

| 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 |
|----------------|--|-------------|---|-------------|
| 17/07 (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 |
| 19/07 (Fri) | 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) Exercise Safety and Injury Prevention 鍛煉的安全性和損傷預防 (APTHK 11) Physical Test 體能考試 | | 10:00 - 13:00 14:00 - 17:00 17:00 - 18:00 | A A A |
| 24/07 (Wed) | Practical B Exam of Posture and Flexibility 體位分析實務考試 (APTHK A2) | | 10:00 | A |
| 26/07 (Fri) | 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) 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) Physical Test 體能考試 | | 10:00 - 13:00 14:00 - 17:00 17:00 - 18:00 | A A A |
| 29/07 (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 |
| 02/08 (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 |
| 05/08 (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 |
| 06/08 (Tue) | Self Directed Learning at Gym 健身室複習 (APTHK 90) | | 14:00 - 17:00 | A1 |
| 12/08 (Mon) | Practical A Exam of Advanced Training Skills 健身指導技巧實務考試 (APTHK A1) | | 14:00 | A1 |
| 19/08 (Mon) | 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

課堂衣著準備：

APTHK 02 - 穿著輕便衣服

APTHK 03, APTHK 04, APTHK 13, APTHK 90, APTHK A1 - 穿著運動衣服及鞋襪

APTHK 07, APTHK 08, APTHK 91, APTHK A2 - 男：脫上衣及短褲；女：貼身上衣及短褲

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