



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

Stretch Therapist Certification

Course Content : This course requires a good level of Anatomy and Physiology, so it is more suitable for graduates of a health/ fitness related degree, massage therapists, personal trainers or physical therapists. This course will enhance your skills in practitioner-assisted active stretching and will enable you to achieve greatest results with your clients or patients.

Course Content :

- The importance of stretching
- The theory of muscle relaxation
- The muscle contraction
- The types of stretching
- The spiral pattern of PNF
- Principle of inflammation and pain
- Skeletal muscle disease
- The micro and macro of the spiral pattern
- The movement plane and direction
- The principle of PNF
- Upper limb and Lower limb D1 and D2 pattern



Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **Stretch Therapist Certification** 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 6,000 / US 769

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

Recognized & Supported Organizations:

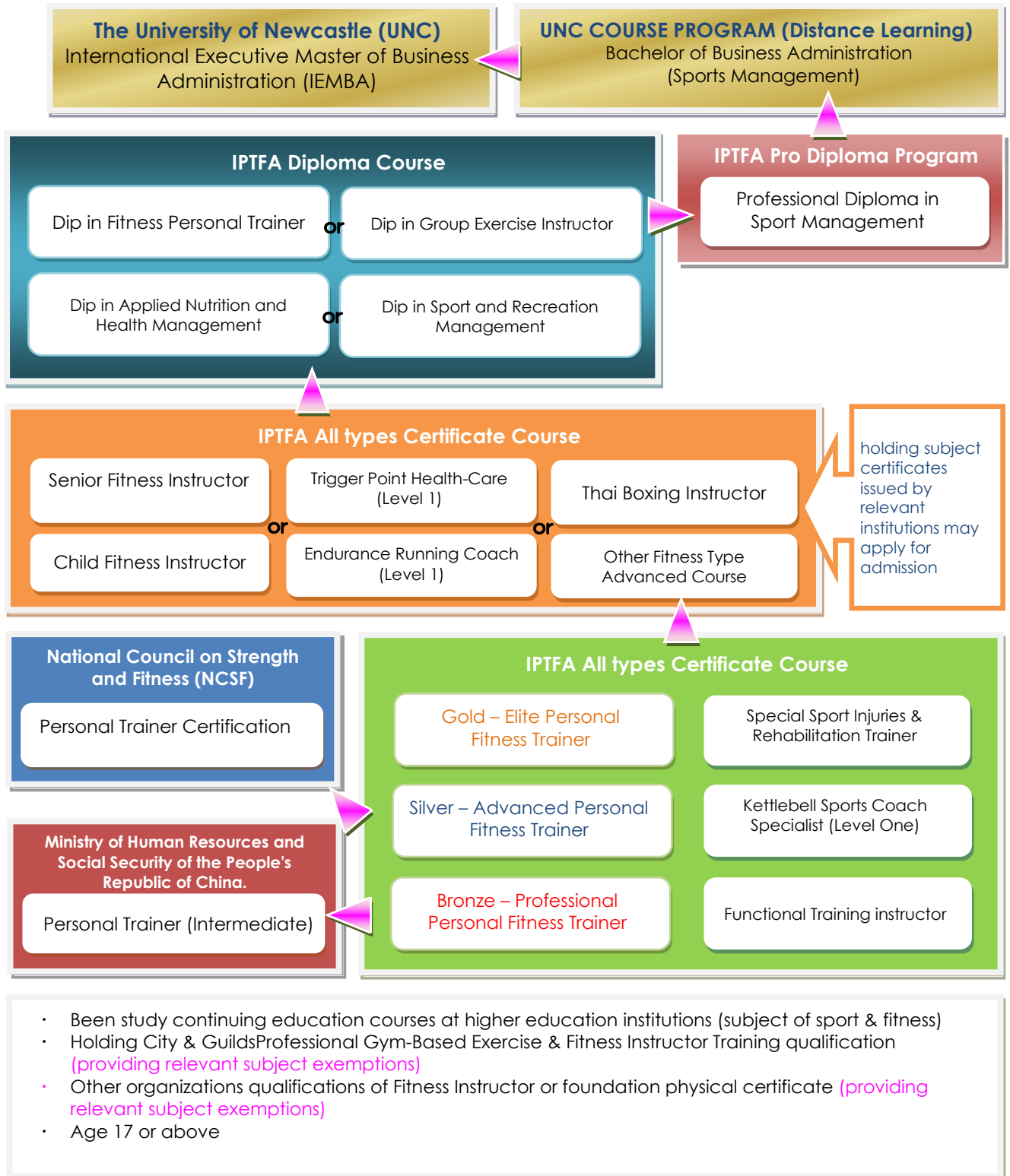




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Study Pathway for Fitness



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Stretch Therapist Certification

Enrollment Criteria	Passed IPTFA Stretch Instructor Certificate or has other organizations qualifications of Foundation Fitness certificate <i>(Needs to pass this institute to scrutinize the qualifications only then to be possible to report reads)</i>
Lecturer Profile	Registered Physiotherapist, IPTFA Lecturer
Language	English
Course Duration	Total: 17 hours
Class Population	Maximum of 20 (First come first served basis)
Course Fees	HKD 6,000 / US 769 3 weeks early bird \$ 100 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

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ENROLLMENT FORM

Course Code	Course Name : Stretch Therapist Certification
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Personal Information

Name:	English				
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:

