



Course Category	Wellness			
Course Title	IPTFA Synthesis Aerobics Instructor Course			
Course Code	BH012			
Medium of Instruction	Cantonese			
Duration	39.0 hour(s)			
Pre-requisites	Possess fundamental techniques on aerobics dancing or dancing			
Course Fee	Macao Resident: MOP6,190 Non-Macao Resident: MOP6,190			
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 Group Fitness Training Association (GFTA). Group Fitness Training Association (GFTA) is an approved organization of International Personal Trainers & Fitness Academy (IPTFA).			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH012	2401	2024/01/10	2024/03/08
Objective	Upon completion of the course, students will be able to <ul style="list-style-type: none"><li>• describe the health benefits of aerobics dance</li><li>• Practice common dance moves and steps techniques</li><li>• Combine music and dance movements into effective training</li><li>• Demonstrate skills in giving dance instruction</li></ul>			
Outline	<ul style="list-style-type: none"><li>• Introduction to aerobics dancing</li><li>• Technique and the usage of music</li><li>• Basic moves and choreography</li><li>• Right footing and cueing</li><li>• Instruction skills</li><li>• Lesson design, strength training and step instruction</li><li>• Practical rehearsal</li></ul>			
Teacher	Please refer to the schedule			