



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) Nutrition in Sport Certification

Course Content : Proper nutrition is key to optimizing health and recreational athletic performance. This course presents guidelines for the diet needed to be ready for athletic practice and competition, and how to refuel afterwards. It gives tips on how you can influence your customer's eating habits outside of the fitness centre. Specific examples are provided for what types of foods customer's should and should not eat to replenish their bodies between activities.

Appropriate nutrition can improve performance during exercise. This course aims to provide students with a better understanding of the nutritional needs of sports and to understand the prevention of injuries. Especially suitable for sports enthusiasts, in-service or amateur sports and sports people, including sports teachers, sports coaches, fitness coaches, athletes, sports enthusiasts, etc.

Course curriculum:

- ✧ Body structures building & repair
- ✧ Energy production
- ✧ Fluid and electrolyte balance regulation
- ✧ Nutrition science & Exercise science
- ✧ Performance Nutrition
- ✧ Sports Nutrition for the Recreational Athlete



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 980 / US 126

Course Duration: 8 hrs. (Online teaching)



Recognized & Supported Organizations:





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Enrollment Criteria	Age 18 or above
Lecturer Profile	IPTFA Lecturer, Registered Dietician, Registered Physiotherapist, Experienced Personal Trainer
Language	English
Course Duration	Total: 8 hours
Course Fees	HKD 980 / US 126
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	1.3 CEUs
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA

(ENROLLMENT FORM)

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Course Code	Course Name : (Online Program) Nutrition in Sport 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:

