



# 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

## Certified Kettlebell Sports Coach Specialist (CKSCS) Level One Course

**Content :** Use kettlebell workout you can get the fitness effects: 1) Reduce fat, increase strength, increase muscle. 2) To improve heart and lung function, aerobic endurance, anaerobic endurance, the outbreak of endurance. 3) Increase the explosive increase functional strength, increase core strength, increase grip strength. 4) Improve the joint of Flexibility (hip, shoulder), improve coordination, balance. 5) Gain confidence, improve self-esteem. The course focuses on training the correct kettlebell skills and physical fitness teaching skills.

In the course will learn the most basic and most important action, such as Swing, Clean, Military Press, Pull, Squat, Bend, Deadlift, and rotation & snatch.

### Course Structure :

- Kettlebell Safety & benefits
- Correct body posture
- Kettlebell training program design
- One-on-one training
- Prevent sports injuries and rehabilitation
- Lose weight (training, nutrition and lifestyle)



### Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **Kettlebell Sports Coach Specialist Level One 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.

**Course Fee :** HKD 3,500 / USD\$450

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

Recognized & Supported Organizations:

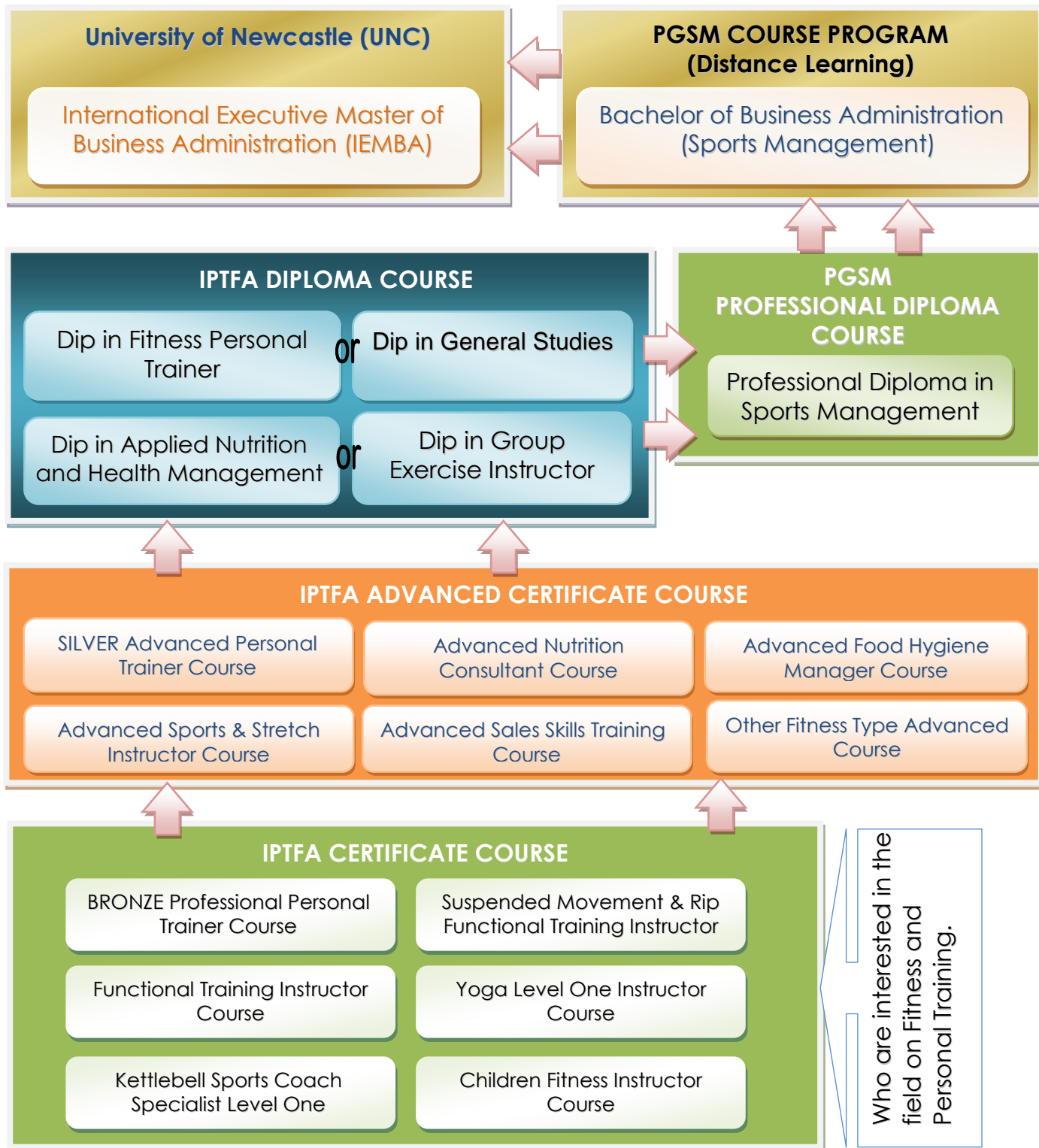




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## Study Pathway for Fitness



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<b>Enrollment Criteria</b>	Age 17 or above
<b>Lecturer Profile</b>	Experienced IPTFA Lecturer
<b>Language</b>	English
<b>Course Duration</b>	Total: 9 hours
<b>Class Population</b>	Maximum of 20 (First come first served basis)
<b>Course Fees</b>	HKD 3,500 / USD\$450
<b>Fees for Re-exam</b>	Theoretical & Practical re-exam HK\$ 500 (adds a Re-exam lesson) Below 60 minute must restudy the course
<b>Deadline</b>	3 working days prior to the course commencement date (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, Mong Kok, Kowloon, HK
<b>Registration &amp; Enquiry</b>	Tel: 2345 6286 Fax: 2345 1236 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. (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 Units</b>	6 Continuing Education Units
<b>Refund Policy</b>	There will be no refund unless the course is cancelled by the IPTFA

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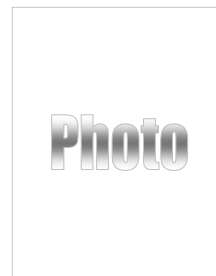


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## (ENROLLMENT FORM)

Course Code	Course Name : <b>Kettlebell Sports Coach Specialist (CKSCS) Level One Course</b>
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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:

