



International Personal Trainers & Fitness Academy (IPTFA)

Since 1959 From Singapore
ASMEC Registration No. 581810

Diploma in Group Exercise Trainer

The programme aims to provide formal training and knowledge in Dance (Yoga, Pilates, Aerobics and Jazz Funk) to those who are interested to develop their careers as aerobics instructor & dance coaching professional. Upon completion of the course, students should be able to:



- Demonstrate a comprehensive understanding of exercise science, human anatomy, and physiology as it relates to group exercise instruction, with a focus on Yoga, Pilates, Aerobics and Jazz Funk.
- Apply the fundamental principles and techniques of Yoga, Pilates, and Aerobics, including proper alignment, breathing, and movement patterns, to ensure safe and effective instruction.
- Design, lead, and manage group exercise classes in various fitness settings, catering to diverse populations and fitness levels.
- Utilize effective communication and motivational strategies to engage and inspire participants in group exercise classes.
- Assess participant needs and provide appropriate modifications and progressions for Yoga, Pilates, and Aerobics exercises to accommodate individual abilities and goals.
- Implement basic nutrition and weight management principles to guide participants towards healthier lifestyles and support their fitness goals.

The course comprises a total of 120 hours theory and practice, and to be presented upon completion of practice teaching report. Students will be required to take 4 modules.

Coursework Requirement

Students are required to successfully comply with the requirements of each subject prior to the preparation and submission of a Project Report.

Coursework Curriculum

The Coursework Curriculum for the **Diploma in Group Exercise Trainer** is presented below.

COURSE STRUCTURE

Code	Subjects / Modules
D 309	Yoga (Level One) Instructor
D 310	Synthesis Aerobic & Funky Aerobic Instructor
D 311	Pilates Matwork (Level One)
D 312	Functional Training Instructor

Requirement

- Current Yoga / Pilates / aerobics / Kickboxing instructor qualified professional instructors;
- Who are interested in group exercise & dance
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Course Fee: HKD 20,800 / USD 2,666

Address: Unit C, 2/F, Right Time Bldg, 21-27 Playing Field Rd, Mong Kok, Kowloon.
TEL: 2345 6286 FAX: 2345 1236 WEBSITE: www.ipdfa.com E-MAIL: info@ipdfa.com



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IPTFA Course Code: D 309 Yoga (Level One) instructor Certificate	Content : <ul style="list-style-type: none"> History and spirit of Yoga Anthroponomy Theory of Yoga Asanas (35 level 2-3 post)
Total : 30 hrs	Fee : HK\$ 5,800 / USD 743
IPTFA Course Code: D 310 Synthesis Aerobic & Funky Aerobic Instructor Certificate	Content : <ul style="list-style-type: none"> Aerobic Movement Concept Human Body Main Physiology System Aerobic Composing Aerobic Basic Action
Total : 39 hrs	Fee : HK\$ 5,600 / USD 718
IPTFA Course code: D 311 Pilates Matwork (Level One) Instructor Certificate	Content : <ul style="list-style-type: none"> Pilates key element and training target To understand how our muscle work Basic level action on Pilates Theorem and application on Pilates
Total : 30 hrs	Fee : HK\$ 5,200 / USD 666
IPTFA Course code: D 312 Functional Training Instructor Certificate	Content : <ul style="list-style-type: none"> Introduction of Core Muscle Fitball Training Principles Medicine Ball Training Principles Balance Disk Training Principles Elastic Band Training Principles Principle of Integrated Training
Total : 21 hrs	Fee : HK\$ 4,200 / USD 538

Certificate of Quality : Graduates who have fulfilled the following criteria will be issued the **Diploma in Group Exercise Trainer**, INTERNATIONAL CERTIFICATE IN Yoga(level One) instructor, Synthesis Aerobic & Funky Aerobic Instructor Certificate,, Pilates Matwork (Level One), Functional Training Instructor Certificate by International Personal Trainers & Fitness Academy.

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Enrollment Criteria	Age 17 or above
Lecturer Profile	IPTFA Lecturer, Experienced Personal Trainer
Language	English
Course Duration	Total: 120 hours
Course Fees	HKD 20,800 / USD 2,666
Fees for Re-exam	Theoretical & Practical re-exam HK\$ 500 Below 60 minute must restudy the course
Deadline	3 working days prior to the course commencement date (IPTFA reserves the right to cancel or reschedule the course)
Venue	International Personal Trainers & Fitness Academy (IPTFA)
Application	Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to [INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY] to INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY, Unit C, 2/F, Right Time Building, 21-27Playing Field Road, Mong Kok, Kowloon, HK FPS : 164613515 Company : INTL PT & FA (HK) LTD T/A INTL PT & FA
Registration & Enquiry	Tel: +852 2345 6286 Fax: +852 2345 1236 E-mail: info@iptfa.com Website: www.iptfa.com
Notice	(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.
Continuing Education Unit	24 CEUs
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA

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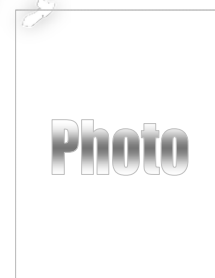


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(ENROLLMENT FORM)

Course Code	Course Name : Diploma in Group Exercise Trainer
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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)**

FPS : 164613515 Company : INTL PT & FA (HK) LTD T/A INTL PT & FA

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: _____

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