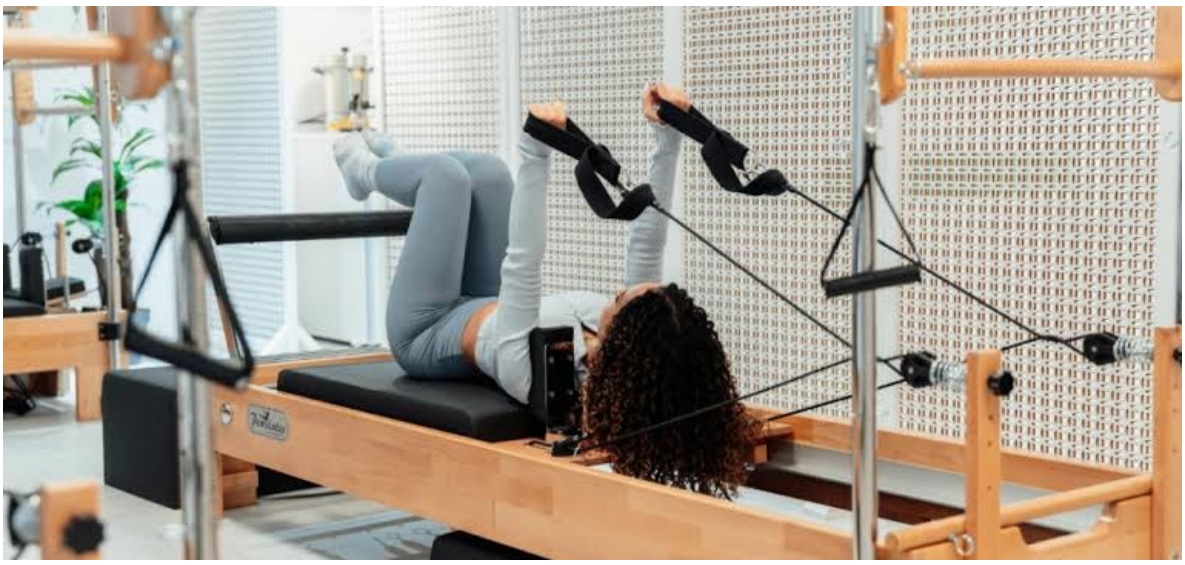
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Reformer Pilates (Level I) Instructor Certification

普拉提器械(一級)導師證書課程



Course Introduction

Developed in the early 20th century by Joseph H. Pilates—a German native—Pilates is a training method that focuses on the deepest layers of muscle. Its purpose is to awaken the body's latent potential, enhancing balance, flexibility, coordination, and overall functional control. Pilates equipment-based exercises strengthen the core (axial) muscles, correct poor posture, tone the body, alleviate common urban ailments such as neck, shoulder, and back pain, and improve overall physical condition and flexibility.

This course explores the therapeutic applications of Pilates equipment, addressing a variety of physical rehabilitation needs. These include common issues such as uneven shoulders, forward head posture, shoulder tension, flat back, lumbar hyperlordosis, pelvic misalignment or posterior tilt, rounded shoulders, muscle shortening, scoliosis (lateral

課程簡介

普拉提由德國人 Joseph H. Pilates 於 20 世紀初創立,是一種集中鍛鍊最深層肌肉的訓練方法,目的是喚醒身體各種潛在能力,如平衡、柔軟度、協調及其他機能控制。皮拉提斯器材運動可強化中軸肌肉、改善不良姿勢、塑造肌肉線條、舒緩都會常見肩頸背痛症,並提升身體狀態和靈活性。

本課程教授普拉提器材的治療特效功能,針對處理不同人體復健工程,包括常見高低肩、頭部前傾、肩緊張、扁平背、腰椎前壓、骨盆移位或後傾、圓肩、肌肉縮短、脊柱左右側彎、下肢 O 型及 X 型等。

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spinal curvature), and lower-limb alignment issues like bow-legs (varus) or knock-knees (valgus)

Core Course Highlights:

1. Develop a deep understanding of postpartum physiological changes, the history and evolution of Pilates, the philosophy of "Contrology," and the ten core principles of Pilates-based rehabilitation (concentration, control, precision, breathing, flow, stability, injury prevention, whole-body movement, self-awareness, and consistency)
2. Become familiar with the components of the Pilates Reformer (including the footbar, springs, straps/loops, and box), understand the resistance levels associated with different-colored springs, and strictly adhere to safety protocols and exercise contraindications
3. Master techniques for both static and dynamic postural assessment, enabling the accurate analysis of a client's postural alignment (e.g., hyperlordosis, flat back, posterior pelvic tilt, etc.)
4. Gain proficiency in a wide range of exercises performed on the Reformer—such as Footwork, supine arm series, abdominal/core series, quadruped abdominal work, hip-focused training, and stretching—while demonstrating the ability to provide precise tactile and verbal cues
5. Learn specialized assessment protocols for one-on-one Pilates training to evaluate muscular balance, strength, and tension; use these insights to design safe and effective lower-body and full-body training programs tailored to diverse client needs (e.g., individuals in rehabilitation, athletes, and older adults)

課程目標：

1. 深入理掌握產後生理變化、了解普拉提的歷史發展、控制學（Contrology）理念及普拉提復健十大原則（集中、控制、精確、呼吸、流暢、穩定、預防傷害、全身運動、自我覺察、持續性）。
2. 熟悉核心床（Reformer）的結構（腳杆、彈簧、繩套、盒子等），掌握不同顏色彈簧的阻力配置，並嚴格遵守安全操作與運動禁忌症。
3. 掌握靜態與動態姿勢評估技巧，能夠準確分析客戶的體態問題（如脊柱前突、平背、骨盆後傾等）。
4. 精通核心床上的各類動作，包括足部系列（Footwork）、仰臥手臂系列、核心腹部系列、四足腹肌系列、髖部訓練系列及伸展動作，並能給予精確的觸覺與口頭提示。
5. 學習普拉提私教特有的體測評估動作，針對肌肉平衡與強弱鬆緊配置，為不同客戶（如復健需求者、運動員、長者）設計安全有效的下肢及全身訓練方案。

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Target Participants:

- Instructors who hold a foundational certificate in Pilates & Reformer or have successfully passed a practical skills assessment
- Individuals already certified as Pilates mat instructors (preferred).
- Healthcare professionals, such as physiotherapists or rehabilitation trainers.
- Fitness instructors looking to deepen their expertise in equipment-based Pilates instruction.

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、復健教練等健康專業人員。
- 有意深化器械教學技巧的體適能教練。
-

Course Structure:

Module 1: Theoretical Foundations and Assessment

1. History and Development of Pilates (Life of Joseph Pilates and the concept of "Contrology")
2. Principles and Fundamentals of Pilates for Rehabilitation (The Ten Principles and key considerations)
3. Safe Exercise and Contraindications (Precautions and modifications for various pathological conditions)
4. Physical Assessment Protocols Specific to One-on-One Pilates Training
5. Postural Assessment (Static and dynamic posture analysis; identification of common postural deviations)

課程結構：

模組一：理論基礎與評估

1. 普拉提歷史與發展（Joseph Pilates 生平與控制學）
2. 普拉提復健原則及原理(十大原則與注意事項）
3. 安全運動與運動禁忌症(針對不同病理狀況的禁忌與調整）
4. 普拉提私教特有的體測評估動作
5. 體態評估（靜態與動態姿勢分析，常見姿勢錯誤辨識）

Module 2: Equipment Operation and Resistance Configuration

1. Introduction to the Reformer (adjusting the footbar, using straps/loops, shoulder rests, and the box)
2. Principles and configuration of spring resistance (color-coded by tension: yellow = lightest, blue = light, red = medium, green = heavy)

模組二：器械操作與阻力配置

1. Reformer 器械運用介紹（腳杆調整、繩套使用、肩托與盒子）
2. 彈簧阻力原理與配置（顏色代表重量：黃色最輕、藍色輕、紅色中等、綠色重）
3. 肌肉平衡與強弱鬆緊配置

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3. Addressing muscle balance, strength, and tension

Module 3: Reformer Exercises (Part I) — Lower Body and Feet

1. Footwork Series: Parallel (heels/toes), V-position (toes), Open V, calf raises, single-leg (heels/toes), and toe-gripping exercises
2. Training techniques and program design for the lower body
3. Hip Training Series: Hip extension, Frog, Side Splits, Scooter, and Standing Lunge

模組三：核心床動作教學（一）—— 下肢與足部

1. 足部練習系列（Footwork）：平行高跟/腳趾、V 型腳趾、開放 V 型、小腿提踵、單腿高跟/腳趾、抓握動作
2. 下肢的訓練技巧和方案設計
3. 髖部訓練系列：髖部伸展、蛙式（Frog）、側伸展（Side Splits）、摩托車（Scooter）、站立弓步（Standing Lunge）

Module 4: Reformer Exercises (Part II) — Core, Upper Body, and Spine

4. Core and Abdominal Series: Pelvic curls (Bottom Lift), Bridging, The Hundred, and Coordination
5. Supine Arm Series: Arm extensions, adduction, circles, and preparation for The Hundred
6. Quadruped and Plank Series: Quadruped abdominals, reverse quadruped abdominals, Up Stretch, Long Stretch, and Shoulder Push
7. Seated/Kneeling Upper Body and Back Series: Modified rows, seated bicep curls, kneeling arm circles, "Hug a Tree," rhomboid activation, shoulder internal/external rotation, and diagonal pulls
8. Stretching Series: Child's pose, forward folds, quadriceps stretches, adductor stretches, and chest/shoulder stretches

模組四：核心床動作教學（二）—— 核心、上肢與脊柱

1. 核心與腹部系列：骨盆捲動（Bottom Lift）、底部提升延伸（Bridging）、一百次（Hundred）、協調（Coordination）
2. 仰臥手臂系列：手臂伸展、內收、劃圈、一百次預備式
3. 四足與平板系列：四足腹肌（Quadruped Abs）、反向四足腹肌、向上伸展（Up Stretch）、長伸展（Long Stretch）、肩推（Shoulder Push）
4. 坐姿/跪姿上肢與背部系列：改良划船（Modified Rows）、坐姿二頭肌、跪姿手臂劃圈、擁抱樹木（Hug a Tree）、菱形肌訓練、肩內旋/外旋、肩部斜拉
5. 伸展系列：嬰兒式、前彎伸展、股四頭肌伸展、大腿內收肌伸展、胸肩伸展

Module 5: Class Design and Practical Application

1. Designing Warm-up and Cool-down Routines

模組五：課程設計與實踐

1. 熱身與緩和運動設計
2. 團體課程與私人課程編排（結合 6-10 個相關動作的組合設計，如加

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2. Structuring Group and Private Sessions (incorporating sequences of 6–10 related exercises—for example, to accelerate calorie expenditure, improve balance and stability, or address scoliosis)
3. Practical Assessment and Teaching Drills

速熱量消耗、平衡穩定、脊柱側彎修復等）

3. 實習評估與教學演練

International Certificate Recognition

Participants who meet the following two requirements will be awarded the **"Reformer Pilates (Level I) Instructor 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

國際證書認可

符合以下兩項要求的學員，可獲 IPTFA 頒發「**普拉提器械(一級)導師證書**」:

- 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

Course fee: HKD 7,800
Course Duration: 30hours
Continuing Education Units： 5 CEUs
Enquiry: (852) 2345 6286
WhatsApp: 9768 3881 (message only)
E-mail: info@iptfa.com
Website: www.iptfa.com

課程費用：HKD $7,800
課時：30 小時
延續學份：5 學分
查詢： (852) 2345 6286
WhatsApp：9768 3881 (僅限訊息)
電郵： info@iptfa.com
網站： www.iptfa.com

Admission Requirements:
Entry Requirements: Individuals who have completed a Level 1 Pilates Mat Instructor Certification course or possess an equivalent foundation

申請資格：
入學資格：已完成「普拉提蓆上（一級）導師證書課程」或具備同等基礎的學員

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)

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

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

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:

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

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

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)

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。

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：
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

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

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

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。

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time, and venue.

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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