

| 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 |
|----------------|--|-------------|--------------------------------|----------|
| 28/08 (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) Exercise Safety and Injury Prevention 鍛煉的安全性和損傷預防 (APTHK 11) | | 10:00 – 13:00 14:00 – 17:00 | A A |
| 02/09 (Wed) | Advanced Training Skills for PTs (I) 私人教練專用之高級訓練技巧 (I) (APTHK 04) | | 14:00 – 17:00 | G |
| 04/09 (Fri) | 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) 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) | | 10:00 – 13:00 14:00 – 17:00 | A A1 |
| | Physical Test 體能考試 | | 17:00 – 18:00 | A |
| 09/09 (Wed) | Practical B Exam of Posture and Flexibility 體位分析實務考試 (APTHK A2) | | 10:00 | A |
| 11/09 (Fri) | Advanced Training Skills for PTs (II) 私人教練專用之高級訓練技巧 (II) (APTHK 04) | | 14:00 – 17:00 | G |
| 16/09 (Wed) | Training Principles and Program Design 訓練原則和方案設計 (APTHK 10) 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) | | 10:00 – 13:00 14:00 – 17:00 | A A |
| 18/09 (Fri) | Self Directed Learning at Gym 健身室複習 (APTHK 90) | | 14:00 – 17:00 | A1 |
| 23/09 (Wed) | Practical A Exam of Advanced Training Skills 健身指導技巧實務考試 (APTHK A1) | | 14:00 | A1 |
| 30/09 (Wed) | Nutrition & Performances 營養及運動表現 (APTHK 06) *Class Performance Assessment 課堂表現評核 (APTHK 06) 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) | | 10:00 – 13:00 14:00 – 17:00 | A A |
| | Physical Test 體能考試 | | 17:00 – 18:00 | A |
| 07/10 (Wed) | APT Theory Exam. 高級理論考試 (APTHK A3) | | 10:30 – 13:00 | A |

- A - 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 - 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：脫上衣及穿著短褲；女：貼身上衣及短褲，帶備課程手冊



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