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| 19/11<br>(Wed) | <b>Physical Test 體能考試</b><br>Practical Skills for PTs : Communication, Marketing & Business Development<br>私人教練實踐技巧：溝通、業務推廣及商業發展 (APTHK 05)<br>*Class Performance Assessment 課堂表現評核 (APTHK 05) |  | 18:00 – 19:00<br>19:00 – 22:00 | A<br>A |
| 26/11<br>(Wed) | Exercise Safety and Injury Prevention<br>鍛煉的安全性和損傷預防 (APTHK 11)                                                                                                                                |  | 19:00 – 22:00                  | A      |
| 30/11<br>(Sun) | Advanced Training Skills for PTs (II)<br>私人教練專用之高級訓練技巧 (II) (APTHK 04)                                                                                                                         |  | 09:00 – 12:00                  | G      |
| 05/12<br>(Fri) | 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     |
| 12/12<br>(Fri) | <b>Physical Test 體能考試</b><br>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)                                                                                    |  | 18:00 – 19:00<br>19:00 – 22:00 | A<br>A |
| 14/12<br>(Sun) | Self Directed Learning at Gym<br>健身室複習 (APTHK 90)                                                                                                                                              |  | 09:00 – 12:00                  | A1     |
| 19/12<br>(Fri) | <b>APT Theory Exam.</b><br>高級理論考試 (APTHK A3)                                                                                                                                                   |  | 19:00 - 21:30                  | A      |
| 21/12<br>(Sun) | <b>Practical A Exam of Advanced Training Skills</b><br>健身指導技巧實務考試 (APTHK A1)                                                                                                                   |  | 09:00                          | A1     |

- 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, 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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