



<b>Course Category</b>	Wellness			
<b>Course Title</b>	IPTFA International Certificate in Bronze - Professional Personal Fitness Trainer Vocational Qualification Recognition Examination			
<b>Course Code</b>	BH019			
<b>Medium of Instruction</b>	Cantonese			
<b>Duration</b>	3.0 hour(s)			
<b>Pre-requisites</b>	1) Holder of "IPTFA International Certificate in Bronze - Professional Personal Fitness Trainer" or 2) Achieved ONE of the following qualifications: "ACSM Certified Personal Trainer", "ACE Certified Personal Trainer", Personal trainer certification from other accredited training academies. *Certificate is required to be submitted and should be valid within 5 years from the date of issue.			
<b>Course Fee</b>	Macao Resident: MOP2,150 Non-Macao Resident: MOP2,150			
<b>Certificate</b>	Candidates who have passed the exam will be issued the IPTFA International Certificate in Bronze - Professional Personal Fitness Trainer.			
	<b>Course Code</b>	<b>Sub Code</b>	<b>Course Start Date</b>	<b>Course End Date</b>
	BH019	2302	2023/09/29	2023/09/29
<b>Outline</b>	<p>Assessment is based on:</p> <ul style="list-style-type: none"><li>Attend a 3-hour information session</li><li>Submit a training project (Around 1000 words, to be submitted within a month)</li></ul> <p>Information session contents:</p> <ul style="list-style-type: none"><li>Sports nutrition analysis and its application</li><li>Sports injury prevention and unsafe movements</li><li>Exercise prescription – scientific analysis and its application</li><li>Legal liability of personal trainers</li><li>Professional ethics and conduct of personal trainers</li></ul>			
<b>Teacher</b>	Please refer to the schedule			