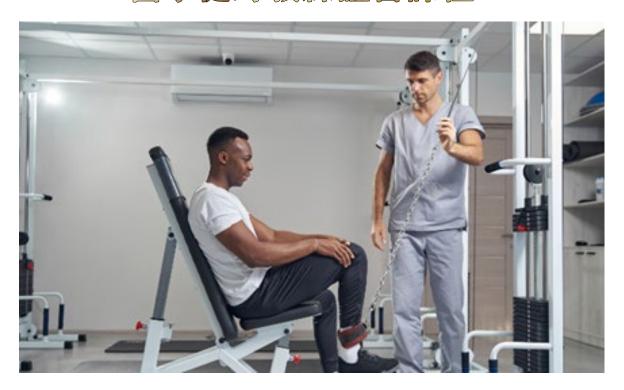




Medical Finess Trainer Certificate Course 醫學健身教練證書課程



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









ACTIVE BODY ACTIVE MIND



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

查詢: (852) 2345 6286

電郵: info@iptfa.com

網站: www.iptfa.com



