

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
23/01 (Fri)	Exercise Safety and Injury Prevention 鍛煉的安全性和損傷預防 (APTHK 11) 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
	Physical Test 體能考試		17:00 – 18:00	A
26/01 (Mon)	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
30/01 (Fri)	Posture Analysis and Flexibility Testing 體位分析及柔韌性測試 (APTHK 07) 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 14:00 – 17:00	A A
	Physical Test 體能考試		17:00 – 18:00	A
02/02 (Mon)	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
04/02 (Wed)	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)		10:00 – 13:00	A
06/02 (Fri)	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) Personal Training 101 教練實戰秘訣		14:00 – 17:00 18:00 – 22:00	A1 A
09/02 (Mon)	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) Self Directed Learning at Gym 健身室複習 (APTHK 90)		10:00 – 13:00 14:00 – 17:00	A A1
13/02 (Fri)	Practical B Exam of Posture and Flexibility 體位分析實務考試 (APTHK A2)		10:00	A
25/02 (Wed)	Practical A Exam of Advanced Training Skills 健身指導技巧實務考試 (APTHK A1)		14:00	A1
06/03 (Fri)	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, 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

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

www.aasfp.com

香港鰂魚涌英皇道 1065 號東達中心 16 樓 1603 室
Room 1603, 16/F., Eastern Centre, 1065 King's Road,
Quarry Bay, Hong Kong
電話 Tel: (852) 2578 9877 傳真 Fax: (852) 2508 0601
電郵 E-mail: aasfp@aasfp.com

中國北京市東城區廣渠門內大街 80 號通正國際大廈 9 層 905-906 室，郵編 100062
Room 905-906, Talent International Building, No. 80 Guangqumen Inner Avenue,
Dong Cheng District, PRC 100062
電話 Tel: (86) 10 6712 3689 傳真 Fax: (86) 10 6714 8183
電郵 E-mail: china@aasfp.com.cn