

05/07 (Fri)	Personal Training 101 教練實戰秘訣		18:00 – 22:00	A
07/07 (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
12/07 (Fri)	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
18/07 (Thu)	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
21/07 (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
24/07 (Wed)	<b>Physical Test 體能考試</b> 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
28/07 (Sun)	Self Directed Learning at Gym 健身室複習 (APTHK 90)		09:00 – 12:00	A1
04/08 (Sun)	<b>Practical A Exam of Advanced Training Skills</b> 健身指導技巧實務考試 (APTHK A1)		09:00	A1
08/08 (Thu)	<b>APT Theory Exam.</b> 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

**課堂衣著準備：**

APTHK 02 - 穿著輕便衣服

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

**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)