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 B *(Version : 1 – updated on 29th October 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				
09/12 (Wed)	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
17/12 (Thu)	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
23/12 (Wed)	Posture Analysis and Flexibility Testing 體位分析及柔韌性測試 (APTHK 07)		19:00 - 22:00	A
07/01/2027 (Thu)	Exercise Prescription for Posture Deviation & Flexibility Enhancement 運動處方：如何糾正體位偏離及改善柔韌度 (APTHK 08)		19:00 - 22:00	A
09/01/2027 (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
13/01/2027 (Wed)	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
16/01/2027 (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
22/01/2027 (Fri)	Personal Training 101 教練實戰秘訣		18:00 – 22:00	A
29/01/2027 (Fri)	Training Principles and Program Design 訓練原則和方案設計 (APTHK 10)		19:00 - 22:00	A
31/01/2027 (Sun)	**Practical B Exam of Posture and Flexibility 體位分析實務考試 (APTHK A2)**		**10:00**	**A**
04/02/2027 (Thu)	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
12/02/2027 (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
13/02/2027 (Sat)	Advanced Training Skills for PTs (I) 私人教練專用之高級訓練技巧 (I) (APTHK 04)		18:30 – 21:30	G

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