



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 Group Exercise Instructor

Course Structure

Diploma in Group Exercise Instructor 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 147 hours theory and practice, and to be presented upon completion of practice teaching report. Students will be required to take 5 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 Group Exercise Instructor** is presented below.

COURSE STRUCTURE

Code	Subjects / Modules
D 301	Bronze – Professional Personal Fitness Trainer
D 309	Yoga (Level One)
IP 010	Synthesis Aerobic & Funky Aerobic Instructor
IP 012	Pilates Matwork (Level One)
IP 013	Fitness Kickboxing Instructor

Requirement

- Current Yoga / Pilates / aerobics / Kickboxing instructor qualified professional instructors;
- Teachers whose are serving physical education
- Currently a personal trainer
- Who are interested in Group Exercise

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 22,200 / USD 2,846

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

International Cooperation by:





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<p>IPTFA Course Code: D 301 Bronze – Professional Personal Fitness Trainer</p>	<p>Content :</p> <ul style="list-style-type: none"> ➤ Marketing Strategies and Promotion on Professional Personal Fitness Trainer ➤ Stretching and Flexibility ➤ Injury prevention ➤ Human Anatomy and Physiology
<p>Total : 42 hrs</p>	<p>Fee : HK\$ 4,500 / USD 577</p>
<p>IPTFA Course Code: D 309 Yoga (Level One) instructor Certificate</p>	<p>Content :</p> <ul style="list-style-type: none"> ➤ History and spirit of Yoga ➤ Anthroponomy ➤ Theory of Yoga ➤ Asanas (35 level 2-3 post)
<p>Total : 30 hrs</p>	<p>Fee : HK\$ 4,800 / USD 616</p>
<p>IPTFA Course Code: Synthesis Aerobic & Funky Aerobic Instructor Certificate</p>	<p>Content :</p> <ul style="list-style-type: none"> ➤ Aerobic Movement Concept ➤ Human Body Main Physiology System ➤ Aerobic Composing ➤ Aerobic Basic Action
<p>Total : 39 hrs</p>	<p>Fee : HK\$ 4,900 / USD 629</p>
<p>IPTFA Course code: Pilates Matwork (Level One) instructor Certificate</p>	<p>Content :</p> <ul style="list-style-type: none"> ➤ Pilates key element and training target ➤ To understand how our muscle work ➤ Basic level action on Pilates ➤ Theorem and application on Pilates
<p>Total : 30 hrs</p>	<p>Fee : HK\$ 4,500 / USD 577</p>
<p>IPTFA Course code: Fitness Kickboxing Instructor Certificate</p>	<p>Content :</p> <ul style="list-style-type: none"> ➤ Basic Techniques and Terminology Found in the Self-Defense, Boxing & Kickboxing ➤ Integrating Partner Work & Utilizing Equipment For An Effective Cardio, Upper & Lower Body Workout ➤ Beginner to Advanced Techniques ➤ Real Self-Defense Techniques
<p>Total : 20 hrs</p>	<p>Fee : HK\$ 3,500 / USD 523</p>

Certificate of Quality : Graduates who have fulfilled the following criteria will be issued the **Diploma in Group Exercise Instructor**, Bronze – Professional Personal Fitness Trainer Certificate, INTERNATIONAL CERTIFICATE IN Yoga(level One) instructor, Synthesis Aerobic & Funky Aerobic Instructor Certificate, INTERNATIONAL CERTIFICATE IN Pilates Matwork (Level One), Fitness Kickboxing Instructor Certificate by International Personal Trainers & Fitness Academy.



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Enrollment Criteria	Age 17 or above
Lecturer Profile	IPTFA Lecturer, Experienced Personal Trainer
Language	English
Course Duration	Total: 158 hours
Course Fees	HKD 22,200 / USD 2,846 3 weeks early bird \$ 200 discount
Fees for Re-exam	Theoretical & Practical re-exam HK\$ 300 Below 60 minute must restudy the course
Deadline	3 working days prior to the course commencement date (IPTFA reserves the right to cancel or reschedule the course)
Venue	International Personal Trainers & Fitness Academy (IPTFA)
Application	Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to [INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY] to INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY, Unit C, 2/F, Right Time Building, 21-27Playing Field Road, MongKok, Kowloon, HK
Registration & Enquiry	Tel: 2345 6286 Fax: 2345 1236 E-mail: info@iptfa.com Website: www.iptfa.com
Notice	(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. (2) (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.
Continuing Education Unit	18 CEUs
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA

International Cooperation by:



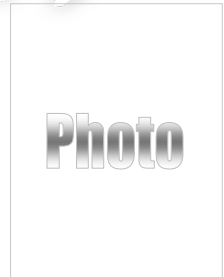


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ENROLLMENT FORM

Course Code	Course Name : Diploma in Group Exercise Instructo
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Personal Information

Name:	English	Chinese	
Date of Birth:	mm/dd/yy	Identify ID./ Passport No.	
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

_____, 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, audiotaped 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: _____
<input type="checkbox"/> Cash <input type="checkbox"/> Cheque _____	Bank _____
Issued by: _____	Refer to: : _____

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