



Course Category	Wellness
Course Title	IPTFA Silver - Advanced Personal Fitness Trainer Certificate Course
Course Code	BW016
Medium of Instruction	Chinese
Duration	51.0 hour(s)
Pre-requisites	Has obtained "IPTFA International Certificate in Bronze - Professional Personal Fitness Trainer Certificate" or a foundation personal fitness trainer certificate from other training academies (a copy of the certificate is required to be submitted or uploaded)
Course Fee	Macao Resident: MOP6,680 Non-Macao Resident: MOP6,680
Certificate	Students who have attended no less than 70% of the class sessions will be eligible to attend the "IPTFA Silver - Advanced Personal Fitness Trainer Qualification Recognition Examination".
Outline	<ul style="list-style-type: none">• Advanced exercise physiology• Specialised training for the elderly recovering from or diagnosed with stroke, diabetes, hypertension, and coronary heart disease• Sports nutrition and weight management• Advanced principles and applications of resistance training• Occupational injuries and rehabilitation exercise applications• Enhanced training research• Resistance training movements• Advanced weight training principles• Effective communication skills for personal trainers
Teacher	Please refer to the schedule
Remarks	Students are required to apply for "IPTFA Silver - Advanced Personal Fitness Trainer Vocational Qualification Recognition Examination" when they are enrolled in "IPTFA Silver - Advanced Personal Fitness Trainer Certificate Course".