



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 PROFESSIONAL EDUCATION PROGRAM Exercise for Overweight and Obesity: Bridging Theory and Practice

Course Summary : A comprehensive educational course for fitness professionals who seek to blend theory and practice on exercise and obesity in order to supervise customized and science-based exercise training programs in physically inactive adults struggling with the biggest global public health challenge of the 21st century.

Course Description : An interactive workshop where theory meets practical application for exercise professionals who seek to apply an individualized approach, and assess and motivate physically inactive adults suffered from obesity to an active and healthy lifestyle. During this educational course the participants will know how to analyze and evaluate clients' health and fitness needs working either preventively or therapeutically while becoming a valuable member of a multidisciplinary clients' health care team. After this workshop, the exercise professional will be able to design, implement, evaluate and supervise exercise training programs for overweight clients and clients struggling with obesity by collecting and analyzing client information to ensure the effectiveness and safety of customized workout routines. In addition, as part of a team with allied health professionals, a fitness professional will contribute significantly and uniquely in helping the individuals impacted by obesity to improve their health and quality of life through a monitored, customized, and science-based exercise program in many different work settings.

Presenter: Alexis Batrakoulis,

MS, PhD(c), CSCS, RCPT*E; ACSM-EP, CPT; NASM-CES, PES; ACE-CHC, CPT

- Personal Training Education Director, Greek Athletic & Fitness Training School (GRAFTS)
- Professional Standards Committee Member & Technical Experts Group Leader, EuropeActive
- Subject Matter Expert & International Master Trainer, American Council on Exercise (ACE)
- Exercise is Medicine Credential Committee Member, American College of Sports Medicine (ACSM)
- 2017 IDEA Personal Trainer of the Year Award Finalist



Course Learning Objectives

- Upon the completion of this workshop you will be able to:
- Understand the problem of obesity at global level
- Implement appropriate exercises, drills and games to engage overweight/obese clients
- Design exercise routines to help a variety of clients to achieve their goals
- Apply science-based exercise protocols promoting safety and customization





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Module 1 – Theory

- 1.1 Fitness professionals and the fight against obesity
- 1.2 Definition, diagnosis, causation and pathophysiology of obesity
- 1.3 Epidemiology overview and role of genetics
- 1.4 Exercise guidelines of cardiovascular exercise training in overweight/obese adults
- 1.5 Exercise guidelines of resistance training in overweight/obese adults
- 1.6 Research findings on different exercise modalities in the treatment of obesity
- 1.7 SMART goal setting and health promotion
- 1.8 Motivational and coaching techniques

Module 2 – Practice

- 2.1 Medical and health history appraisal
- 2.2 Fitness assessments protocols
- 2.3 Warm-up drills
- 2.4 Stability and mobility drills
- 2.5 Exercise engagement strategies
- 2.6 Fitness games
- 2.7 Partner exercises
- 2.8 Assisted resistance training
- 2.9 Exercise progressions and regressions



Module 3 – Practice

- 3.1 Program design and implementation
- 3.2 Circuit training in overweight/obese adults
- 3.3 High-intensity interval training in overweight/obese adults
- 3.4 Functional training in overweight/obese adults
- 3.5 Instruction, execution and modification of exercise protocols
- 3.6 Recommended science-based training routines for overweight/obese adults

Module 4 – Theory

- 4.1 Small-group training concepts for overweight/obese adults
- 4.2 Case studies
- 4.2 Roundtable discussion
- 4.3 Recap quizzes
- 4.4 Review and summary



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Course Accreditations

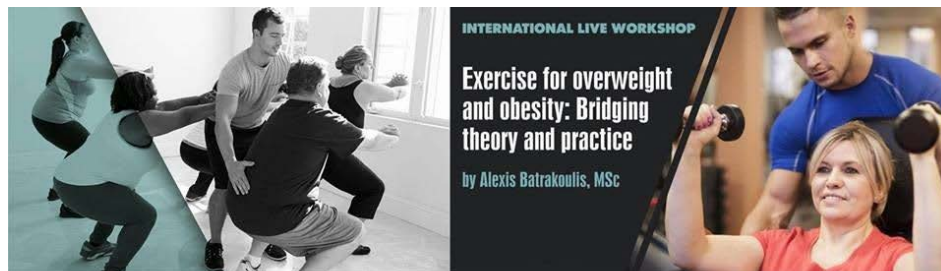
- ACE 1.2 CECs
- ACSM 9.0 CECs
- AFAA 12.0 CEUs
- NASM 1.2 CECs
- NSCA 1.2 CEUs
- CanFitPro 4.0 CECs
- REPs UK 7.0 CPD points
- Fitness Australia 8.0 CECs
- ISSA 20.0 CEUs
- IFPA 8.0 CEUs
- PTA Global 10.0 CECs
- IPTFA 6.0 CEUs
- EREPs (in process)



Course Materials

Every participant will receive:

- a 250-page workbook (digital) including theoretical and practical modules
- a certificate of attendance including CECs and CEUs from the above organizations



HONG KONG: AUG 18-19



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 GRAFTS Personal Training Education Director
 EuropeActive Professional Standards Committee Member
 ACE Subject Matter Expert & International Master Trainer
 ACSM Exercise is Medicine Credential Committee Member
 2017 IDEA Personal Trainer of the Year Award Finalist



An interactive and internationally accredited professional education program for fitness professionals who are seeking to bring theory and practice on exercise and obesity into balance. After the completion of this live workshop, participants will be able to design and supervise customized and science-based exercise training programs focused on inactive adults struggling with the biggest global public health challenge of the 21st century.





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Enrollment Criteria	Age 17 or above
Lecturer Profile	Alexis Batrakoulis, MS, PhD(c), CSCS, RCPT*E; ACSM-EP, CPT; NASM-CES, PES; ACE-CHC, CPT
Language	English
Course Duration	2 days
Class Population	Maximum of 40 (First come first served basis)
Course Fees	HK\$ 3,400 / US 436 4 weeks early bird HK\$ 2,800
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	<ol style="list-style-type: none"> 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 CEUs
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA





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(ENROLLMENT FORM)

Course Code	Course Name : INTERNATIONAL PROFESSIONAL EDUCATION PROGRAM Exercise for Overweight and Obesity: Bridging Theory and Practice
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Photo

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: : _____

