



國際康體專才培訓學院 (IPTFA)

International Personal Trainers & Fitness Academy

始創於 1959 年新加坡。 Founded since 1959 in Singapore

阿雷斯體育及管理教育中心 ASMEC Registration No. 581810

Diploma in Fitness Personal Trainer

健體私人教練文憑課程



The IPTFA Fitness Personal Trainer Diploma Course is dedicated to cultivating fitness trainers with professional knowledge and practical skills, helping learners master core concepts, scientific training methods and practical techniques, so that they can deliver efficient and safe fitness guidance services for clients. The key course contents are as follows:

1. Teach multiple fitness training methods, including strength training, aerobic exercise, flexibility training and more, and develop suitable training plans tailored to different clients' needs
2. Introduce the basic principles of sports nutrition, to support learners to provide clients with professional sports nutrition advice
3. Apply sports psychology knowledge to stimulate clients' intrinsic motivation, and help them overcome psychological barriers in the training process
4. Carry out systematic client assessment and guidance, formulate personalized

IPTFA 私人健身教練文憑課程致力於培育具備專業知識和技能的健身教練，協助學員掌握基本理念、訓練方法和技巧，以便為客戶提供高效且安全的健身指導服務。課程內容包括以下重點：

1. 教授多種健身訓練方法，如力量訓練、有氧運動和柔韌性訓練等，並根據客戶需求制定合適的訓練計劃；
2. 介紹運動營養學基本原理，為客戶提供專業的運動營養建議；
3. 運用運動心理學知識，激發客戶的內在動力，幫助他們克服心理障礙；
4. 進行客戶評估和指導，制定個性化的健身計劃，並掌握有效的教練技巧；
5. 教導學員熟練使用和維護健身器材，確保訓練過程的安全和效果；
6. 強調職業道德和法律法規，為客戶提供合法、合規的服務。

通過這個課程，學員將全面提升自己的專業素養，成為能夠為客戶提供高品質健身

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- fitness plans, and master effective coaching skills
5. Instruct learners to skillfully use and maintain fitness equipment, to ensure the safety and effectiveness of the entire training process
 6. Emphasize professional ethics as well as relevant laws and regulations, to deliver legal and compliant services for clients

Upon completing this course, learners will comprehensively enhance their professional competence, and become personal trainers capable of providing high-quality fitness guidance to clients. The total course duration covers 154 hours of theoretical learning and practical training, and learners are required to submit a practical teaching report at the end of the course.

Course Objectives

This course is designed to cultivate highly competent professional personal fitness trainers with comprehensive qualities:

- Knowledge Level: Help learners build a complete professional fitness knowledge framework, and proficiently master the core theories in the fields of sports training, nutrition guidance, psychological guidance and other relevant domains
- Skill Level: Equip learners with the ability to independently design scientific, safe and efficient fitness solutions for different types of clients, and skillfully complete the whole-process coaching and guidance
- Career Level: Comprehensively improve learners' industry competitiveness, enable them to meet the post requirements of personal trainers, provide high-quality professional fitness services for clients, and promote the upgrading of industry service standards.

Target Participants:

This course is open to all groups with needs for fitness learning and career advancement:

- High school / tertiary college students,

指導的私人教練。課程分理論與實習共 154 小時，課程完結後並需呈交實習教學報告。

課程目標：

本課程旨在培育具備高綜合素養的專業私人健身教練：

- 知識層面：幫助學員搭建完整的健身專業知識框架，熟練掌握運動訓練、營養指導、心理引導等領域的核心理論
- 技能層面：讓學員能夠獨立為不同類型的客戶設計科學、安全、高效的健身方案，熟練完成全流程教學指導
- 職業層面：全面提升學員的行業競爭力，使其能夠勝任私人教練崗位要求，為客戶提供高品質的專業健身服務，推動行業服務標準升級。

目標對象：

本課程面向所有有健身學習、職業提升需求的人士開放：

- 高中 / 大專在校學生，提前積累行

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- who can accumulate industry professional qualifications in advance to pave the way for future employment
- Current practitioners in the sports/recreation management, fitness and wellness industry, who aim to obtain authoritative professional instructor qualifications and enhance their post competitiveness
 - In-service physical education teachers, who can supplement professional fitness teaching capabilities to deliver relevant fitness courses in schools and various social institutions
 - Staff of social welfare organizations and health service units, who intend to strengthen their professional knowledge and coaching skills to optimize service quality
 - Anyone who aspires to develop a career in the fitness industry, as well as sports enthusiasts from all walks of life, who want to systematically build a professional competence system.
- 業專業資質，為就業鋪路
- 現任運動/康樂管理及體適能/健體中心從業人員，助力考取權威專業導師資格，提升崗位競爭力
 - 在職體育教師，補充專業健身教學能力，可在學校及各類社會機構開展相關健身課程教學
 - 社福機構及健康服務單位員工，強化專業知識與教學服務技巧，優化服務質量
 - 所有有志投身健身行業發展的人士，以及熱愛運動的各行業愛好者，系統化建立專業能力體系。

Admission Requirements:

Anyone aged 17 or above, or those who have completed the IPTFA Bronze Level International Professional Fitness Personal Trainer Certificate Course (or equivalent qualifications, subject to the review and approval of the academy), is eligible to apply for this course.

入學資格：

凡年滿十七歲或以上，或已修讀完成 IPTFA 銅級國際專業康體私人教練證書課程（或同等資格）（需經本學院審核），即可報讀本課程。

Supporting Foundational & Specialized Certificate Courses

IPTFA offers 4 targeted certificate courses in segmented fields, covering the full learning path from beginner entry to specialized skill improvement:

配套基礎&專項證書課程

IPTFA 設置 4 門細分領域的證書課程，覆蓋從基礎入門到專項技能提升的全路徑學習需求：

D301 Bronze - International Professional Fitness Personal Trainer Certificate Course

Course Contents: Human Anatomy, Physiology, Human Kinesiology, Different Exercise Prescriptions and Their Effects, Fitness Testing and Assessment, Prevention and Treatment of Sports Injuries, Stretching and

D301 銅級國際專業康體私人教練證書課程

課程內容：人體解剖學、生理學、人體運動力學、不同運動處方與效果、康體測試與評估、運動傷害的防治、伸展與柔軟度、阻力訓練的指導與技巧、營養學的應



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Flexibility, Resistance Training Guidance and Skills, Application of Nutrition, Aerobic Training Exercise Prescription, Weight Management, Marketing and Operation in the Personal Training Industry

用、有氧訓練的運動處方、體重管理、私人教練行業的市場推廣與經營

總時長：44 小時

課程費用：HK\$6,300

Total Course Hours: 44 hours

Course Fee: HK\$6,300

D302 Silver - International Advanced Fitness Personal Trainer Certificate Course

Course Contents: Special Topics for the Elderly (Exercise Training for Stroke, Diabetes, Hypertension and Coronary Heart Disease), Advanced Exercise Physiology, Advanced Resistance Training Principles, Stretching Training Practice, Sports Nutrition and Weight Management, Scientific Weight Training, Technical Optimization of Training Movements, Different Practice Movements for Advanced Weight Training, Secrets to a Successful Personal Training Career

D302 銀級國際高級康體私人教練證書課程

課程內容：長者專題課程(中風、糖尿病、高血壓及冠心病運動訓練)、進階運動生理學、高級阻力訓練原則、伸展訓練的實踐、運動營養學與體重管理、科學化重量訓練、訓練動作的技術改良、高級重量訓練的不同動作練習、私人教練事業的秘訣

總時長：56 小時

課程費用：HK\$7,800

Total Course Hours: 56 hours

Course Fee: HK\$7,800

D306 Sports Performance and Fitness Nutrition Certification

Course Contents:

Nutritional Status Assessment System, Deep Association Between Macronutrients and Exercise, Core Foundation of Exercise Biochemistry, Core Application Framework of Sports Nutrition, Scientific Design and Selection of Sports Drinks, Nutrition and Nutritional Supplements in Exercise Scenarios, Group-Specific Tailored Nutrition Planning

D306 運動表現與健身營養證書課程

課程內容：

營養狀況評估體系、宏量營養素與運動的深層關聯、運動生化學核心基礎、運動營養核心應用框架、運動飲料的科學設計與選用、運動場景下的營養與補充品應用、分群體定向營養方案設計

總時長：30 小時

課程費用：HK\$4,800

Total Course Hours: 30 hours

Course Fee: HK\$4,800

D304 Specialized Sports Injury and Rehabilitation Coach Certificate Course

Course Structure:

- Introduction to Sports Injury and Rehabilitation, Applied Human Anatomy
- Human Biomechanics, Introduction to

D304 專項運動創傷及康復教練證書課程

課程結構：

- 運動創傷及康復簡介、應用人體解剖學
- 人體生物力學、常見的運動創傷介紹
- 運動創傷的處理方法、運動創傷的康

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Common Sports Injuries

- Sports Injury Management Methods, Rehabilitation Process of Sports Injuries
- Stretching, Strengthening and Proprioceptive Neuromuscular Facilitation Exercise Prescriptions
- Applied Physiotherapy (I): Knee and Hand Sports Taping, Cold and Heat Therapy, Mat-based Deep Muscle Strengthening
- Applied Physiotherapy (II): Foot Sports Taping, Swiss Ball Deep Muscle Strengthening
- Sports Risk Assessment and Management Methods, Review of Practical Sessions

復過程

- 伸展、強化及本體神經感覺運動處方
- 應用物理治療 (一)：膝部及手部運動包紮法、冷熱療法及席上深層肌肉強化法
- 應用物理治療 (二)：足部運動包紮法、健身球深層肌肉強化法
- 運動風險評估與管理方法、實習部份複習

總時長：24 小時

課程費用：HK\$4,600

Total Course Hours: 24 hours

Course Fee: HK\$4,600

Remarks: Learners who hold relevant professional certificates or have recognition of other related course qualifications can apply for exemption from the corresponding course units and apply for credit transfer. IPTFA reserves the right to modify the exemption policy, and no prior notice will be given for any changes.

備註：持有相關專業證書或其他課程認可資質的學員，可申請對應科目修讀豁免並辦理學分轉移，IPTFA 保留修改豁免規則的權利，變更將不另行通知。

Assessment Criteria

This course implements strict unified assessment standards: learners are required to complete all assigned course assignments, and the attendance rate for each individual course unit must reach 75% or above. Both the theory exam score and practical training assessment score reaching 70 or above will be considered as passing the assessment. Learners whose assessment score is below 50 are required to re-take the full course of the corresponding unit before they can participate in the assessment again.

#Theoretical & Practical re-ex41am HK\$ 300

評核包括：

本課程執行嚴格的統一評核標準：學員需按要求完成全部課程作業，且單科出席率達到 75% 以上；理論考試與實習考核兩項成績均達 70 分即視為合格。考核得分低於 50 分的學員，需重新修讀對應科目課程後方可再次參加考核。

#每科筆試重考或補考費 HKD\$ 300

Course fee: HKD 23,500

Course Duration: 154 hours

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課程費用：HKD 23,500

課時：154 小時

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