

**Certificate in Advanced Personal Fitness Trainer (CEF Code : 35C111050)**  
**(Integrated Daytime Course) – Intake 160**  
**高級私人體適能教練證書 (CEF Code : 35C111050)**  
**(綜合日間課程) – 第 160 屆**

**Course Code 課程編號 : SAPTHK-0224-160-2.0(21)\_QF Group A (Version : 1 – updated on 26<sup>th</sup> March 2024)**

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
30/04 (Tue)	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
09/05 (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
16/05 (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
20/05 (Mon)	Revision and Mock Test 總溫習及模擬測驗 (SFF 06)		10:00 – 13:00	A
22/05 (Wed)	<b>Foundation Theory Exam. 基礎理論考試 (SFF 90)</b>		<b>10:30 – 12:00</b>	<b>A</b>
22/05 (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
29/05 (Wed)	Exercise Guidelines (Special Population) for PTs 特別需要人士 – 私人訓練指引 (APTHK 09)		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
31/05 (Fri)	Posture Analysis and Flexibility Testing 體位分析及柔韌性測試 (APTHK 07)		10:00 – 13:00	A
	Nutrition & Performances 營養及運動表現 (APTHK 06) *Class Performance Assessment 課堂表現評核 (APTHK 06)		14:00 – 17:00	A
05/06 (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 (II) 私人教練專用之抗阻力訓練原則及實踐 (II) (APTHK 03)		14:00 – 17:00	A1

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

[www.aasfp.com](http://www.aasfp.com)

香港鯉魚涌英皇道 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](mailto: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](mailto:china@aasfp.com.cn)