



<b>Course Category</b>	Wellness			
<b>Course Title</b>	IPTFA International Certificate in Silver - Advanced Personal Fitness Trainer Course			
<b>Course Code</b>	BH022			
<b>Medium of Instruction</b>	Cantonese			
<b>Duration</b>	62.0 hour(s)			
<b>Pre-requisites</b>	Holds a valid IPTFA International Certificate in Bronze – Professional Personal Fitness Trainer or foundation personal fitness trainer certificate from other training academies.(A copy of certificate should be submitted/uploaded upon application)			
<b>Course Fee</b>	Macao Resident: MOP9,360 Non-Macao Resident: MOP9,360			
<b>Certificate</b>	<p>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.</p> <p>Assessments include:</p> <ul style="list-style-type: none"><li>• Obtain 70% or above in theory and practical exams</li><li>• Submit practical training report after passing the exams</li></ul>			
	<b>Course Code</b>	<b>Sub Code</b>	<b>Course Start Date</b>	<b>Course End Date</b>
	BH022	2301	2023/02/13	2023/05/11
<b>Objective</b>	The course is designed for people who would like to upgrade their personal fitness training techniques or for those who are interested in becoming a professional personal fitness trainer. The course focuses on both theories and training techniques practice.			
<b>Outline</b>	<ul style="list-style-type: none"><li>• Prescription for people with special needs</li><li>• Advanced Exercise Physiology</li><li>• Advanced Resistance Training Principles</li><li>• Sports Stretching Training Practice</li><li>• New Functional Training Exercises</li><li>• Sports Nutrition And Weight Management</li><li>• Scientific Study Of Weight Training</li><li>• Resistance Training Action</li><li>• Advanced Weight Training Law</li><li>• Personal Trainer Career Tips</li></ul>			
<b>Teacher</b>	Please refer to the schedule			