



Course Category	Health			
Course Title	Pre-Service Vocational Training - Introduction to Fitness Training 1			
Course Code	BH009			
Medium of Instruction	Cantonese			
Duration	12.0 hour(s)			
Certificate	Students who have attended no less than 80% of the class sessions and passed the exam will be issued a course certificate.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH009	1401	2014/07/21	2014/08/01
Objective	The course is designed for people who are interested in pursuing future careers in fitness training. Learners are instructed on how to correctly use different fitness training equipment and methods. Upon completion of the course, learners will manage the basic skills and knowledge in fitness training.			
Outline	<ul style="list-style-type: none">• Definition of physical fitness• Knowing and using different fitness training equipment• Different types of muscular strength training• Training steps demonstration			
Teacher	Mr. Ng Wai Keong, Patrick			