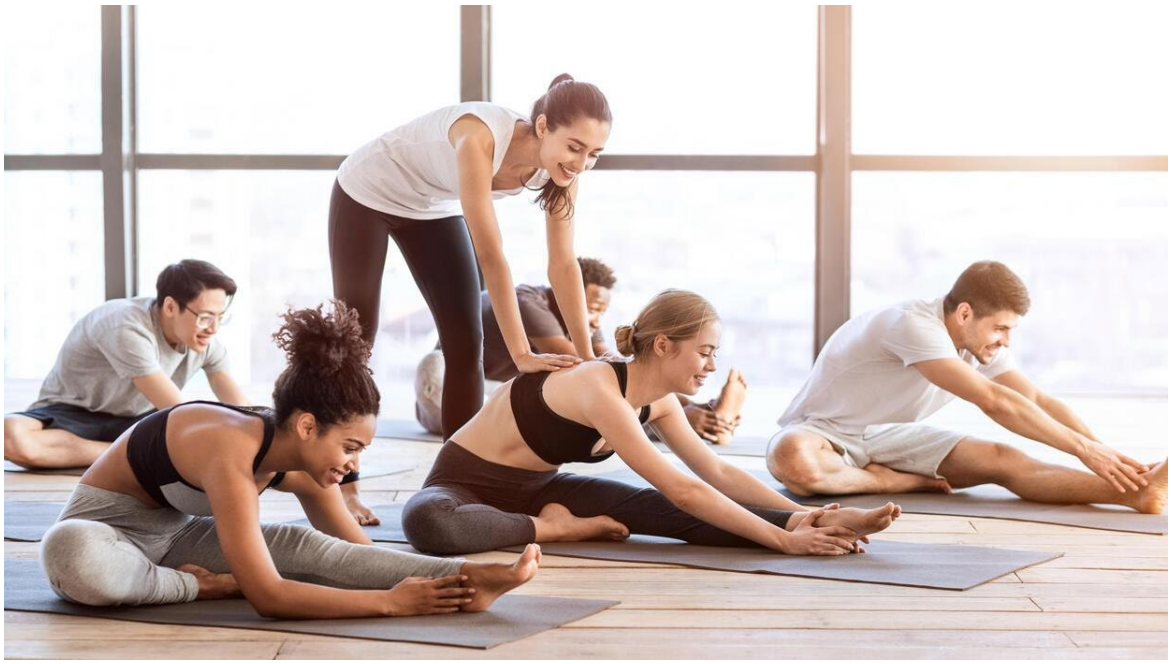
International Personal Trainers & Fitness Academy (IPTFA)

國際康體專才培訓學院

Stretch Instructor Certification

伸展教練證書課程



Course Description:

Stretching is an independent and specialised training modality, not merely a warm-up activity. This course designs diverse stretching methods for different types of individuals to achieve training, muscle health maintenance and rehabilitation outcomes. The content covers how to use stretching to enhance athletes' coordination and stability in high-speed movements, improve muscle pain and imbalance caused by prolonged office work, and address insufficient muscle strength and muscle ageing in retirees. In addition, the course teaches techniques to enhance stretching training effectiveness and the use of stretching tools, enabling students to provide clients with safer, more effective and more targeted stretching training.

課程內容：

伸展運動是一項獨立而專門的訓練項目，並非單一熱身動作。本課程針對不同類型人士設計多元伸展方法，以達到訓練、維持肌肉健康及復康等效果。課程內容涵蓋如何運用伸展提升運動員高速動作的協調及穩定能力、改善長期辦公室工作引致的肌肉疼痛及不平衡問題，以及應對退休人士肌力不足及肌肉老化等情況。此外，課程亦會教授強化伸展訓練效果的手法及伸展工具運用，使學員能為客戶提供更安全、更有效及更具針對性的伸展訓練。

本課程強調行業實用性，結合理論、實務演練及案例分析，讓學員掌握由評估、設計、指導到效果調整的完整流程，能夠在

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This course emphasises industry practicality, integrating theory, practical drills and case analysis, allowing students to master the complete process from assessment, design and instruction to outcome adjustment, and to apply it practically in fitness centres, rehabilitation organisations, elderly service units and private training settings.

健身中心、復康機構、長者服務單位及私人訓練場景中實際應用。

Objective:

- **Master the theory and safety principles of stretching exercise:** Understand muscles, fascia, joint range of motion and stretching classifications, and be able to conduct basic assessments, risk screening and safe instruction.
- **Apply diverse stretching techniques:** Master static, dynamic, PNF and assisted stretching techniques, and adjust intensity, duration and frequency according to client levels.
- **Design targeted stretching programmes for different individuals:** Design appropriate stretching training for athletes, office workers, retirees and rehabilitation-related individuals to enhance performance, improve muscle imbalance or maintain muscle health.
- **Apply quality tools and coaching practice:** Use stretching tools to enhance training effectiveness, and possess class planning, movement instruction, client communication and case analysis skills to improve industry practical competitiveness.

課程目標：

完成課程後，學員將能：

1. **掌握伸展運動的理論與安全原則**：理解肌肉、筋膜、關節活動度及伸展分類，並能進行基本評估、風險篩查及安全指導。
2. **運用多元伸展技術**：掌握靜態、動態、PNF 及輔助伸展等技巧，並能按客戶程度調整力度、時間及頻率。
3. **為不同人士設計針對性伸展方案**：能為運動員、辦公室人士、退休人士及復康相關人士設計合適的伸展訓練，以提升表現、改善肌肉不平衡或維持肌肉健康。
4. **應用品質工具與教練實務**：運用伸展工具強化訓練效果，並具備課堂編排、動作指導、客戶溝通及案例分析能力，提升行業實務競爭力。

Target Audience:

This course is designed for:

- Fitness coaches, personal trainers and physical fitness instructors;
- Sports coaches, sports performance and strength and conditioning personnel;
- Rehabilitation assistants, elderly service and community health practitioners;
- Yoga, Pilates and stretching-related instructors;
- Professionals who wish to master professional stretching techniques and provide clients with better training results;
- Individuals interested in stretching training, muscle health and rehabilitation

目標對象：

本課程專為以下人士設計：

- 健身教練、私人教練及體適能指導員；
- 運動教練、運動表現及體能訓練人員；
- 復康助理、長者服務及社區健康從業人員；
- 瑜伽、普拉提及伸展相關導師；
- 希望掌握專業伸展技術及為客戶提供更佳訓練效果的專業人士；
- 對伸展訓練、肌肉健康及復康應用有興趣的人士。

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applications.

Course Content:

Part 1: Foundations of Stretching Exercise and Industry Application

1. Definition, classification and independent training value of stretching exercise
2. Basic concepts of muscle anatomy, fascia and joint range of motion
3. Industry applications of stretching in fitness training, sports performance, rehabilitation and elderly services

Part 2: Stretching Assessment and Safety Screening

1. Preliminary observation of posture and muscle imbalance
2. Assessment methods for joint range of motion and flexibility
3. Contraindications for stretching, risk management and safe instruction principles

Part 3: Core Stretching Techniques and Practical Operation

1. Static stretching, dynamic stretching and active stretching techniques
2. PNF stretching and assisted stretching techniques
3. Stretching intensity, duration, frequency and progression/regression arrangements

Part 4: Stretching Training Design for Different Individuals

1. Athletes: enhancing coordination, stability and recovery in high-speed movements
2. Office workers: improving muscle pain, rounded shoulders, neck and shoulder tension and muscle imbalance
3. Retirees: improving insufficient muscle strength, muscle ageing and daily activity capacity
4. Stretching precautions and referral principles for rehabilitation and chronic disease individuals

Part 5: Stretching Tools and Effectiveness Enhancement

課程大綱：

第一部分：伸展運動基礎與行業應用

1. 伸展運動的定義、分類及獨立訓練價值
2. 肌肉解剖、筋膜及關節活動度基本概念
3. 伸展在健身訓練、運動表現、復康及長者服務中的行業應用

第二部分：伸展評估與安全篩查

1. 姿勢及肌肉不平衡初步觀察
2. 關節活動度及柔韌性評估方法
3. 伸展禁忌、風險管理及安全指導原則

第三部分：核心伸展技術與實務操作

1. 靜態伸展、動態伸展及主動伸展技巧
2. PNF 伸展及輔助伸展技術
3. 伸展力度、時間、頻率及進退階安排

第四部分：不同人士的伸展訓練設計

1. 運動員：提升高速動作協調、穩定能力及恢復
2. 辦公室人士：改善肌肉疼痛、圓肩、頸肩緊張及肌肉不平衡
3. 退休人士：改善肌力不足、肌肉老化及日常活動能力
4. 復康及慢性疾病人士的伸展注意事項與轉介原則

第五部分：伸展工具與效果強化

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1. Methods of using common stretching tools (e.g., exercise ball, massage roller)
2. Intensity control and safety points for tool-assisted stretching
3. How to enhance stretching training effectiveness and client experience

1. 常見伸展工具（如健身球、按摩滾筒等）的使用方法
2. 工具輔助伸展的力度控制及安全要點
3. 如何提升伸展訓練效果及客戶體驗

Part 6: Coaching Practice and Case Analysis

1. One-on-one and group stretching class planning
2. Client communication, movement cues and correction techniques
3. Case analysis, simulated teaching and practical examination preparation

第六部分：教練實務與案例分析

1. 一對一及小組伸展課堂編排
2. 客戶溝通、動作提示及糾正技巧
3. 案例分析、模擬教學及實務考核準備

International Certificate Recognition

Participants who meet the following two requirements will be awarded the " **Stretching Instructor Certificate** " issued by IPTFA:

- Course attendance of 75% or above;
- Pass both the theory examination and practical assessment with 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「**伸展教練證書**：

- 出席率達 75%或以上
- 考試中理論與實習課程獲得 70%合格成績
-

Course fee: HKD 4,500
Course Duration: 21 hours
Continuing Education Units：3.5 CEUs
Enquiry: (852) 2345 6286
WhatsApp: 9768 3881 (message only)
E-mail: info@iptfa.com
Website: www.iptfa.com

課程費用：HKD 4,500
課時： 21 小時
延續學份：3.5 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: Suitable for fitness coaches, sports coaches, rehabilitation and elderly service practitioners, stretching-related instructors, and individuals interested in stretching training. Students should preferably have basic concepts of physical fitness or exercise instruction; relevant work experience is an advantage.

入學資格：適合健身教練、運動教練、復康及長者服務從業人員、伸展相關導師，以及對伸展訓練有興趣的人士。學員宜具基本體適能或運動指導概念；如具相關工作經驗更佳。

Instructor Qualifications: IPTFA registered senior course instructors.

導師資歷：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, time, and venue.

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

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。

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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