

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
11/12 (Wed)	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 (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
13/12 (Fri)	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
	<b>Physical Test 體能考試</b>		17:00 – 18:00	A
16/12 (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
18/12 (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
	<b>Physical Test 體能考試</b>		17:00 – 18:00	A
30/12 (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
	<b>Practical B Exam of Posture and Flexibility 體位分析實務考試 (APTHK A2)</b>		10:00	A
06/01/2025 (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
07/01/2025 (Tue)	Self Directed Learning at Gym 健身室複習 (APTHK 90)		14:00 – 17:00	A1
13/01/2025 (Mon)	<b>Practical A Exam of Advanced Training Skills 健身指導技巧實務考試 (APTHK A1)</b>		14:00	A1
20/01/2025 (Mon)	<b>APT Theory Exam. 高級理論考試 (APTHK A3)</b>		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, 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，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)

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