

**Certificate in Advanced Personal Fitness Trainer (CEF Code : 35C111050)**  
**(Integrated Daytime Course) – Intake 176**  
**高級私人體適能教練證書 (CEF Code : 35C111050)**  
**(綜合日間課程) – 第 176 屆**

**Course Code 課程編號 : SAPTHK-0426-176 Group A (Version : 1 – updated on 06<sup>th</sup> May 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
18/06 (Thu)	Orientation 課程定位		09:30 – 10:00	A
	Fitness Theory & Components 體適能理論和元素 (SFF 01)		10:00 – 13:00	A
	Functional Anatomy for Fitness Instructors 體適能教練專用功能解剖學 (SFF 02)		14:00 – 17:00	A
22/06 (Mon)	Exercise Nutrition for Fitness Instructors 體適能教練專用運動營養學 (SFF 04)		10:00 – 13:00	A
	Biomechanics and Analysis of Human Movement 生物力學及人體活動分析 (SFF 05)		14:00 – 17:00	A
25/06 (Thu)	Exercise Physiology for Fitness Instructors 體適能教練專用運動生理學 (SFF 03)		10:00 – 13:00	A
	Functional Anatomy and Analysis of Human Movement Review 功能解剖學及人體動作分析綜合回顧 (SFF 07) *Class Performance Assessment 課堂表現評核 (SFF 02 & 05)		14:00 – 17:00	A
29/06 (Mon)	Revision and Mock Test 總溫習及模擬測驗 (SFF 06)		10:00 – 13:00	A
03/07 (Fri)	<b>Foundation Theory Exam. 基礎理論考試 (SFF 90)</b>		<b>10:30 – 12:00</b>	<b>A</b>
03/07 (Fri)	Orientation 課程定位		13:30 – 14:00	A
	Exercise Guidelines (Special Population) for PTs 特別需要人士 – 私人訓練指引 (APTHK 09)		14:00 – 17:00	A
10/07 (Fri)	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)		10:00 – 13:00	A
	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)		14:00 – 17:00	A1
15/07 (Wed)	Posture Analysis and Flexibility Testing 體位分析及柔韌性測試 (APTHK 07)		10:00 – 13:00	A
	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)		14:00 – 18:00	A
17/07 (Fri)	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)		10:00 – 13:00	A
	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)		14:00 – 17:00	A1

**亞洲運動及體適能專業學院 Asian Academy for Sports & Fitness Professionals (AASFP)**

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