



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 Silver – Advanced Personal Fitness Trainer

Course Content : This Course aims to provide a further study to the personal trainer certificate holder. The content includes the exercise prescription for special population, advanced resistance training principle, advanced stretching technique, weight management, sports nutrition, scientific training method and advanced marketing skills. The total duration of the course is 51 hours (including theory and practical). The student is required to submit the study report after the course.

Course Content :

- Special Person Sports Prescription
- Advanced Resistance Trainings Principle
- Scientific Resistance Training Method
- Compound Workout Training Method
- Advanced Stretch Exercise
- Practice of Stretching
- Sport Nutrition Analysis
- Sports Injury and Treatment
- Personal Trainer Enterprise Secret
- Function Training (Fitball & Medicine Ball)



Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **Silver – Advanced Personal Fitness Trainer 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.
- 15 hours placement needed after passing the course and a placement report should be handed in afterwards.(2.000 word)

Course Fee: HKD 6,800 / USD 872

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

Recognized & Supported Organizations:

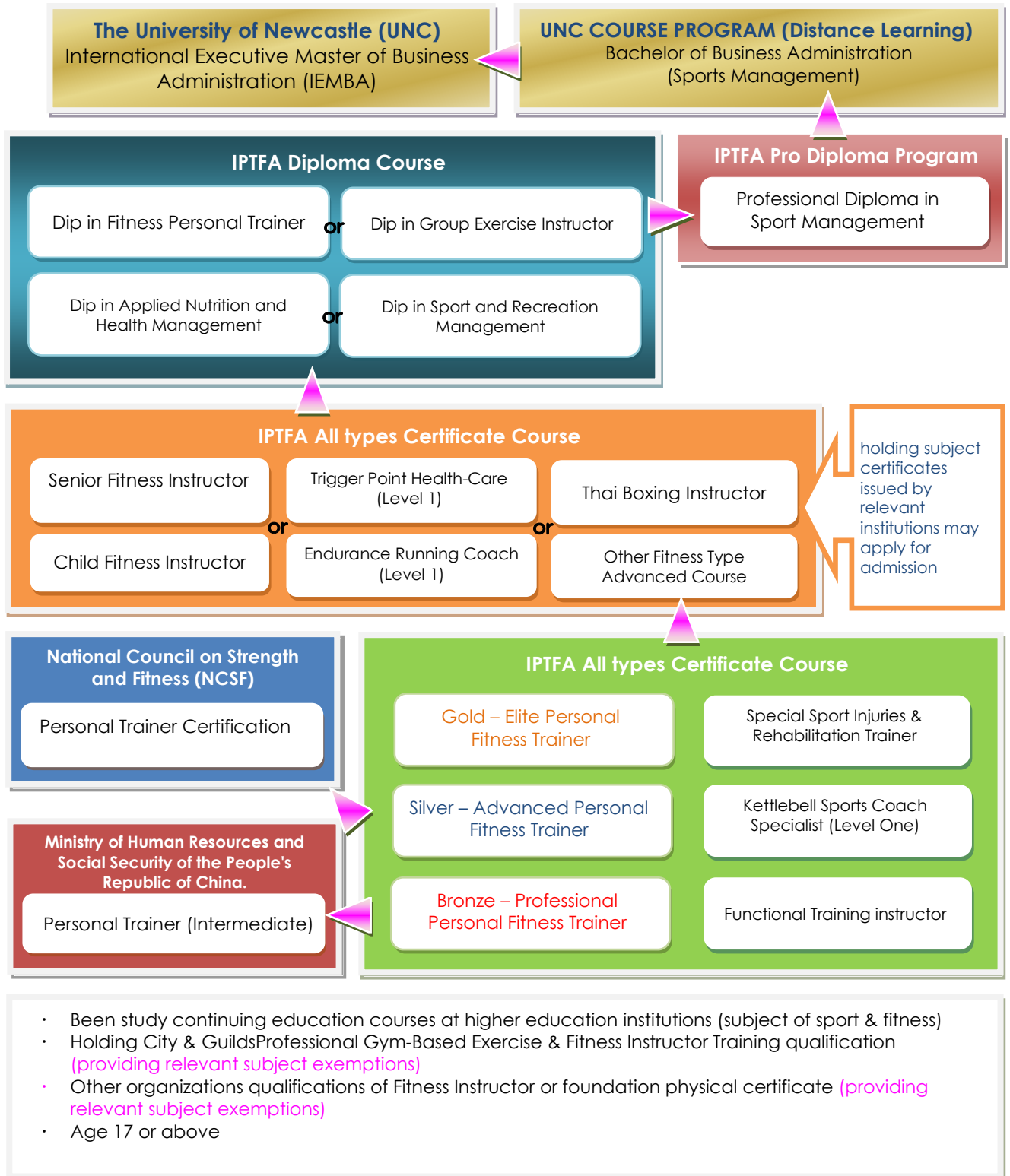




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Study Pathway for Fitness



Recognized & Supported Organizations:





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INTERNATIONAL CERTIFICATE IN Silver – Advanced Personal Fitness Trainer

Enrollment Criteria	Passed IPTFA Bronze – Professional Personal Fitness Certificate or has other organizations qualifications of Foundation Fitness certificate (Needs to pass this institute to scrutinize the qualifications only then to be possible to report reads)
Lecturer Profile	IPTFA Lecturer, Registered Doctor, Registered Dietician, Registered Physiotherapist, Experienced Personal Trainer
Language	English
Course Duration	Total: 51 hours
Class Population	Maximum of 20 (First come first served basis)
Course Fees	HKD6,800 / USD 872 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	15 Continuing Education Units
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA

Recognized & Supported Organizations:



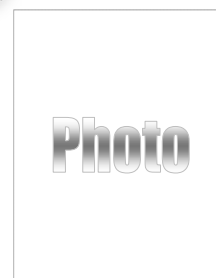


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(ENROLLMENT FORM)

Course Code	Course Name : Silver – Advanced Personal Fitness Trainer Certificate Course
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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: _____

Recognized & Supported Organizations:

