |          | Age :                     |            | Occupation : |  |
| Address :  |          |                           |            |              |  |
| Tel No.:   | Day-time |                           | Night-time |              |  |
| Mobil :  |          | E-mail :                  |            |              |  |
| Related work experiences and current certificates: |          |                           |            |              |  |

Information Source  web-site  Friend recommend  Post  Others E.G.: \_\_\_\_\_  
All the personal data will keep confidential and will only be used in the application procedure of the events organised by our Academy. For any change of your personal data, please contact IPTFA.

Payment : Cash, EPS, Cheque, and T/T, Please do inscribe: "International Personal Trainers & Fitness Academy ", T/T account no. **(SCB : 33782-05697-8; BOC : 012-698-0-000764-4)**

## Declaration

I, \_\_\_\_\_, declare that all the personal data are true and correct. I am aware that my participation in the International Personal Trainers & Fitness Academy event(s) exposes me to a risk of personal injury and I agree to hold harmless International Personal Trainers & Fitness Academy, their Directors, employees and subsidiaries, the presenters and all the event staff from any and all liability arising from this course including, but not limited to, muscle strains, tears, pulls, broken bones, death and any and all illness, ailments or loss of personal property.

I understand the risks arising from the participation of this course and attest that I am in sound physical condition. I also understand that I may be videotaped, audio taped and photographed during the course and International Personal Trainers & Fitness Academy may use my images for any and all uses without my prior consent. I further agree to all conditions of registration, including but not limited to, the no refund policy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## For Official Use Only

Amount: \_\_\_\_\_ Received Date: \_\_\_\_\_  
 Cash  Cheque \_\_\_\_\_ Bank \_\_\_\_\_  
 Issued by: \_\_\_\_\_ Refer to: \_\_\_\_\_

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