



Course Category	Wellness			
Course Title	IPTFA International Certificate in Bronze - Professional Personal Fitness Trainer Course (English)			
Course Code	BH030			
Medium of Instruction	English			
Duration	44.0 hour(s)			
Course Fee	Macao Resident: MOP7,730 Non-Macao Resident: MOP7,730			
Certificate	Students who have obtained an overall passing grade of the course and met the attendance requirement will be issued a course certificate by UTM and a certificate by International Personal Trainers and Fitness Academy (IPTFA).			
Admission Exam Info.	1. Basic knowledge about physical fitness 2. Knowledge about the safe use of fitness equipment 3. Warm up and stretching 4. Breathing techniques 5. Knowledge about human muscles and bones 			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH030	2301	2023/07/11	2023/08/31
Objective	The course is designed for students to master theories and techniques in personal fitness training and to understand concepts on body building and sport fitness so that they can be well prepared for the body building and fitness industry. Upon completion of the course, students will be able to: Know the importance and scientific principles of body building and fitness Know the human body structures and functions Understand sports-related principles Master application skills in body building and sport fitness			
Outline	<ul style="list-style-type: none">• Human anatomy and physiology• Human kinesiology• Fitness assessment and evaluation• Sports injury prevention• Stretch and flexibility training• Resistance training instruction and techniques• Weight management• Basic nutrition and application• Marketing and operating in the personal fitness training			
Teacher	Please refer to the schedule			
Remarks	Assessments include: Obtain 70% or above in theory and practical exams Submit practical training report after passing the exams Handout fee: MOP50 (To be settled with the teacher from IPTFA)			