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| 02/10 (Fri) | Training Principles and Program Design 訓練原則和方案設計 (APTHK 10) | | 19:00 - 22:00 | A |
| 04/10 (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 |
| 09/10 (Fri) | 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) | | 19:00 - 22:00 | A1 |
| 11/10 (Sun) | Self Directed Learning at Gym 健身室複習 (APTHK 90) | | 09:00 - 12:00 | A1 |
| 16/10 (Fri) | Physical Test 體能考試 Practical Skills for PTs : Communication, Marketing & Business Development 私人教練實踐技巧：溝通、業務推廣及商業發展 (APTHK 05) *Class Performance Assessment 課堂表現評核 (APTHK 05) | | 18:00 - 19:00 19:00 - 22:00 | A A |
| 23/10 (Fri) | Physical Test 體能考試 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) | | 18:00 - 19:00 19:00 - 22:00 | A A |
| 25/10 (Sun) | Practical A Exam of Advanced Training Skills 健身指導技巧實務考試 (APTHK A1) | | 09:00 | A1 |
| 02/11 (Mon) | APT Theory Exam. 高級理論考試 (APTHK A3) | | 19:00 - 21:30 | A |

- 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, 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：脫上衣及穿著短褲；女：貼身上衣及短褲，帶備課程手冊



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