



Course Category	Wellness			
Course Title	IPTFA Sports Massage (Level 2) Professional Trainer Certificate Course			
Course Code	BH045			
Medium of Instruction	Cantonese			
Duration	24.0 hour(s)			
Pre-requisites	Holds a valid IPTFA Sports Massage (Level 1) Professional Trainer Certificate			
Course Fee	Macao Resident: MOP5,440 Non-Macao Resident: MOP5,440			
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
	BH045	2401	2024/05/19	2024/06/09
Objective	The course aims at improving students' knowledge on massage therapy. They will learn about safe and effective stretching and relaxation techniques and will be able to advise on treatments for people with special needs.			
Outline	<ul style="list-style-type: none">• Functional anatomy and physiology• Sports massage and therapeutic stretching• Lymph drainage therapy techniques• Sport rehabilitation• Neuromuscular re-education(NMR)• Self-myofascial release(SMR)• Treatment for specific types of sports			
Teacher	Please refer to the schedule			