

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
23/08 (Fri)	Training Principles and Program Design 訓練原則和方案設計 (APTHK 10)		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
	Physical Test 體能考試		17:00 – 18:00	A1
26/08 (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
28/08 (Wed)	Posture Analysis Self Directed Learning 體位分析複習 (APTHK 91)		10:00 – 13:00	A
	*Class Performance Assessment 課堂表現評核 (APTHK 07 & 08)			
	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)		14:00 – 17:00	A
	Physical Test 體能考試		17:00 – 18:00	A
02/09 (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)		10:00 – 13:00	A
	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)		14:00 – 17:00	A1
04/09 (Wed)	Practical B Exam of Posture and Flexibility 體位分析實務考試 (APTHK A2)		10:00	A
06/09 (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
09/09 (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
10/09 (Tue)	Self Directed Learning at Gym 健身室複習 (APTHK 90)		14:00 – 17:00	A1
16/09 (Mon)	Practical A Exam of Advanced Training Skills 健身指導技巧實務考試 (APTHK A1)		14:00	A1
23/09 (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

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