



International Personal Trainers & Fitness Academy (IPTFA)

Founded since 1959 in Singapore
IES Registration No. 166/A-1/2021
ASMEC Registration No. 581810



(Online Program) Fitness Instructor Certification

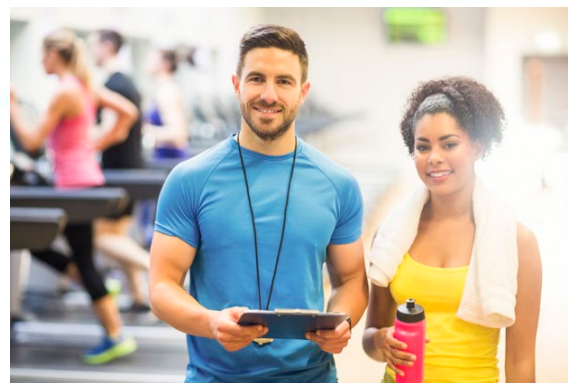
Course Content : Do you have a passion for a healthy lifestyle, incorporating diet and exercise into your daily routine that you now want to share with others? This certification will teach you everything you need to know about being an effective fitness instructor/personal trainer and helping your clients achieve their fitness goals on a daily basis.

Comprehensive modules

The Fitness Instructor Certification is broken down into comprehensive modules which will teach you everything you need to know to become a successful fitness instructor or personal trainer. The course is set in manageable modules which you can study at your own pace and in your own time while still having the benefit of a full time position.

Course Content :

- Anatomy
- Exercise Physiology
- Health & Fitness Assessment
- Energy Metabolism
- Obesity & Diabetes
- Nutrition and Fitness
- The Importance of Stretching
- Training Principles
- Preparing Fitness Plans for Clients
- Setting Up a Fitness or Personal Training Business
- Physical Fitness for Youth and Elderly



End of course certification

Upon finishing the course, you'll need to successfully complete a test. Following this, you are required to submit a placement report (2,000 words) that draws on the modules you've studied. Once you pass the test, you'll gain access to download and print your certificate, enabling you to embark on a thriving career in the fitness industry. Additionally, you have the choice to have your certificate mailed to you for an extra fee.

Course Fees : HKD 2,500 / US 320

Recognized & Supported Organizations:





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Enrollment Criteria	Age 18 or above
Lecturer Profile	IPTFA Lecturer, Registered Doctor, Registered Dietician, Registered Physiotherapist, Experienced Personal Trainer
Language	English
Course Duration	Total: 16 hours (include assessment)
Course Fees	HKD 2,500 / US 320
Fees for Re-exam	Theoretical re-exam HK\$ 500 / US 65 (with a Review lesson) Below 60% 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	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	6 CEUs
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA



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(ENROLLMENT FORM)

Course Code	Course Name : (Online Program) Fitness Instructor Certification
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Personal Information

Name:			
Date of Birth:	mm/dd/yy	Identify ID./ Passport no.	
Sex :		Age :	
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)**

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: _____

Recognized & Supported Organizations:

