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Metabolic Optimization and Health Management Specialist Certification

代謝優化與健康管理師認證課程



Aim:

This course aims to systematically upgrade fitness coaches from mere "movement executors" into scientifically grounded "health management experts." It enables participants to master the science of metabolic health centered on muscle, and to immediately apply this knowledge in services for high-value clients such as corporate executives, older adults, and individuals in pre-chronic disease stages. Thus, coaches can build a differentiated personal brand in a competitive market, enhance the value of their sessions, and increase their income.

目的：

本課程旨在將健身教練從單一的「動作執行者」系統性升級為具備科學根基的「健康管理專家」，使學員掌握以肌肉為核心的代謝健康科學，並能即時應用於企業高管、銀髮族、慢性病前期人群等高價值客戶的服務中，從而在競爭激烈的市場中建立差異化個人品牌，提升課堂價值與收入來源。

Objective:

- Knowledge Integration: Understand the scientific principles of muscle as a metabolic and endocrine organ, and master integrated knowledge of hormones, metabolism, and nutrition.
- Health Assessment: Use professional assessment tools to identify clients' chronic

課程目標：

- 知識整合： 理解肌肉作為代謝與內分泌器官的科學原理，掌握荷爾蒙、代謝與營養的整合知識。
- 健康評估： 運用專業評估工具，識別客戶慢性病風險並進行健康分層管理。

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disease risks and implement health stratification management.
- Program Design: Independently design individualized training plans focused on metabolic optimization and muscle health.
- Nutritional Application: Provide clients with precise nutritional advice to enhance training effectiveness and recovery efficiency.
- Premium Service: Serve high-value client groups such as older adults, pre-chronic disease individuals, and corporate executives, building a differentiated competitive advantage.
- Business Conversion: Leverage 10+ practical tools and templates to increase session rates, retention rates, and referral rates.
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- 方案設計： 獨立設計以代謝優化與肌肉健康為核心的個別化訓練計劃。
- 營養應用： 為客戶提供精準營養建議，提升訓練效果與恢復效率。
- 高端服務： 服務銀髮族、慢性病前期、企業高管等高端客戶群，建立差異化競爭優勢。
- 商業轉化： 借助 10+ 實用工具與模板，提升課堂單價、續約率與轉介率。

Course Content:

- Client Health Assessment Questionnaire Template
- Muscle Health and Chronic Disease Risk Comparison Chart
- Body Composition Analysis and Interpretation Guide
- Energy System Application Comparison Chart
- Hormone Assessment and Stress Management Guide
- Metabolic Disease Risk Assessment Form
- Protein Intake Calculation Sheet
- Pre- and Post-Exercise Nutrition Recommendation Comparison Chart
- Client Progress Tracking System Template

課程大綱：

- 客戶健康評估問卷模板
- 肌肉健康與慢性病風險對照表
- 身體組成分析與解讀指引
- 能量系統應用對照表
- 荷爾蒙評估與壓力管理指引
- 代謝疾病風險評估表
- 蛋白質攝取計算表
- 運動前後營養建議對照表
- 客戶進度追蹤系統模板

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 4,800
Course Duration: 24 hours
Continuing Education Units： 4 CEUs
Enquiry: (852) 2345 6286
WhatsApp: 9768 3881 (message only)
E-mail: info@iptfa.com

課程費用： HKD 4,800
課時： 24 小時
延續學份： 4 CEUs 學分
查詢： (852) 2345 6286
WhatsApp's： 9768 3881 (僅限訊息)
電郵： info@iptfa.com

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Website: www.iptfa.com

網站： www.iptfa.com

Admission Requirements:

Entry Requirements: Applicants must have completed the Academy's Bronze International Professional Personal Trainer Certificate Course or hold an entry-level fitness coach certificate from another institution (qualifications must be reviewed and approved by the Academy before enrollment).

申請資格：

入學資格：曾修讀本學院 銅級國際專業私人教練証書課程 或 持有其他機構初級健身教練證書資格之人士 (需要經本學院審閱資格才可報讀)

Re-examination Fee: HK$300 for retaking the written exam, practical exam, or supplementary exam (those scoring below 60 must retake the course).

重考費用：筆試、實習試重考或補考費 HK$ 300 (60 分以下者需重新修讀課程)

Deadline: Three working days before course commencement (IPTFA reserves the right to cancel courses or change course times).

截止日期：開課前三個工作天(IPTFA 保留取消課程或更改課程時間之權利)

Venue: IPTFA Education Centre, Room C, 2/F, Wan Tai Building, 21–27 Mong Kok Stadium Path, Mong Kok, **International Personal Trainers & Fitness Academy.**

上課地點：IPTFA Education Centre
旺角運動場道 21-27 號運泰大廈 2 樓 C 室，**國際康體專才培訓學院。**

Payment Methods: Pay in person at the Academy in cash, mail a cheque (payable to: International Personal Trainers & Fitness Academy), or deposit into the Academy's account:

繳費方法：可親臨學院繳交現金、郵寄支票 (抬頭：國際康體專才培訓學院) 或

存入學院戶口：

Shanghai Commercial Bank | Account Name: INTL PERSONAL TRAINERS & FIT A (HK) LTD
Account No.: 33782-05697-8
FPS: 164613515

上海商業銀行 | 戶口名 INTL PERSONAL TRAINERS & FIT A (HK) LTD
銀行戶口：33782-05697-8
FPS 轉數快：164613515

Bank of China | Account Name: INTL P T & F A (HK) LTD T/A INTL Personal Trainer & Fitness Academy
Account No.: 012-698-0-000764-4
FPS: 164613515

中國銀行 | 戶口名 INTL P T & F A (HK) LTD T/A INTL Personal Trainer & Fitness Academy
銀行戶口：012-698-0-000764-4；
轉數快：164613515

Hang Seng Bank | Account Name: INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY (HONG KONG) LIMITED

恆生銀行 | 戶口名：INTERNATIONAL PERSONAL TRAINERS & FITNESS

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Account No.: 369-488143-883
FPS: 107214223

ACADEMY (HONG KONG) LIMITED
銀行戶口：:369-488143-883
轉數快：107214223

Class Arrangements:

1. When the Observatory issues Typhoon Signal No. 1 or No. 3, or a Yellow or Red Rainstorm Warning, classes will be held as usual.
2. When the Observatory issues Typhoon Signal No. 8 or above, or a Black Rainstorm Warning, that day's classes will be cancelled. The Academy will separately notify students of the make-up class date, time, and venue.

上課情況：

1. 當天文台發出一號或三號颱風訊號、黃色或紅色暴雨警報，將照常上課。
2. 當天文台發出八號或以上颱風訊號、或黑色暴雨警報，該日之課程將取消，學院將另行通知補課之日期、時間及地點。

Refund Policy: Except when the Academy cancels a course, tuition fees paid will not be refunded under any other circumstances.

退款政策：除了本學院取消課程外，其他情況概不退回已繳學費

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