

# 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-1126-284 **Group A** (Version : 1 – updated on 29<sup>th</sup> October 2026)

| Date<br>日期                                                     | Face-to-Face Teaching & Topic Code<br>面授科目及課程編號                                                                                | Lecturer<br>導師 | Time<br>時間                     | Venue<br>地點 |
|----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------------------|-------------|
| <b>Advanced Personal Fitness Trainer Component 高級私人體適能課程部份</b> |                                                                                                                                |                |                                |             |
| 09/12<br>(Wed)                                                 | Orientation 課程定位<br>Advanced Functional Anatomy & Exercise Physiology for PTs<br>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<br>19:00 – 22:00 | A<br>A      |
| 17/12<br>(Thu)                                                 | Exercise Guidelines (Special Population) for PTs<br>特別需要人士 – 私人訓練指引 (APTHK 09)                                                 |                | 19:00 – 22:00                  | A           |
| 23/12<br>(Wed)                                                 | Posture Analysis and Flexibility Testing<br>體位分析及柔軟性測試 (APTHK 07)                                                              |                | 19:00 – 22:00                  | A           |
| 07/01/2027<br>(Thu)                                            | Exercise Prescription for Posture Deviation & Flexibility Enhancement<br>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           |
| 09/01/2027<br>(Sat)                                            | Principle & Practice of Resistance Training for PTs (I)<br>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          |
| 13/01/2027<br>(Wed)                                            | Posture Analysis Self Directed Learning<br>體位分析複習 (APTHK 91)<br>*Class Performance Assessment 課堂表現評核 (APTHK 07 & 08)           |                | 19:00 – 22:00                  | A           |
| 16/01/2027<br>(Sat)                                            | Principle & Practice of Resistance Training for PTs (II)<br>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          |
| 22/01/2027<br>(Fri)                                            | Personal Training 101<br>教練實戰秘訣                                                                                                |                | 18:00 – 22:00                  | A           |
| 24/01/2027<br>(Sun)                                            | Advanced Training Skills for PTs (I)<br>私人教練專用之高級訓練技巧 (I) (APTHK 04)                                                           |                | 09:00 – 12:00                  | G           |
| 29/01/2027<br>(Fri)                                            | Training Principles and Program Design<br>訓練原則和方案設計 (APTHK 10)                                                                 |                | 19:00 – 22:00                  | A           |
| 31/01/2027<br>(Sun)                                            | <b>Practical B Exam of Posture and Flexibility<br/>體位分析實務考試 (APTHK A2)</b>                                                     |                | <b>10:00</b>                   | <b>A</b>    |
| 04/02/2027<br>(Thu)                                            | Health & Fitness Assessment and Program Planning<br>健康體適能評估及計劃安排 (APTHK 02)<br>*Class Performance Assessment 課堂表現評核 (APTHK 02) |                | 18:30 – 22:30                  | A           |
| 12/02/2027<br>(Fri)                                            | 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           |

Next page 下一頁



**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