



Street Workout & Calisthenics Trainer (Level 1) Certification

Introduction: Street Workout is currently one of the most rapid growing sports in the world. Street Workout (aka Calisthenics) utilise one's bodyweight, and conduct training on the bars at the park, or without any equipment. Street Workout is an extremely spectacular competitive sport, and at the same time a fitness training method suitable for all gender and ages, with very few limitations.

In recent years, the number of people training outdoor (at the park) and running outdoor has grown significantly. Furthermore, bodyweight training has been ranked top 3 in ACSM's annual fitness trend prediction since 2013. This certification course can provide fitness trainers a competitive advantage in the industry, as well as a new set of training tools for their clients, that matches the current fitness trend. The course is also suitable for individuals with interest in Street Workout, to increase their understanding of the sport, and improve on their own training. Graduates can further their studies up to Level 4, which focus on training and developing athletes for competitions.

Course Content :

- Introduction, history and development of Street Workout;
- Relationship between Street Workout and Fitness;
- Street Workout specific exercises (Horizontal bar, Vertical Bar, Parallettes, Floor, Core Muscles);
- Street Workout application in strength training and body composition;
- Street Workout specific warm up and stretching exercises;
- Training principles and planning;
- Teaching skills and safety;
- Correcting the misconceptions of Street Workout.

Certificate of quality : Graduates who have fulfilled the following criteria will be issued the **Certificate of Street Workout and Calisthenics Trainer (Level 1)** by **International Personal Trainers & Fitness Academy (IPTFA)** and **Street Workout Hong Kong**:

- Attend 75% of the total course time;
- Attain a pass mark of 70% on the theoretical examination;
- Attain a pass on the practical assessment (teaching and demonstration).

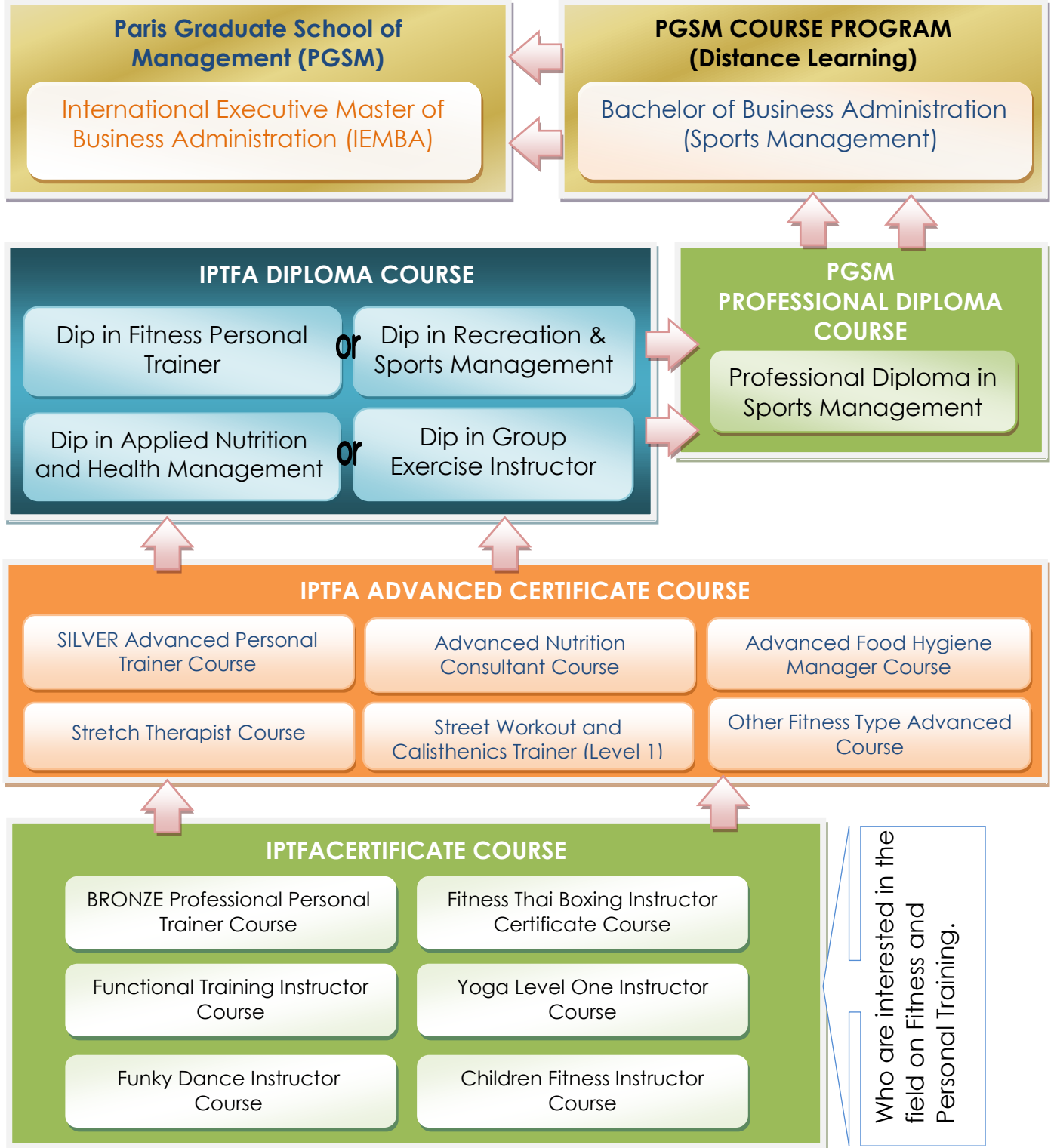
Course Fee: HKD 3,200 / USD 410

Course Duration: 24 hours

Pre-requisite: Applicants must possess Bronze Personal Fitness Trainer Certificate or equivalent. If the applicant does not possess any relevant certificate, he/she must complete the 24 hours Health & Fitness Instructor (Module 1) course bridging course before commencement.



Study Pathway for Fitness





Street Workout & Calisthenics Trainer (Level 1) Certification

Enrollment Criteria	Applicants must possess Bronze Personal Fitness Trainer Certificate or equivalent. If the applicant does not possess any relevant certificate, he/she must complete the 24 hours Health & Fitness Instructor (Module 1) course bridging course before commencement. Course fee: HKD 2,900
Lecturer Profile	Street Workout Coach
Language	English
Course Duration	Total: 24 hours
Class Population	Maximum of 20 (First come first served basis)
Course Fees	HKD 3,200 / USD 410 3 weeks early bird \$ 200 discount
Fees for Re-exam	Theoretical & Practical re-exam HK\$ 300 (adds a Re-exam lesson) Below 60 minute must re-study the course
Deadline	3 working days prior to the course commencement date (IPTFA reserves the right to cancel or reschedule the course)
Venue	TBC
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, 21-27 Playing Field Road, Mong Kok, Kowloon, HK
Registration & Enquiry	Street Workout Hong Kong Email : info@streetworkouthk.org Website : www.streetworkouthk.org IPTFA Tel: +852 2345 6286 Fax: +852 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) 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 Units	6 Continuing Education Units
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA



ENROLLMENT FORM

Course Code	Course Name : Street Workout & Calisthenics Trainer (Level 1) Certification
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Personal Information

Name:	English				
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

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