



Course Category	Health			
Course Title	IPTFA Nutrition & Health Slimming Therapist Certificate Course			
Course Code	BH059			
Medium of Instruction	Cantonese			
Duration	27.0 hour(s)			
Pre-requisites	Age 17 or above			
Course Fee	Macao Resident: MOP4,420 Non-Macao Resident: MOP4,420			
Certificate	Students who have met the attendance requirement in each subject and passed all the assessments will be issued a course certificate by UTM and a certificate by International Personal Trainers and Fitness Academy (IPTFA). The passing grade of each exam is 70.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH059	2401	2024/04/23	2024/05/21
Objective	Upon completion of the course, students will be able to <ul style="list-style-type: none">• Identify the major muscles of the human body and explain different muscle movements• Analyze the pros and cons of different weight loss methods• Explain common concepts underlying successful weight control• Practice a variety of workouts for effective weight loss			
Outline	<ul style="list-style-type: none">• Human muscular system• Common slimming and weight loss methods• Causes of overweight• Weight control• Science, technology and psychology related to slimming• Elastic band workout• Slimming workout design and practice• Free Weight workout			
Teacher	Please refer to the schedule			