



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 Functional Training Instructor Course

Course Content : This course is designed for the people who are interested in joining the functional Training. Functional training is the use of different tools (such as fitness balls, medicine balls, balance discs, elastic bands and fitness bar) to make practice, it is more flexible and interesting. There are 21 hours theoretical and practical sessions in total.

Course Content :

- ❖ The importance of core stabilization in functional exercise
- ❖ The control of Multifidus, Transverse Abdominis and Iliopsoas
- ❖ Practical session: The body positioning on Gym Ball
- ❖ Exercise on seated, supine, inclined supine and prone position
- ❖ The importance of balance in functional exercise
- ❖ The Introduction of Wobble Board and Medicine Ball
- ❖ The introduction of Body Blade
- ❖ The importance of upper and under body strength
- ❖ The integrated exercise- Strengthening exercise with balance
- ❖ Integrated training with Dumbbell, Rubber Tube and Rubber Band

Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **INTERNATIONAL CERTIFICATE IN Functional Training Instructor** 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 3,900 / USD 500

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



Product Support Organizations:

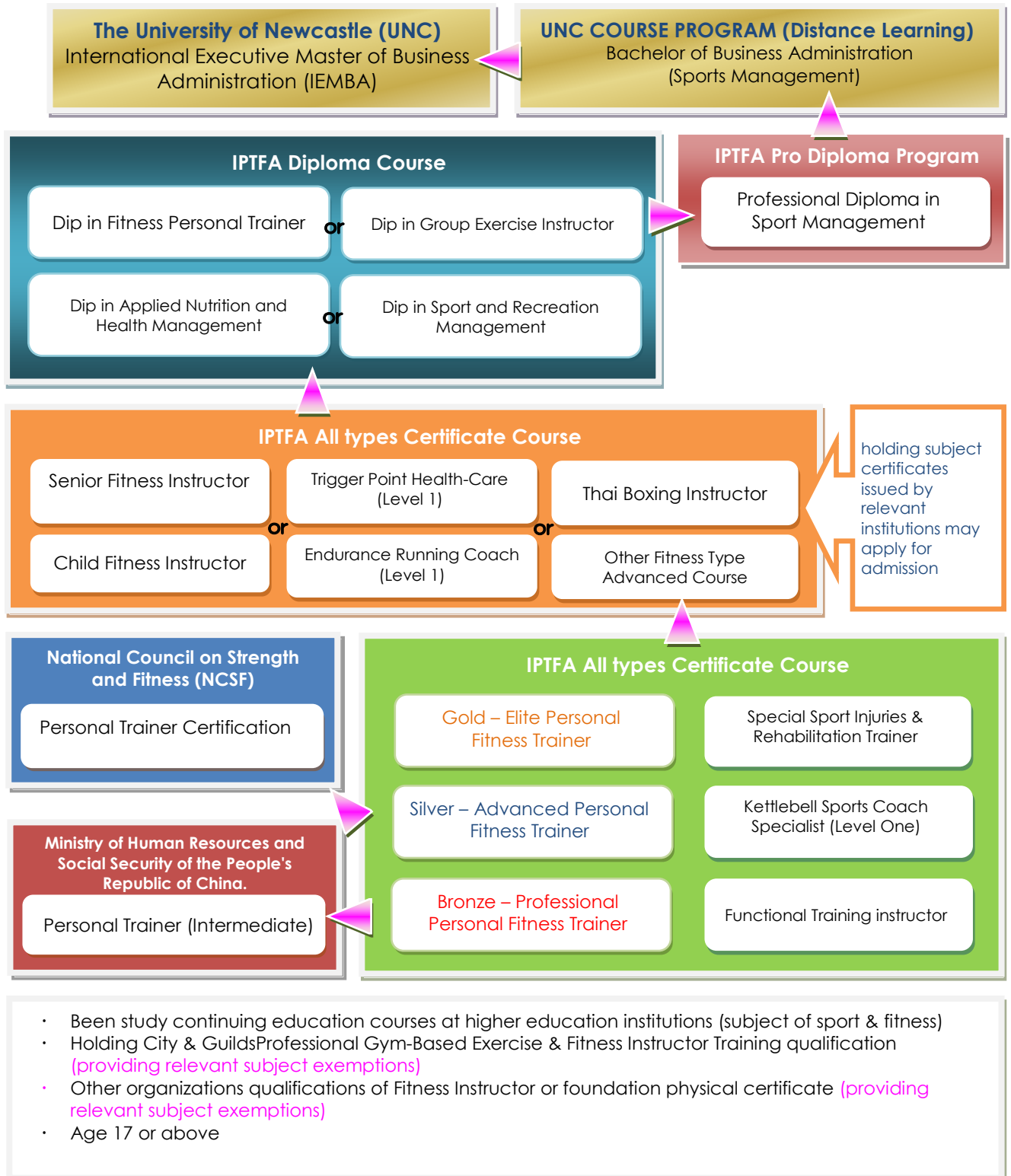




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Study Pathway for Fitness



Product Support Organizations:





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INTERNATIONAL CERTIFICATE IN Functional Training Instructor Course

Enrollment Criteria	Age 17 or above
Lecturer Profile	IPTFA Lecturer, Registered Function Training lecturer, Experienced Personal Trainer
Language	English
Course Duration	Total: 21 hours
Class Population	Maximum of 20 (First come first served basis)
Course Fees	HKD 3,900 / USD 500 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, Knowloon, 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	6 Continuing Education Units
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA

Product Support Organizations:



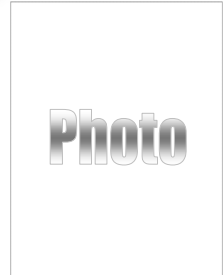


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(ENROLLMENT FORM)

Course Code	Course Name : Functional Training Instructor Certification
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Personal Information

Name:					
Date of Birth:	mm/dd/yy	Identify ID./ Passport no.			
Sex :		Age :		Occupation :	
Address :					
Tel No.:					
Mobil :		E-mail :			
Related work experiences and current certificates:					

Information Source web-site Friend recommend FB 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: _____

Product Support Organizations:

