

Certificate in Advanced Personal Fitness Trainer (CEF Code : 35C111050)

高級私人體適能教練證書 (CEF Code : 35C111050)

Course Code 課程編號 : APTHK-0926-282 **Group A** (Version : 1 – updated on 03rd September 2026)

Date 日期	Face-to-Face Teaching & Topic Code 面授科目及課程編號	Lecturer 導師	Time 時間	Venue 地點
Advanced Personal Fitness Trainer Component 高級私人體適能課程部份				
29/09 (Tue)	Orientation 課程定位 Advanced Functional Anatomy & Exercise Physiology for PTs 私人教練專用之高級功能解剖學及運動生理學 (APTHK 01)		18:30 – 19:00 19:00 – 22:00	A A
08/10 (Thu)	Nutrition & Performances 營養及運動表現 (APTHK 06) *Class Performance Assessment 課堂表現評核 (APTHK 06)		19:00 – 22:00	A
15/10 (Thu)	Posture Analysis and Flexibility Testing 體位分析及柔軟性測試 (APTHK 07)		19:00 – 22:00	A
17/10 (Sat)	Principle & Practice of Resistance Training for PTs (I) 私人教練專用之抗阻力訓練原則及實踐 (I) (APTHK 03)		18:30 – 21:30	A1
21/10 (Wed)	Exercise Guidelines (Special Population) for PTs 特別需要人士 – 私人訓練指引 (APTHK 09)		19:00 – 22:00	A
24/10 (Sat)	Principle & Practice of Resistance Training for PTs (II) 私人教練專用之抗阻力訓練原則及實踐 (II) (APTHK 03)		18:30 – 21:30	A1
29/10 (Thu)	Exercise Prescription for Posture Deviation & Flexibility Enhancement 運動處方：如何糾正體位偏離及改善柔軟度 (APTHK 08)		19:00 – 22:00	A
05/11 (Thu)	Posture Analysis Self Directed Learning 體位分析複習 (APTHK 91) *Class Performance Assessment 課堂表現評核 (APTHK 07 & 08)		19:00 – 22:00	A
08/11 (Sun)	Advanced Training Skills for PTs (I) 私人教練專用之高級訓練技巧 (I) (APTHK 04)		09:00 – 12:00	G
13/11 (Fri)	Training Principles and Program Design 訓練原則和方案設計 (APTHK 10)		19:00 – 22:00	A
15/11 (Sun)	Practical B Exam of Posture and Flexibility 體位分析實務考試 (APTHK A2)		10:00	A
20/11 (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
25/11 (Wed)	Physical Test 體能考試 Exercise Safety and Injury Prevention 鍛煉的安全性和損傷預防 (APTHK 11)		18:00 – 19:00 19:00 – 22:00	A A

Next page 下一頁



2578 9877



AASFP



www.aasfp.com



5543 3050



aasfp@aasfp.com



香港鰂魚涌英皇道1065號東達中心16樓1603室

29/11 (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
04/12 (Fri)	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)		19:00 – 22:00	A
11/12 (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
13/12 (Sun)	Self Directed Learning at Gym 健身室複習 (APTHK 90)		09:00 – 12:00	A1
18/12 (Fri)	Personal Training 101 教練實戰秘訣		18:00 – 22:00	A
20/12 (Sun)	Practical A Exam of Advanced Training Skills 健身指導技巧實務考試 (APTHK A1)		17:00	A1
29/12 (Tue)	Health & Fitness Assessment and Program Planning 健康體適能評估及計劃安排 (APTHK 02) *Class Performance Assessment 課堂表現評核 (APTHK 02)		18:30 – 22:30	A
08/01/2027 (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, 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：脫上衣及穿著短褲；女：貼身上衣及短褲，帶備課程手冊



2578 9877



AASFP
5543 3050



www.aasfp.com
aasfp@aasfp.com



香港鰂魚涌英皇道 1065 號東達中心 16 樓 1603 室