



| Course Category       | Wellness  |          |                   |                 |
|-----------------------|---|----------|-------------------|-----------------|
| Course Title          | IPTFA International Certificate in Bronze - Professional Personal Fitness Trainer Course (English)  |          |                   |                 |
| Course Code           | BH030   |          |                   |                 |
| Medium of Instruction | English   |          |                   |                 |
| Duration              | 44.0 hour(s)  |          |                   |                 |
| Course Fee            | Macao Resident: MOP7,730<br>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).   |          |                   |                 |
| Admission Exam Info.  | <span id="ctl00_ContentPlaceHolder1_TabContainer1_TabPanel2_fvCourseEn_admExam_enLabel0">&gt;1. Basic knowledge about physical fitness&lt;br /&gt;2. Knowledge about the safe use of fitness equipment&lt;br /&gt;3. Warm up and stretching &lt;br /&gt;4. Breathing techniques&lt;br /&gt;5. Knowledge about human muscles and bones&lt;br /&gt;&lt;br /&gt;&lt;br /&gt;&lt;/span&gt;</span>   |          |                   |                 |
|                       | Course Code   | Sub Code | Course Start Date | Course End Date |
|                       | BH030   | 2301     | 2023/07/11        | 2023/08/31      |
| Objective             | <p>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.</p> <p>Upon completion of the course, students will be able to:</p> <p>Know the importance and scientific principles of body building and fitness</p> <p>Know the human body structures and functions</p> <p>Understand sports-related principles</p> <p>Master application skills in body building and sport fitness</p> |          |                   |                 |
| Outline               | <ul style="list-style-type: none"><li>• Human anatomy and physiology</li><li>• Human kinesiology</li><li>• Fitness assessment and evaluation</li><li>• Sports injury prevention</li><li>• Stretch and flexibility training</li><li>• Resistance training instruction and techniques</li><li>• Weight management</li><li>• Basic nutrition and application</li><li>• Marketing and operating in the personal fitness training</li></ul>  |          |                   |                 |
| Teacher               | Please refer to the schedule  |          |                   |                 |
| Remarks               | <p>Assessments include:</p> <p>Obtain 70% or above in theory and practical exams</p> <p>Submit practical training report after passing the exams</p> <p>Handout fee: MOP50 (To be settled with the teacher from IPTFA)</p>  |          |                   |                 |