

Certificate in Advanced Personal Fitness Trainer (CEF Code : 35C111050)
(Integrated Daytime Course) – Intake 151
高級私人體適能教練證書 (CEF Code : 35C111050)
(綜合日間課程) – 第 151 屆

Course Code 課程編號 : SAPTHK-0123-151-2.0(13)_QF Group A (Version : 1 – updated on 30th December 2022)

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
30/01/2023 (Mon)	Orientation 課程定位		09:45 – 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
09/02 (Thu)	Biomechanics and Analysis of Human Movement 生物力學及人體活動分析 (SFF 05)		10:00 – 13:00	A
	Exercise Physiology for Fitness Instructors 體適能教練專用運動生理學 (SFF 03)		14:00 – 17:00	A
16/02 (Thu)	Exercise Nutrition for Fitness Instructors 體適能教練專用運動營養學 (SFF 04)		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) *Class Performance Assessment 課堂表現評核 (SFF 02 & 05)		14:00 – 17:00	A
20/02 (Mon)	Revision and Mock Test 總溫習及模擬測驗 (SFF 06)		10:00 – 13:00	A
22/02 (Wed)	Foundation Theory Exam. 基礎理論考試 (SFF 90)		10:30 – 12:00	A
22/02 (Wed)	Orientation 課程簡介		13:30 – 14:00	A
	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)		14:00 – 17:00	A
28/02 (Tue)	Posture Analysis and Flexibility Testing 體位分析及柔韌性測試 (APTHK 07)		10:00 – 13:00	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
02/03 (Thu)	Nutrition & Performances 營養及運動表現 (APTHK 06) *Class Performance Assessment 課堂表現評核 (APTHK 06)		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) *Class Performance Assessment 課堂表現評核 (APTHK 02)		14:00 – 18:00	A
08/03 (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)		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
10/03 (Fri)	Exercise Safety and Injury Prevention 鍛煉的安全性和損傷預防 (APTHK 11)		14:00 – 17:00	A
	Personal Training 101 教練實戰秘訣		18:00 – 22:00	A

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