



International Personal Trainers & Fitness Academy (IPTFA)

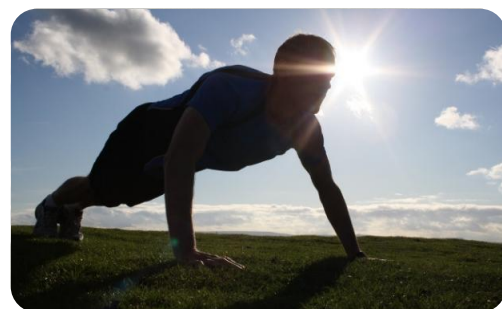
Branch: Singapore, Canada, China, Hong Kong, India, Iran, Kazakhstan, Malaysia, Maldives, Macau, Mongolia, Nepal, Sri Lanka, Pakistan, Taiwan
Since 1959 From Singapore

INTERNATIONAL CERTIFICATE IN Bronze – Professional Personal Fitness Trainer

Course Content : This course is designed for the people who are interested in joining the profession of personal fitness trainer. By completing this course, you are able to get a world-recognized qualification of 'Personal Fitness Trainer'. The course included both theoretical and practical sessions. And we will focus on human anatomy, physiology, kinesiology, fitness assessment, prescriptions of different exercise and effects, injury prevention, instruction and techniques on resisted training, stretching and flexibility, application on nutrition, prescription of aerobic exercise, weight management, and marketing strategies and promotion on personal fitness trainer profession. There are 42 hours theoretical and practical sessions in total.

Course Content :

- Human Anatomy
- Exercise Physiology
- Health & Fitness Assessment
- Resistance Training and Exercises
- Exercise Prescription for Cardio-respiratory Fitness
- Personal Trainer Marketing
- Resistance training instruction and skill
- Nutrition and Fitness
- Sports injury preventing and controlling



Certificate of quality : Graduates who have fulfilled the following criteria will be issued the **Bronze – Professional Personal Fitness certificate** by International Personal Trainers & Fitness Academy (IPTFA)

- Attend 75% of the total course time
- Attain a pass mark of 70% on the theoretical and practical examination.
- 15 hours placement needed after passing the course and a placement report should be handed in afterwards.(2.000 word)

Course Fees : HKD 4,800 / US 616

Continuing Education:

Graduates are encouraged to further their studies. Upon completion of the IPTFA course, students can and enroll different types of IPTFA professional fitness certification or instructor certification programs such as the Silver – Advanced Personal Fitness Trainer Certificate, Advanced Nutrition Consultant Certificate, Functional Exercise Instructor Certificate, Fitness Facilities Management for Fitness Professional Certificate, Filament Body Instructor

Recognized & Supported Organizations:

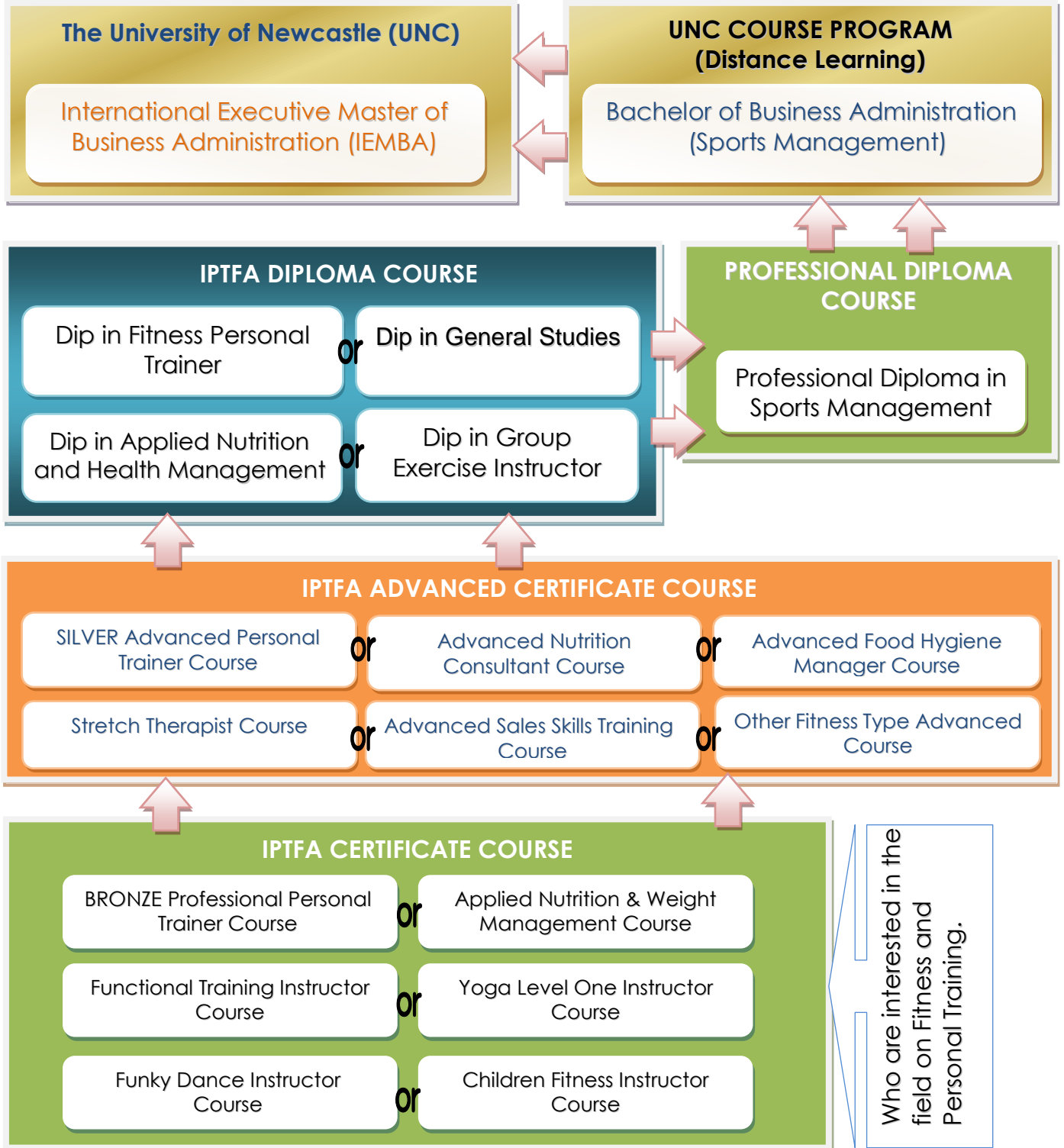




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Study Pathway for Fitness



Recognized & Supported Organizations:





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Enrollment Criteria	Age 17 or above
Lecturer Profile	IPTFA Lecturer, Registered Doctor, Registered Dietician, Registered Physiotherapist, Experienced Personal Trainer
Language	English, Cantonese and Mandarin
Course Duration	Total: 42 hours
Class Population	Maximum of 20 (First come first served basis)
Course Fees	HK\$ 4,800 / US 616 3 weeks early bird \$ 200 discount
Fees for Re-exam	Theoretical & Practical re-exam HK\$ 500 (adds a Re-exam lesson) 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, Mong Kok, 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) 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	Nil
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA

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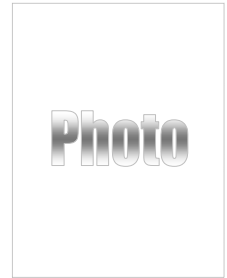


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(ENROLLMENT FORM)

Course Code	Course Name : Bronze – Professional Personal Fitness Trainer Certificate Course
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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: : _____

Recognized & Supported Organizations:

