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|----------------|--------------------------------------------------------------------------------------------------------------|----------------------|-----------|
| 11/10<br>(Sat) | Advanced Training Skills for PTs (I)<br>私人教練專用之高級訓練技巧 (I) (APTHK 04)                                         | 18:30 – 21:30        | G         |
| 17/10<br>(Fri) | <b>Physical Test 體能考試</b>                                                                                    | <b>18:00 – 19:00</b> | <b>A</b>  |
|                | Exercise Safety and Injury Prevention<br>鍛煉的安全性和損傷預防 (APTHK 11)                                              | 19:00 – 22:00        | A         |
| 22/10<br>(Wed) | Revision of Resistance Training and Advanced Functional Anatomy for PTs<br>私人教練專用之抗阻力訓練及功能解剖學綜合回顧 (APTHK 13) | 19:00 – 22:00        | A1        |
| 25/10<br>(Sat) | Advanced Training Skills for PTs (II)<br>私人教練專用之高級訓練技巧 (II) (APTHK 04)                                       | 18:30 – 21:30        | G         |
| 01/11<br>(Sat) | Self Directed Learning at Gym<br>健身室複習 (APTHK 90)                                                            | 18:00 – 21:00        | A1        |
| 05/11<br>(Wed) | Client-Oriented Training Program Design for PTs<br>私人教練專用顧客導向訓練方案設計 (APTHK 14)                               | 19:00 – 22:00        | A         |
| 08/11<br>(Sat) | <b>Practical A Exam of Advanced Training Skills</b><br><b>健身指導技巧實務考試 (APTHK A1)</b>                          | <b>18:00</b>         | <b>A1</b> |
| 17/11<br>(Mon) | <b>APT Theory Exam.</b><br><b>高級理論考試 (APTHK A3)</b>                                                          | <b>19:00 - 21:30</b> | <b>A</b>  |

- A - (16F) 香港鯉魚涌英皇道 1065 號東達中心 16 樓 1603 室 (港鐵太古站 A2 出口)  
A1 - (11F) 香港鯉魚涌英皇道 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, APT HK 04, APT HK 13, APT HK 90, APT HK A1 - 穿著運動衣服及鞋襪

APTHK 07, APT HK 08, APT HK 91, APT HK 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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