

| Date<br>日期          | Face-to-Face Teaching & Topic Code<br>面授科目及課程編號                                                                                                                      | Lecturer 導師 | Time<br>時間    | Venue 地點 |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------------|----------|
| 01/12<br>(Mon)      | Advanced Training Skills for PTs (I)<br>私人教練專用之高級訓練技巧 (I) (APTHK 04)                                                                                                 |             | 14:00 – 17:00 | G        |
| 03/12<br>(Wed)      | Posture Analysis Self Directed Learning<br>體位分析複習 (APTHK 91)<br>*Class Performance Assessment 課堂表現評核 (APTHK 07 & 08)                                                 |             | 10:00 – 13:00 | A        |
|                     | Health & Fitness Assessment and Program Planning<br>健康體適能評估及計劃安排 (APTHK 02)<br>*Class Performance Assessment 課堂表現評核 (APTHK 02)                                       |             | 14:00 – 18:00 | A        |
| 08/12<br>(Mon)      | Advanced Training Skills for PTs (II)<br>私人教練專用之高級訓練技巧 (II) (APTHK 04)                                                                                               |             | 14:00 – 17:00 | G        |
| 10/12<br>(Wed)      | Training Principles and Program Design<br>訓練原則和方案設計 (APTHK 10)                                                                                                       |             | 10:00 – 13:00 | A        |
| 12/12<br>(Fri)      | Practical B Exam of Posture and Flexibility<br>體位分析實務考試 (APTHK A2)                                                                                                   |             | 10:00         | A        |
| 17/12<br>(Wed)      | Revision of Resistance Training and Advanced Functional Anatomy for PTs<br>私人教練專用之抗阻力訓練及功能解剖學綜合回顧 (APTHK 13)                                                         |             | 14:00 – 17:00 | A1       |
|                     | Physical Test 體能考試                                                                                                                                                   |             | 17:00 – 18:00 | A        |
| 19/12<br>(Fri)      | Exercise Safety and Injury Prevention<br>鍛煉的安全性和損傷預防 (APTHK 11)                                                                                                      |             | 14:00 – 17:00 | A        |
|                     | Personal Training 101<br>教練實戰秘訣                                                                                                                                      |             | 18:00 – 22:00 | A        |
| 22/12<br>(Mon)      | Self Directed Learning at Gym<br>健身室複習 (APTHK 90)                                                                                                                    |             | 14:00 – 17:00 | A1       |
| 09/01/2026<br>(Fri) | Practical Skills for PTs : Communication, Marketing & Business<br>Development<br>私人教練實踐技巧：溝通、業務推廣及商業發展 (APTHK 05)<br>*Class Performance Assessment 課堂表現評核 (APTHK 05) |             | 10:00 – 13:00 | A        |
|                     | Client-Oriented Training Program Design for PTs<br>私人教練專用顧客導向訓練方案設計 (APTHK 14)                                                                                       |             | 14:00 – 17:00 | A        |
|                     | Physical Test 體能考試                                                                                                                                                   |             | 17:00 – 18:00 | A        |
| 12/01/2026<br>(Mon) | Practical A Exam of Advanced Training Skills<br>健身指導技巧實務考試 (APTHK A1)                                                                                                |             | 14:00         | A1       |
| 19/01/2026<br>(Mon) | APT Theory Exam.<br>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, APT HK 04, APT HK 13, APT HK 90, APT HK A1 - 穿著運動衣服及鞋襪

APTHK 07, APT HK 08, APT HK 91, APT HK A2 - 男：脫上衣及短褲；女：貼身上衣及短褲，帶備課程手冊

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