International Personal Trainers & Fitness Academy (IPTFA)

國際康體專才培訓學院

Applied Nutrition & Weight Management Certification

應用營養及體重管理證書課程



Course Description:

This course is specially designed for individuals interested in weight management and nutrition. Through theoretical instruction, participants will master correct concepts of weight management, improve poor dietary and exercise habits, cultivate a healthy lifestyle, enhance self-confidence and expand their social circles, and correct and prevent physical, mental and social problems caused by obesity at an early stage. The course also applies the latest theories of modern nutrition science to weight control (weight loss) and enhancement of sports performance. Graduates will be able to provide professional nutritional analysis and advice for people who need weight control, and answer the public's misunderstandings and misconceptions about nutrition.

課程內容：

本課程專為對體重管理及營養有興趣的人士設計，透過理論教學讓學員掌握正確的體重管理概念，改善不良飲食及運動習慣，培養健康生活方式，提升自信心及擴闊社交圈子，並及早矯正和預防因肥胖導致的身心及社交問題。課程亦會運用現代營養學最新理論於體重控制（減肥）及提升運動表現。畢業學員能夠為需要體重控制的人士提供專業營養分析及建議，並解答大眾對營養的誤解和謬誤。

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Objective:

Upon completion of the course, participants will be able to:

1. **Master fundamental nutrition concepts and healthy eating principles** — including carbohydrates, fats, proteins, vitamins and minerals — and establish correct concepts of weight management and healthy eating.
2. **Apply weight calculation and food recording methods** to assess dietary and weight status, and design appropriate meal plans for weight management.
3. **Interpret food labels and understand practical nutrition topics**, including festive foods, popular diets, antioxidants, vegetarian diets and eating out, as well as food safety, cholesterol, hypertension and other health-related dietary issues.
4. **Provide professional nutritional analysis and advice** for individuals who need weight control, and help clarify common nutrition misconceptions.

課程目標：

完成課程後，學員將能：

1. **掌握營養學基本概念及健康飲食原則**——包括碳水化合物、脂肪、蛋白質、維生素及礦物質，並建立正確的體重管理及健康飲食觀念。
2. **運用體重計算及食品記錄方法**評估飲食與體重狀況，並為體重管理設計合適的膳食計畫。
3. **讀懂食品標籤及認識實用營養課題**，包括節日食品、流行飲食方法、抗氧化、素食及外出用餐，以及食品安全、膽固醇、高血壓等與健康飲食相關的課題。
4. **為需要體重控制的人士提供專業營養分析及建議**，並協助釐清常見的營養誤解。

Target Participants:

- Individuals interested in weight management and nutrition;
- Individuals who wish to improve dietary habits, control weight and establish a healthy lifestyle;
- Fitness, recreation/sports, health management and related practitioners;
- Individuals who intend to enhance nutrition knowledge and provide weight management advice to others.

目標對象：

- 對體重管理及營養有興趣的人士；
- 希望改善飲食習慣、控制體重及建立健康生活方式的人士；
- 健身、康體、健康管理及相關從業人員；
- 有意提升營養知識及為他人提供體重管理建議的人士；

Course Content:

I. Introduction to Nutrition

1. Basic concepts of nutrition and human nutritional requirements;
2. Classification, sources and physiological functions of carbohydrates, fats and proteins;
3. Relationship of the three major nutrients with energy supply, weight management and sports performance.

II. Vitamins and Minerals

1. Classification, functions and food sources of

課程大綱：

一、 營養學導論

1. 營養學基本概念及人體營養需求；
2. 碳水化合物、脂肪、蛋白質的分類、來源與生理功能；
3. 三大營養素與能量供應、體重管理及運動表現之關係。

二、 維生素和礦物質

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vitamins and minerals;
2. Relationship of micronutrients with energy metabolism, immunity and weight management;
3. Risks of deficiency and excess, and precautions for supplement use.

1. 維生素及礦物質的分類、功能與食物來源；
2. 微量營養素與能量代謝、免疫力及體重管理之關係；
3. 缺乏與過量風險及補充劑使用注意事項。

III. Concepts of Healthy Eating

1. Principles of healthy eating and the balanced eating plate concept;
2. Correct concepts of weight loss, energy balance and avoidance of extreme dieting;
3. Dietary behaviour change, sustained adherence and strategies for combining exercise.

三、 健康的飲食概念

1. 健康飲食原則及均衡飲食餐盤概念；
2. 正確減重觀念、能量平衡及避免極端節食；
3. 飲食行為改變、持續依從性及運動配合策略。

IV. Weight Calculation and Food Records

1. Meaning and limitations of indicators such as body weight, BMI, body fat percentage and waist circumference;
2. Basic methods for estimating ideal body weight and energy requirements;
3. Food recording techniques, dietary analysis and tracking of weight changes.

四、 體重計算、食品記錄

1. 體重、BMI、體脂率及腰圍等指標的意義與限制；
2. 理想體重及能量需求估算的基本方法；
3. 食品記錄技巧、飲食分析及體重變化追蹤。

V. Weight Management Meal Plans

1. Design principles of weight management meal plans;
2. Meal arrangement, portion control and food pairing;
3. Dietary adjustment strategies when eating out, in social settings and during festivals.

五、 體重管理膳食計畫

1. 體重管理膳食計畫的設計原則；
2. 餐次安排、份量控制及食物配搭；
3. 外食、社交場合及節日中的膳食調整策略。

VI. Food Labels

1. Methods for reading food labels and nutrition labels;
2. Understanding energy, nutrients, ingredient lists and food additives;
3. Comparing similar foods, making healthier choices and applying this to weight management.

六、 食品標籤

1. 食品標籤及營養標籤的閱讀方法；
2. 能量、營養素、成分表及食品添加劑的認識；
3. 比較同類食品、作出較健康選擇及應用於體重管理。

VII. Festive Foods

1. Nutritional characteristics and calorie traps of common festive foods;
2. Dietary control, portion management and healthy alternative choices during

七、 節日食品

1. 常見節日食品的營養特點及熱量陷阱；
2. 節日期間的飲食控制、份量管理及健

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festivals;
3. Post-festival weight recovery and healthy eating strategies at social gatherings.

VIII. Popular Diets and Antioxidants
1. Basic concepts, advantages and limitations of common popular diets;
2. Potential risks and critical evaluation of popular diets;
3. Functions and food sources of antioxidant nutrients, and their relationship with health/sports recovery.

IX. Vegetarian Diets and Eating Out
1. Types and nutritional characteristics of vegetarian diets, and key nutrient considerations;
2. Intake strategies for protein, iron, calcium, vitamin B12, etc. for vegetarians;
3. Nutritional traps when eating out, selection techniques and practical ordering advice.

X. Food Safety, Cholesterol and Hypertension
1. Basic principles of food safety and prevention of cross-contamination;
2. Types and sources of cholesterol and their relationship with cardiovascular health;
3. Diet-related factors in hypertension, sodium-reduction principles and coordination with weight management;
4. Overall integration of weight management with cholesterol and blood pressure control;
5. Common dietary myths and identification of correct information.

International Certificate Recognition
Participants who meet the following two requirements will be awarded the " **Applied Nutrition and Weight Management Certificate** " issued by IPTFA:
- Course attendance of 75% or above;
- Pass both the theory examination and practical assessment with 70% or above.

Course fee: HKD 4,800
Course Duration: 30 hours

康替代選擇；
3. 節日後體重回復及社交聚會中的健康飲食策略。

八、 流行的飲食方法、抗氧化
1. 常見流行飲食法的基本概念、優點與限制；
2. 流行飲食法的潛在風險及批判性評估；
3. 抗氧化營養素的功能、食物來源及與健康／運動恢復之關係。

九、 素食飲食、外出用餐
1. 素食飲食的類型、營養特點及關鍵營養素注意事項；
2. 素食者的蛋白質、鐵、鈣、維生素 B12 等攝取策略；
3. 外出用餐的營養陷阱、選擇技巧及點餐實用建議。

十、 食品安全、膽固醇、高血壓
1. 食品安全基本原則及交叉污染預防；
2. 膽固醇的種類、來源及與心血管健康之關係；
3. 高血壓的飲食相關因素、減鈉原則及與體重管理之配合。
4. 體重管理與膽固醇、血壓控制之整體配合；
5. 常見飲食迷思及正確資訊辨識。

國際證書認可
符合以下兩項要求的學員，可獲 IPTFA 頒發「**應用營養及體重管理證書**」：
- 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 4,800

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Continuing Education Units： 5 CEUs
Enquiry: (852) 2345 6286
WhatsApp: 9768 3881 (message only)
E-mail: info@iptfa.com
Website: www.iptfa.com

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

Entry Requirements:

- Recommended age 18 or above;
- No specific professional background is required; a foundation in fitness, sports science, nutrition or health-related fields is an advantage.

申請資格：

- 建議年滿 18 歲；
- 無須具備特定專業背景；如具健身、運動科學、營養或健康相關基礎更佳

Instructor Qualifications: Taught by registered dietitians and IPTFA registered senior course instructors.

導師資歷： 註冊營養師、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:

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

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

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

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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