



Course Category	Wellness			
Course Title	IPTFA Sports Massage (Level 1) Professional Trainer Certificate Course			
Course Code	BH032			
Medium of Instruction	Cantonese			
Duration	18.0 hour(s)			
Pre-requisites	Age 17 or above			
Course Fee	Macao Resident: MOP4,580 Non-Macao Resident: MOP4,580			
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). The passing grade of the course is 70.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH032	2401	2024/02/18	2024/03/03
Objective	The course is designed for students to understand professional knowledge on sports massage and to master various techniques on applying massage to athletes or any physically active people, aiming at relieving muscular fatigue and aiding in the recovery of body functions.			
Outline	<ul style="list-style-type: none">• Human anatomy and physiology• Introduction to sports massage• Basic techniques and application of sports massage• The Theory of Meridians and Collaterals• Effectiveness, basic requirements and taboos of Chinese massage• Combining Chinese massage and sports massage• Massage practice			
Teacher	Please refer to the schedule			
Remarks	Students should bring their own yoga mat			