



# 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

## Diploma in Nutrition (Weight Management)

This programme is designed to enable those who have an interest in nutrition to gain up-to-date knowledge and develop skills to achieve a healthy weight. This programme is also suitable for both nurses and allied health workers working with overweight or underweight patients and employees of fitness, health and beauty centres where clients wish to achieve ideal body weight.

### Programme learning outcomes

On completion of the programme, students should be able to

1. apply knowledge of basic nutrition, nutritional requirements and suitable foods needed to meet these needs;
2. make appropriate food choices to maintain a healthy weight;
3. identify the special dietary needs of some individuals e.g. diabetics, persons with hyperlipidemia;
4. explain the various nutritional problems encountered by clients who are trying to control their weight.



### COURSE STRUCTURE

### SUBJECTS / MODULES

MODULE 1	BASIC NUTRITION
MODULE 2	NUTRITION AND WEIGHT MANAGEMENT
MODULE 3	WEIGHT MANAGEMENT STRATEGIES

### Requirement

Beautician, Confinement attendant, Health/Nutrition Product Promoter, home care worker, Personal trainers, fitness instructors and those who are interested in the nutrition.

### Passing Criteria

- Attend 75% of the total course time.
- Attain a pass mark of 70% on the theoretical examination.
- Final report should be handed after passing the course.

**Course Fee:** HK\$8,200 / USD 1052

Successful completion of **Pearson BTEC Level 5 Higher National in Sports & Exercise Science**, the course is highly recognized internationally. After completion, you can apply for admission to a local or overseas university Top-up Degree. It only takes 3 years to have a university degree.



Accredited by:

Recognized & Supported Organizations:





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<b>Module 1: DNWM-NM001</b> Basic Nutrition	<b>Content :</b> The function of carbohydrates and fiber Functions of protein, fat and water Function of vitamins and minerals Diet plan for nutrition and digestive system and related health problems Decoding food labels, healthy cooking Healthy Cooking and Cooking
Total : 15 hrs	
<b>Module 2: DNWM-NM002</b> Nutrition and Weight Management	<b>Content :</b> <ul style="list-style-type: none"> <li>• Health concept</li> <li>• Human beings and the society</li> <li>• Medical and health system</li> <li>• Basic medical knowledge</li> <li>• Medical professionals</li> <li>• Special health needs of two genders</li> <li>• Special health needs of various life stages</li> <li>• Patients' social-psychological response</li> </ul>
Total : 15 hrs	
<b>Module 3: DNWM-NM003</b> Weight Management Strategies	<b>Content :</b> <ul style="list-style-type: none"> <li>• Diet for weight management</li> <li>• Nutrition and weight control for children, adolescents</li> <li>• Weight reduction and hyperlipidemia, diabetes</li> <li>• Diet for the underweight and eating disorders</li> <li>• Surgical treatments of obesity</li> <li>• Drug therapies of obesity and overweight</li> <li>• Weight loss health food products</li> <li>• Alternative therapies for weight loss</li> <li>• Behavioral modifications in weight management</li> <li>• Role of exercise and physical activity in weight management</li> </ul>
Total : 24 hrs	

**Certificate of Quality:** Graduates who have fulfilled the following criteria will be issued the Diploma in Nutrition (Weight Management) by International Personal Trainers & Fitness Academy.

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<b>Enrollment Criteria</b>	reached the age of 21 or above with working experience.
<b>Lecturer Profile</b>	IPTFA Lecturer, Experienced Personal Trainer
<b>Language</b>	English
<b>Course Duration</b>	Total: 54 hours
<b>Course Fees</b>	HK\$ 8,200 / USD 1,052
<b>Fees for Re-exam</b>	Theoretical & Practical re-exam HK\$ 500 Below 60 minute must re-study the course
<b>Deadline</b>	3 working days prior to the course commencement date (IPTFA reserves the right to cancel or reschedule the course)
<b>Venue</b>	International Personal Trainers & Fitness Academy (IPTFA)
<b>Application</b>	Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to <b>[INTERNATIONAL PERSONAL TRAINERS &amp; FITNESS ACADEMY]</b> to INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY, Unit C, 2/F, Right Time Building, 21-27Playing Field Road, MongKok, Kowloon, HK
<b>Registration &amp; Enquiry</b>	Tel: +85 2345 6286                      Fax: +852 2345 1236 E-mail: info@iptfa.com      Website: www.iptfa.com
<b>Notice</b>	(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.
<b>Continuing Education Unit</b>	IPTFA 9 CEUs
<b>Refund Policy</b>	There will be no refund unless the course is cancelled by the IPTFA

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## (ENROLLMENT FORM)

Course Code	Course Name : <b>Diploma in Nutrition (Weight Management)</b>
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## Personal Information

Name:			
Date of Birth:	mm/dd/yy	Identify ID./ PassportNo.	
Sex :	Age :	Occupation :	
Address :			
Tel No.:			
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:

