



## 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 Fitness Thai Boxing Instructor Certificate Course

**Course Content :** "Muay Thai" and "fitness" that has a close relationship, this course will train the students' most professional international Thai boxing training and the correct action. The Training basis on scientific theory and the action of the practice drills, also training students how to practice through the use of muscle coordination of human body structure to produce power, to enhance endurance and explosive power. Method of using Muay Thai Boxing (Thai Boxing) and the use of different equipment, up to enhance physical fitness, strong muscles and weight loss effects of self-cultivation.



#### **Course Content :**

Thai Boxing exercise physiology, sports injury prevention, Muay Thai movement development, Muay Thai boxing fight sandbags practice methods, private methods of aerobic exercise training, Muay Thai training in how to use the personal aerobic fitness weight loss up and safety of the correct understanding of Muay Thai products, foot the way, the actual site practice and teaching practice

#### **Certificate of quality :**

Graduates who have fulfilled the following criteria will be issued the **Fitness Thai Boxing Instructor Certificate** by International Personal Trainers & Fitness Academy (IPTFA)

- Attend 75% of the total course time.
- Attain a pass mark of 70% on the practical examination.

**Fee : HKD 4,800 / USD\$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.

Recognized & Supported Organizations:

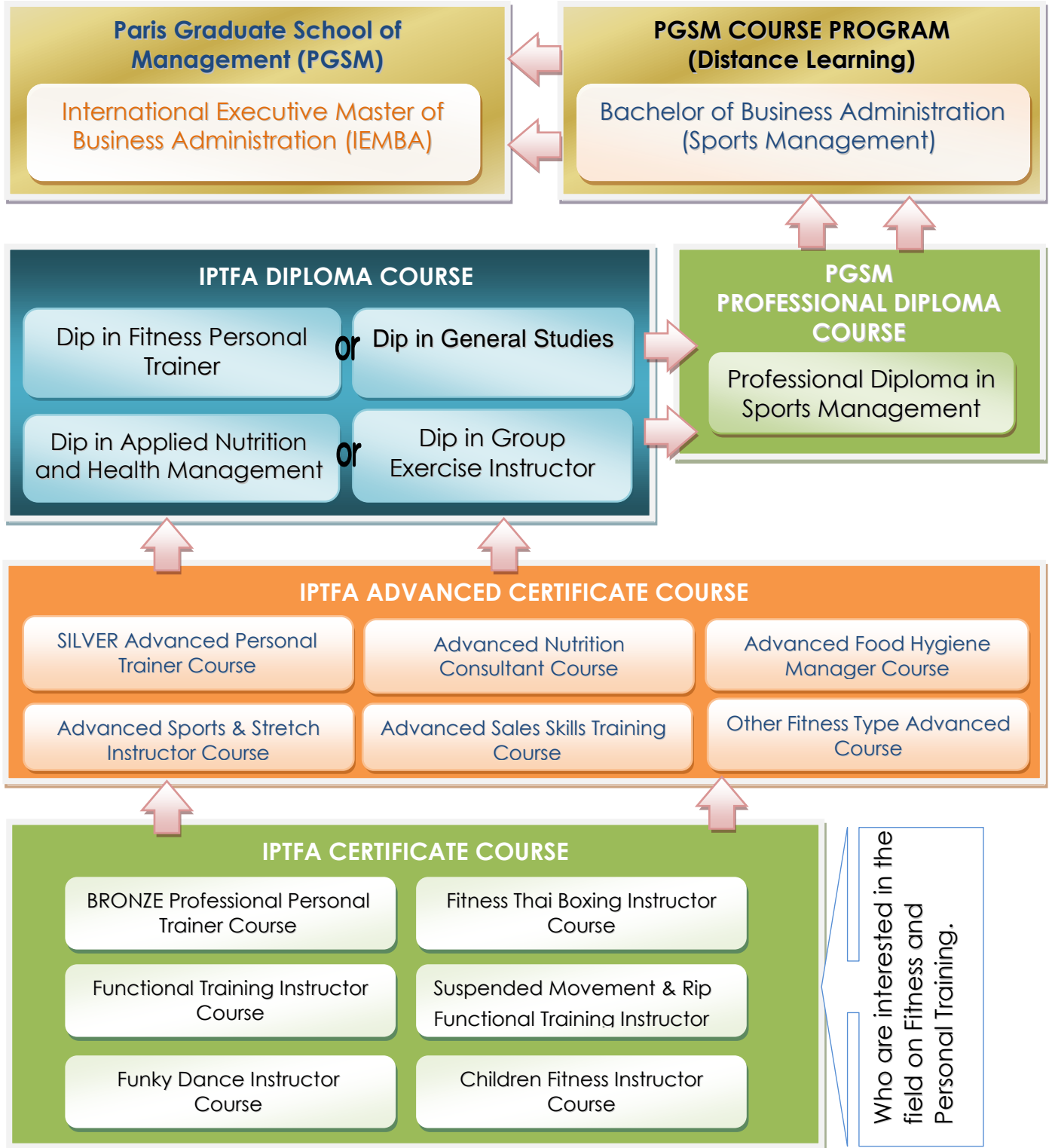




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## Study Pathway for Fitness



Recognized & Supported Organizations:





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# INTERNATIONAL CERTIFICATE IN Fitness Thai Boxing Instructor Certificate Course

<b>Enrollment Criteria</b>	Age 17 or above
<b>Lecturer Profile</b>	IPTFA Muay Thai instructor
<b>Language</b>	English
<b>Course Duration</b>	Total: 30 hours
<b>Class Population</b>	Maximum of 20 (First come first served basis)
<b>Course Fees</b>	HKD 4,800 / USD 616
<b>Fees for Re-exam</b>	Practical re-exam USD\$ 65 (adds a Re-exam lesson) Below 60 marks must restudy the course
<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>Payment</b>	Bank Account No.: 33782-056978 (Shanghai Commercial Bank Ltd) Bank Swift Code: SCBKHKHHXXX Bank Address: 84K Waterloo Road, Homantin, Kowloon, H.K. Tel: (852) 27135211
<b>Venue</b>	
<b>Registration &amp; Enquiry</b>	Tel: 2345 6286 Fax: 2345 1236 E-mail: info@iptfa.com Website: www.iptfa.com
<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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## ENROLLMENT FORM

Course Code	Course Name : <b>Fitness Thai Boxing Instructor Certificate Course</b>
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## Personal Information

Name:					
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: \_\_\_\_\_  
 Cash  Cheque \_\_\_\_\_ Bank \_\_\_\_\_  
 Issued by: \_\_\_\_\_ Refer to: : \_\_\_\_\_

Recognized & Supported Organizations:

