

Medical Fitness Trainer Certificate Course

Aim:

This qualification is designed to provide learners with the knowledge to ensure safe and effective exercise programming for patients with a number of medical conditions and common reasons for referral onto a community-based exercise referral scheme.

Course Objective:

- To enable learners to design and agree a safe and effective programme for patients with a range of common referral conditions .
- To enable learners to deliver, review and adapt a programme for patients with a range of common referral conditions.

Course Content:

- Anatomy and physiology for exercise and health
- Professional Practice for Exercise Referral Instructors
- Understanding Medical Conditions for Exercise Referral
- Applying the principles of nutrition and physical activity
- Planning Exercise Referral Programmes with Patients
- Instructing Exercise with Referred Patients



Assessments include:

Coursework/Project.

Multiple Choice Examination.

Portfolio of Evidence.

Practical Demonstration/Assignment.

Course fee: HKD 8,800

Course Duration: 50 hours

Enquiry: (852) 2345 6286

E-mail: info@iptfa.com

Website: www.iptfa.com