

Certificate in Advanced Personal Fitness Trainer (CEF Code : 35C111050)
(Integrated Daytime Course) – Intake 177
高級私人體適能教練證書 (CEF Code : 35C111050)
(綜合日間課程) – 第 177 屆

Course Code 課程編號 : SAPTHK-0526-177 Group A (Version : 1 – updated on 08th June 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
30/07 (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
03/08 (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
06/08 (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)		14:00 – 17:00	A
	*Class Performance Assessment 課堂表現評核 (SFF 02 & 05)			
10/08 (Mon)	Revision and Mock Test 總溫習及模擬測驗 (SFF 06)		10:00 – 13:00	A
13/08 (Thu)	Foundation Theory Exam. 基礎理論考試 (SFF 90)		10:30 – 12:00	A
13/08 (Thu)	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
18/08 (Tue)	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
21/08 (Fri)	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
	Personal Training 101 教練實戰秘訣		18:00 – 22:00	A
26/08 (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)		14:00 – 18:00	A
	*Class Performance Assessment 課堂表現評核 (APTHK 02)			



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