

Medical Fitness Trainer Certificate Course

醫學健身教練證書課程



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.

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

目的：

該資格證書旨在為學習者提供知識，以確保為患有多種疾病和轉介到基於社區的鍛煉轉介計劃的常見原因的患者提供安全有效的鍛煉計劃。

課程目標：

- 使學習者能夠為患有一系列常見轉診病症的患者設計並同意一項安全有效的計劃。
- 使學習者能夠為患有一系列常見轉診病症的患者提供、審查和調整計劃。

課程大綱 Content：

- 運動和健康的解剖學和生理學



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- 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
- 運動推薦教練的專業實踐
- 了解運動推薦的醫療條件
- 應用營養和身體活動的原則
- 與患者一起規劃運動推薦計劃
- 與轉診患者一起指導鍛煉

Assessments include:

- Coursework/Project.
- Multiple Choice Examination.
- Portfolio of Evidence.
- Practical Demonstration/Assignment.

評核包括：

課程作業、理論考試與實習演示/作業

Course fee: HKD 8,800

Course Duration: 50 hours

Enquiry: (852) 2345 6286

E-mail: info@iptfa.com

Website: www.iptfa.com

課程費用： HKD 8,800

課時： 50 小時

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