



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

Suspended Movement Functional Training Instructor Certification

Content : Suspension Movement Functional Training the purpose is "unlimited space for activities, exercise different muscles of the body (including the muscles of the torso, back, upper limbs and lower limbs). With Suspension Training is a focus on the Core Training, able to cope with the tension rod (Rip) exercise a variable load resistance line, symmetry breaking challenge trainees balancing and provide static (Bodyweight Based) stable and overall strength training exercises.

Functional training can establish stability the core muscles, the rotating action muscle strength and promote a better balance force and posture, enhanced body control and limbs coordination. This course is suitable for engaged in personal trainers industry, this course can obtain the Suspended Movement & Rip Functional Training Instructor qualifications. The curriculum theory and practice are 9 hours.

Course Structure :

- **Suspension Training (Supine & Prone Exercise)**
- **Upper Body Exercise**
- **Lower Body Exercise**
- **Core Exercise**
- **Resist Bar Training**
- **Flexibility & Mobility Exercise**

Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **Suspended Movement Functional Training Instructor 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.

Fee : HKD 2,800 / USD\$359

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:



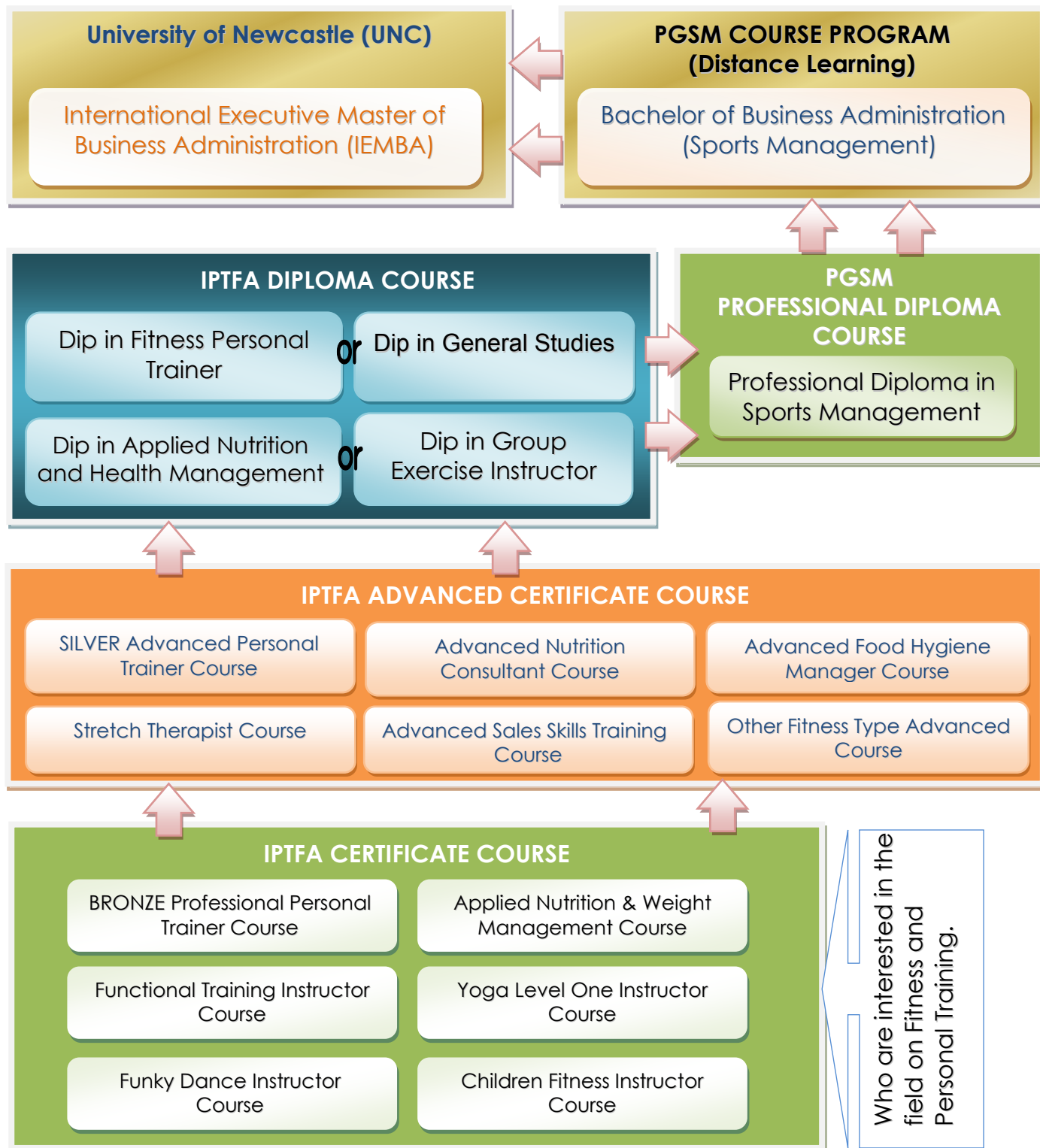


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Study Pathway for Fitness



Product Support Organizations:





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Suspended Movement & Trainbar Instructor Certificate Course

| | |
|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Enrollment Criteria | Age 17 or above |
| Lecturer Profile | IPTFA Lecturer, Experienced Personal Trainer |
| Language | English |
| Course Duration | Total: 12 hours |
| Class Population | Maximum of 20 (First come first served basis) |
| Course Fees | HKD 2,800 / USD\$359 |
| 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 : Suspended Movement Functional Training Instructor Certificate Course |
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Photo

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: _____ |
| <input type="checkbox"/> Cash <input type="checkbox"/> Cheque _____ | Bank _____ |
| Issued by: _____ | Refer to: : _____ |

Product Support Organizations:

