Certificate in Advanced Personal Fitness Trainer (CEF Code : 35C111050)
(Integrated Daytime Course) – Intake 179
高級私人體適能教練證書 (CEF Code : 35C111050)
(綜合日間課程) – 第 179 屆

本課程《高級私人體適能教練證書》在資歷架構下獲得認可（資歷架構第 3 級）
This Course (Certificate in Advanced Personal Fitness Trainer) is recognised under the Qualification Framework (QF Level 3)

Course Code 課程編號 : SAPTHK-0726-179 Group B *(Version : 1 – updated on 21st September 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
05/11 (Thu)	Orientation 課程定位 Fitness Theory & Components 體適能理論和元素 (SFF 01) Functional Anatomy for Fitness Instructors 體適能教練專用功能解剖學 (SFF 02)		09:30 – 10:00 10:00 – 13:00 14:00 – 17:00	A A A
10/11 (Tue)	Exercise Physiology for Fitness Instructors 體適能教練專用運動生理學 (SFF 03) Biomechanics and Analysis of Human Movement 生物力學及人體活動分析 (SFF 05)		10:00 – 13:00 14:00 – 17:00	A A
12/11 (Thu)	Exercise Nutrition for Fitness Instructors 體適能教練專用運動營養學 (SFF 04) 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)		10:00 – 13:00 14:00 – 17:00	A A
16/11 (Mon)	Revision and Mock Test 總溫習及模擬測驗 (SFF 06)		14:00 – 17:00	A
19/11 (Thu)	**Foundation Theory Exam. 基礎理論考試 (SFF 90)**		**11:00 – 12:30**	**A**
19/11 (Thu)	Orientation 課程定位 Exercise Guidelines (Special Population) for PTs 特別需要人士 – 私人訓練指引 (APTHK 09)		13:30 – 14:00 14:00 – 17:00	A A
25/11 (Wed)	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) 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)		10:00 – 13:00 14:00 – 17:00	A A1
27/11 (Fri)	Posture Analysis and Flexibility Testing 體位分析及柔韌性測試 (APTHK 07) 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)		10:00 – 13:00 14:00 – 18:00	A A
02/12 (Wed)	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) 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)		10:00 – 13:00 14:00 – 17:00	A A1