

13/05 (Wed)	Exercise Safety and Injury Prevention 鍛煉的安全性和損傷預防 (APTHK 11)		19:00 – 22:00	A
17/05 (Sun)	Advanced Training Skills for PTs (II) 私人教練專用之高級訓練技巧 (II) (APTHK 04)		09:00 – 12:00	G
22/05 (Fri)	Physical Test 體能考試 Revision of Resistance Training and Advanced Functional Anatomy for PTs 私人教練專用之抗阻力訓練及功能解剖學綜合回顧 (APTHK 13)		18:00 – 19:00 19:00 – 22:00	A A1
29/05 (Fri)	Client-Oriented Training Program Design for PTs 私人教練專用顧客導向訓練方案設計 (APTHK 14)		19:00 – 22:00	A
31/05 (Sun)	Self Directed Learning at Gym 健身室複習 (APTHK 90)		09:00 – 12:00	A1
07/06 (Sun)	Practical A Exam of Advanced Training Skills 健身指導技巧實務考試 (APTHK A1)		09:00	A1
12/06 (Fri)	APT Theory Exam. 高級理論考試 (APTHK A3)		19:00 - 21:30	A

- A - (16F) 香港鰂魚涌英皇道 1065 號東達中心 16 樓 1603 室 (港鐵太古站 A2 出口)
A1 - (11F) 香港鰂魚涌英皇道 1065 號東達中心 11 樓 1103A 室
G - Gym Center / Training Center

課堂衣著及資料準備：

APTHK 02 - 穿著輕便衣服，帶備課程手冊

APTHK 03, APTHK 04, APTHK 13, APTHK 90, APTHK A1 - 穿著運動衣服及鞋襪

APTHK 07, APTHK 08, APTHK 91, APTHK A2 - 男：脫上衣及短褲；女：貼身上衣及短褲，帶備課程手冊

亞洲運動及體適能專業學院 Asian Academy for Sports & Fitness Professionals (AASFP)

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