

30/04 (Wed)	Exercise Safety and Injury Prevention 鍛煉的安全性和損傷預防 (APTHK 11)		19:00 – 22:00	A
07/05 (Wed)	<b>Physical Test 體能考試</b>		<b>18:00 – 19:00</b>	<b>A</b>
	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
10/05 (Sat)	Advanced Training Skills for PTs (II) 私人教練專用之高級訓練技巧 (II) (APTHK 04)		18:30 – 21:30	G
14/05 (Wed)	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
21/05 (Wed)	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
24/05 (Sat)	Self Directed Learning at Gym 健身室複習 (APTHK 90)		18:00 – 21:00	A1
31/05 (Sat)	<b>Practical A Exam of Advanced Training Skills</b> <b>健身指導技巧實務考試 (APTHK A1)</b>		<b>18:00</b>	<b>A1</b>
06/06 (Fri)	<b>APT Theory Exam.</b> <b>高級理論考試 (APTHK A3)</b>		<b>19:00 - 21:30</b>	<b>A</b>

- 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, 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)**

[www.aasfp.com](http://www.aasfp.com)

香港鰂魚涌英皇道 1065 號東達中心 16 樓 1603 室  
Room 1603, 16/F., Eastern Centre, 1065 King's Road,  
Quarry Bay, Hong Kong  
電話 Tel: (852) 2578 9877 傳真 Fax: (852) 2508 0601  
電郵 E-mail: [aasfp@aasfp.com](mailto:aasfp@aasfp.com)

中國北京市東城區廣渠門內大街 80 號通正國際大廈 9 層 905-906 室，郵編 100062  
Room 905-906, Talent International Building, No. 80 Guangqumen Inner Avenue,  
Dong Cheng District, PRC 100062  
電話 Tel: (86) 10 6712 3689 傳真 Fax: (86) 10 6714 8183  
電郵 E-mail: [china@aasfp.com.cn](mailto:china@aasfp.com.cn)