



"IPTFA in collaboration with GFTA proudly presents"

Functional Trainer Certification 功能訓練教練證書課程



This course is hosted by the IPTFA. It is designed for fitness coaches, wellness practitioners and sports enthusiasts, systematically teaching the multi-tool-centered functional training system. It helps participants master the life-oriented and diversified training design capabilities, obtain internationally recognized professional qualifications, and expand career development opportunities.

Core Course Highlights:

- Full tool coverage: Covers 5 mainstream functional training tools including fitness balls, medicine balls, balance discs, resistance bands and fitness bars, breaking the limitations of traditional equipment training
- Extremely practical: All movement designs

本課程針對健身教練、康體從業者及運動愛好者，系統教授以多工具為核心的功能訓練體系，幫助學員掌握生活化、多元化的訓練設計能力，考取國際認可的專業資格，拓展職業發展空間。

課程核心亮點：

- 工具全覆蓋：涵蓋健身球、藥球、平衡碟、橡筋帶、健身棒五大主流功能訓練工具，打破傳統器械訓練的局限
- 實用性極強：所有動作設計緊扣日常生活場景，學員可直接運用於客戶的日常





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are closely linked to daily life scenarios. Participants can directly apply them to scenarios such as improving clients' daily activity ability and injury prevention

- Rich experience: The training modes are flexible and diverse, getting rid of the boring and repetitive training rhythm, greatly enhancing the training fun for both participants and clients
- International recognition: The course qualification is recognized by Fitness Australia, and the graduation certificate can meet the employment requirements of the overseas fitness industry

活動能力提升、損傷預防場景

- 體驗感豐富：訓練模式靈活多變，擺脫枯燥重複的訓練節奏，大幅提升學員與客戶的訓練樂趣
- 國際認可：課程資格獲 Fitness Australia 認可，畢業證書可對接海外健身行業從業要求

Course Modules

The total course duration is 21 hours, systematically taught in 6 major modules:

- Introduction of Core Muscle: In-depth explanation of balance principles and core muscle group anatomy to lay a solid theoretical foundation for functional training
- Fitball Training Principles: Master specialized fitball training methods and supporting stretching exercises, learn to use unstable surfaces to enhance core activation
- Medicine Ball Training Principles: Be proficient in medicine ball strength training, explosive power exercises and partner passing training to improve clients' overall dynamic strength
- Balance Disk Training Principles: Use balance discs to carry out targeted trunk muscle group exercises, greatly improving participants' ability to design balance training programs
- Elastic Band Training Principles: Master the elastic band resistance training system, learn to use portable tools to achieve full-scene resistance training
- Principle of Integrated Training: Integrate

課程內容：

總學時共 21 小時，分 6 大模塊系統授課：

- 核心肌肉的介紹：深入講解平衡力原理、核心肌群解剖結構，打牢功能訓練的理論根基
- 健身球訓練原則：掌握健身球專項訓練方法、配套伸展練習，學會利用不穩定平面強化核心激活
- 藥球訓練原則：熟練藥球力量訓練、爆發力練習、雙人傳球訓練，提升客戶的整體動態力量
- 平衡碟訓練原則：運用平衡碟開展軀幹肌群針對性練習，大幅提升學員的平衡訓練設計能力
- 橡膠帶訓練原則：掌握彈力帶阻力訓練體系，學會利用輕便工具實現全場景的抗阻訓練
- 綜合訓練的原理：整合所有工具，教授「中心穩定下的強化運動」「平衡下的強化運動」兩大綜合訓練模式，實現從單工具到場景化訓練的升級





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all tools, teach two comprehensive training modes: "strengthening exercises under core stability" and "strengthening exercises under balance", realizing the upgrade from single-tool to scenario-based training

完成課程後，你將全面掌握核心肌肉控制技巧，實現上下半身肌肉強化，同時具備專業的平衡與柔軟度訓練指導能力。

After completing the course, you will fully master core muscle control skills, achieve upper and lower body muscle strengthening, and at the same time have professional guidance capabilities for balance and flexibility training.

International Certificate Recognition

Participants who meet the following two requirements will be awarded the "Functional Training Coach Certificate" issued by IPTFA:

- Course attendance rate reaches 75% or above
- Both the theoretical examination and practical assessment obtain a passing score of 70% or above

This certificate is also recognized by Fitness Australia and can be used as a valid basis for industry qualification recognition and continuing education credit application.

Course fee: HKD 4,200

Course Duration: 21 hours

Continuing Education Units : 3 CEUs

AUSactive 14 CEUs

Enquiry: (852) 2345 6286

E-mail: info@iptfa.com

Website: www.iptfa.com

國際證書認可

符合以下兩項要求的學員，可獲 IPTFA 頒發「功能訓練教練證書」：

- 課程出席率達 75%或以上
- 理論考試+實習考核均取得 70%或以上的合格成績

該證書同時獲 Fitness Australia 認可，可作為行業資格認定、續牌積分申請的有效依據。

課程費用： HKD 4,200

課時： 21 小時

延續學份： 3 CEUs 學分 / AUSactive 14 學分

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