"IPTFA in collaboration with GFTA proudly presents"

Pilates Postpartum Recovery Personal Trainer (Level I) Certification

普拉提產後康復私人教練(一級)認證培訓



Course Introduction

In today's technological era, societal expectations for women have become increasingly demanding. More and more women are well-educated, health-conscious, committed to a high-quality lifestyle, and dedicated to continuous self-improvement. Pregnancy and childbirth exert a profound influence on a woman's body, mind, and spirit—inevitably shaping her daily life and career. Every new mother naturally longs to "return to normal" as quickly as possible: to fit back into her pre-pregnancy (or even earlier) wardrobe, to regain the energy needed to manage breastfeeding, balance professional responsibilities, and continue her personal growth with ease.

Postpartum recovery focuses on reactivating the body's internal homeostatic

課程簡介

科技時代，社會對女性的要求日益嚴苛。受過教育、健康意識強、注重精品生活方式並不斷追求自我提升的女性越來越多。懷孕與分娩帶給女性整體身心靈的深遠影響，或多或少左右著生活與工作。每一位新媽媽都迫不及待地希望儘快「恢復正常」，期待快速穿回孕前或更早期的漂亮衣服，期待擁有充沛的體力，能在哺乳嬰兒、平衡工作和提升自我中游刃有餘。

產後康復旨在合理啟動新媽媽的內穩定系統，讓內穩定系統和全身肌肉整體參與，有效率地科學康復受損的身心，為新媽媽面對孩子降生的現實生活護航，邁向塑造黃金腰

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systems—engaging both these systems and the entire muscular structure—to facilitate an efficient, science-based recovery of the body and mind. This process supports new mothers as they navigate the realities of life with a newborn, while also paving the way toward achieving an ideal waist-to-hip ratio.

This course serves as an advanced program in postpartum fitness training. It covers the assessment and screening of common musculoskeletal issues encountered during and after pregnancy. Participants will learn to flexibly adapt training exercises using various fitness tools, ensuring that clients—regardless of their specific stage or individual circumstances—can exercise both safely and effectively.

Core Course Highlights:

- Gain an in-depth understanding of postpartum physiological changes, postpartum anatomy (including the pelvic girdle, rib cage, and pelvic floor muscles), and the fundamental principles of postpartum recovery.
- Learn to conduct systematic assessments of postpartum clients to identify common musculoskeletal issues and postural compensations.
- Master practical recovery techniques, such as pelvic realignment, addressing pain from pubic symphysis separation or sacroiliac joint dysfunction, myofascial release for rib flare, and breathing-based rib cage realignment.
- Learn activation and rehabilitation exercises for the pelvic floor muscles, as well as Pilates-based training to enhance the stability of the pelvis and rib cage.
- Develop the ability to design safe and effective postpartum body-toning and waist-hip reshaping programs, flexibly

臀比的輝煌時光。

此課程是產後體適能訓練的提高課程，內容包括評估及檢查孕期及產後常見的肌肉骨骼問題，並根據客戶情況靈活運用不同小工具改良訓練動作，使處於不同階段或情況的客戶可以安全並有效地運動。

課程目標：

- 深入理掌握產後生理變化、產後解剖學（骨盆帶、肋骨架及盆底肌），以及產後康復的基本原則。
- 學會對產後客戶進行系統性評估，識別常見的肌肉骨骼問題及體態代償。
- 掌握骨盆歸位手法、恥骨聯合分離疼痛修復、骶髂關節疼痛解決、肋骨外翻筋膜松解及肋骨架歸位呼吸綜合等實用修復技術。
- 學習盆底肌的啟動與修復訓練，以及骨盆與肋骨架穩定的普拉提訓練。
- 能夠針對不同客戶的情況，靈活運用小工具設計安全有效的產後修身及重塑腰臀運動方案。
- 了解產後抑鬱症的表現，學習陪伴療法，為客戶提供身心靈全方位的支持。

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incorporating various small exercise tools tailored to individual client needs.
- Recognize the signs of postpartum depression and learn supportive therapeutic approaches to provide holistic care—addressing the physical, mental, and emotional well-being of clients

Target Participants:

- Instructors who hold a foundational Pilates & Reformer certification or have successfully passed a practical skills assessment
- Individuals already certified as Pilates Mat instructors (preferred)
- Healthcare and fitness professionals, such as physical therapists, rehabilitation specialists, and fitness trainers
- Personal trainers with a specific interest in women's health and postpartum recovery
- Mothers who wish to gain a deeper understanding of postpartum physical recovery

適合對象：

- 持有 Pilates & Reformer 基礎證書，或已通過動作測試的教練。
- 已持有普拉提蓆上運動教練證書者（優先）。
- 物理治療師、復健教練、體適能教練等健康專業人員。
- 有意專注於女性健康、產後康復領域的私人教練。
- 希望深入了解產後身體修復知識的媽媽們。

Course Structure:

Module 1: Theoretical Foundations and Assessment

1. Principles of Postpartum Rehabilitation
2. Postpartum Physiological Changes
3. Postpartum Anatomy (Pelvic Girdle, Rib Cage, and Pelvic Floor Muscles)
4. Postpartum Assessment and Examination

Module 2: Pelvis and Pelvic Floor Restoration

5. Manual Techniques for Pelvic Realignment
6. Corrective Training for Pubic Symphysis Separation and Associated Pain
7. Addressing Sacroiliac Joint Pain

課程結構：

模組一：理論基礎與評估

1. 產後康復原則
2. 產後生理變化
3. 產後解剖學（骨盆帶、肋骨架及盆底肌）
4. 產後評估與檢查

模組二：骨盆與盆底修復

5. 骨盆歸位手法修復
6. 恥骨聯合分離疼痛修復訓練
7. 骶髂關節疼痛的解決
8. 盆底肌啟動與修復訓練

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8. Pelvic Floor Muscle Activation and Restoration Training
9. Postpartum Pilates for Pelvic Floor Restoration

Module 3: Rib Cage and Posture Correction

10. Fascial Release for Rib Flare (Rib Expansion)
11. Integrated Breathing Techniques for Rib Cage Realignment
12. Pilates Training for Pelvic and Rib Cage Stability

Module 4: Pain Management and Postural Reshaping

13. Common Postpartum Pain Conditions
14. Postpartum Body Toning and Reshaping (Waist and Hips)

Module 5: Program Design and Psychological Support

15. Targeted Exercise Program Design (Incorporating Small Equipment/Tools)
16. Supportive Care for Postpartum Depression

International Certificate Recognition

Participants who meet the following two requirements will be awarded the "**Pilates Postpartum Recovery Personal Trainer (Level I) Certification**" 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

Course fee: HKD 9,000
Course Duration: 30hours
Continuing Education Units：5 CEUs
Enquiry: (852) 2345 6286

9. 產後普拉提骨盆底修復運動

模組三：肋骨架與體態修復

10. 肋骨外翻（外擴）筋膜松解
11. 肋骨架歸位呼吸綜合
12. 骨盆與肋骨架穩定的普拉提訓練

模組四：痛症管理與體態重塑

13. 產後期常見痛症
14. 產後修身及重塑腰臀運動

模組五：方案設計與心理支持

15. 針對性的運動方案設計(結合小工具應用)
16. 產後抑鬱症陪伴療法

國際證書認可

符合以下兩項要求的學員，可獲 IPTFA 頒發「**普拉提產後復健私人教練(一級)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

課程費用：HKD $9,000
課時：30 小時
延續學份：5 學分
查詢： (852) 2345 6286

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WhatsApp: 9768 3881 (message only)
E-mail: info@iptfa.com
Website: www.iptfa.com

WhatsApp：9768 3881 (僅限訊息)
電郵： info@iptfa.com
網站： www.iptfa.com

Admission Requirements:
Entry Requirements: instructors who hold a foundational Pilates & Reformer certification or have successfully passed a practical skills assessment

申請資格：
入學資格：持有 Pilates & Reformer 基礎證書，或已通過動作測試的教練。

Instructor Qualifications: Registered Senior Course Instructor

導師資歷： GFTA / IPTFA 註冊資深課程導師教授

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

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；

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Academy
Account No.: 012-698-0-000764-4
FPS: 164613515

Hang Seng Bank | Account Name: INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY (HONG KONG) LIMITED
Account No.: 369-488143-883
FPS: 107214223

轉數快：164613515

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