# Certificate in Advanced Personal Fitness Trainer
# Foundation Component (CEF Code : 35C111050)
# 高級私人體適能教練證書
# 基礎部分 (CEF Code : 35C111050)

**Course Code 課程編號 : SFF-1526-387** *(Version : 1 – updated on 09th November 2026)*

| Date<br>日期 | Face-to-Face Teaching & Topic Code<br>面授科目及課程編號 | Lecturer<br>導師 | Time<br>時間 | Venue<br>地點 |
|---|---|---|---|---|
| **Foundation Component 基礎課程部份** | | | | |
| 30/12<br>(Wed) | Orientation 課程定位<br>Fitness Theory & Components<br>體適能理論和元素 (SFF 01) | | 18:30 – 19:00<br>19:00 – 22:00 | A<br>A |
| 06/01/2027<br>(Wed) | Functional Anatomy for Fitness Instructors<br>體適能教練專用功能解剖學 (SFF 02) | | 19:00 – 22:00 | A |
| 15/01/2027<br>(Fri) | Biomechanics and Analysis of Human Movement<br>生物力學及人體活動分析 (SFF 05) | | 19:00 – 22:00 | A |
| 20/01/2027<br>(Wed) | Functional Anatomy and Analysis of Human Movement Review<br>功能解剖學及人體動作分析綜合回顧 (SFF 07)<br>*Class Performance Assessment 課堂表現評核<br>(SFF 02 & 05) | | 19:00 – 22:00 | A |
| 27/01/2027<br>(Wed) | Exercise Physiology for Fitness Instructors<br>體適能教練專用運動生理學 (SFF 03) | | 19:00 - 22:00 | A |
| 03/02/2027<br>(Wed) | Exercise Nutrition for Fitness Instructors,<br>體適能教練專用運動營養學 (SFF 04) | | 19:00 - 22:00 | A |
| 10/02/2027<br>(Wed) | Revision and Mock Test<br>總溫習及模擬測驗 (SFF 06) | | 19:00 – 22:00 | A |
| **19/02/2027<br>(Fri)** | **Foundation Theory Exam.<br>基礎理論考試 (SFF 90)** | | **19:00 – 20:30** | **A** |

**A - Room 1603, 16/F., Eastern Building, 1065 King's Road, Quarry Bay, Hong Kong (MTR Tai Koo station – exit A2)**
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