



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

(Online Program) Fitness Instructor Certification

Course Content : Do you have a passion for a healthy lifestyle, incorporating diet and exercise into your daily routine that you now want to share with others? This certification will teach you everything you need to know about being an effective fitness instructor/personal trainer and helping your clients achieve their fitness goals on a daily basis.

Comprehensive modules

The Fitness Instructor Certification is broken down into comprehensive modules which will teach you everything you need to know to become a successful fitness instructor or personal trainer. The course is set in manageable modules which you can study at your own pace and in your own time while still having the benefit of a full time position.

Course Content :

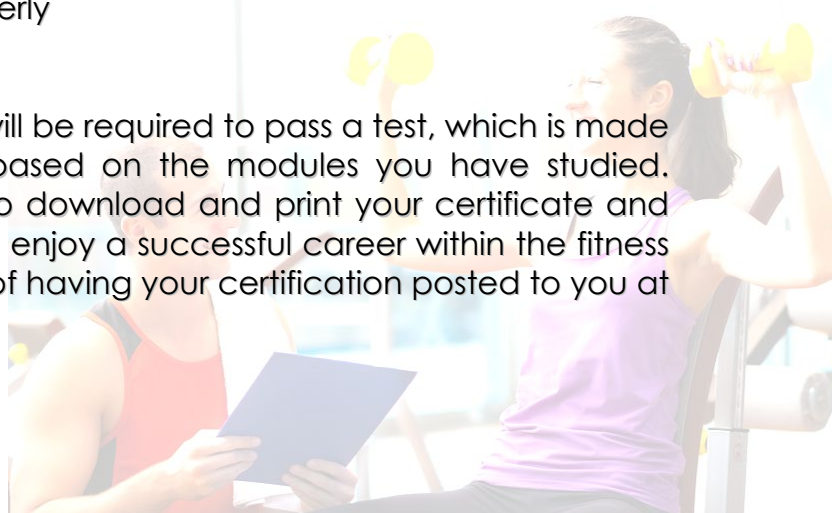
- Anatomy
- Exercise Physiology
- Health & Fitness Assessment
- Energy Metabolism
- Obesity & Diabetes
- Nutrition and Fitness
- The Importance of Stretching
- Training Principles
- Preparing Fitness Plans for Clients
- Setting Up a Fitness or Personal Training Business
- Physical Fitness for Youth and Elderly



End of course certification

On completion of the course you will be required to pass a test, which is made up of multiple choice questions based on the modules you have studied. Once you pass, you will be able to download and print your certificate and start using your new certification to enjoy a successful career within the fitness industry. You also have the option of having your certification posted to you at an additional cost.

Course Fees : HKD 2,500 / US 320



Recognized & Supported Organizations:





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Enrollment Criteria	Age 18 or above
Lecturer Profile	IPTFA Lecturer, Registered Doctor, Registered Dietician, Registered Physiotherapist, Experienced Personal Trainer
Language	English
Course Duration	Total: 16 hours (include assessment)
Course Fees	HKD 2,500 / US 320
Fees for Re-exam	Theoretical re-exam HK\$ 500 / US 65 (with a Review lesson) Below 60% 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	Online (Zoom meeting)
Application	Applicants should enroll online with full payment by PayPal, a confirm/guideline email will be sent after receive payment in 2 working days
Registration & Enquiry	Tel: (+852) 2345 6286 Fax: (+852) 2345 1236 E-mail: info@iptfa.com Website: www.iptfa.com
Continuing Education Units	6 CEUs
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA



Recognized & Supported Organizations:



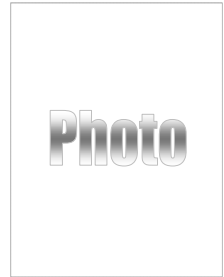


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(ENROLLMENT FORM)

Course Code	Course Name : (Online Program) Fitness 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: _____

Recognized & Supported Organizations:

