



Course Category	Wellness				
Course Title	IPTFA International Certificate in Bronze - Professional Personal Fitness Trainer Course (Chinese)				
Course Code	BH011				
Medium of Instruction	Cantonese				
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). The passing grade of the course is 70.				
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
	BH011		2402	2024/06/13	2024/08/05
	Course Code		Sub Code	Registration Period	Quota
	BH011		2402	2024/04/29 - 2024/06/07	20
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 physiologyHuman kinesiologyFitness assessment and evaluationSports injury preventionStretch and flexibility trainingResistance training instruction and techniquesWeight managementBasic nutrition and applicationMarketing 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)				