



Course Category	Wellness
Course Title	IPTFA Silver - Advanced Personal Fitness Trainer Vocational Qualification Recognition Examination
Course Code	BW017
Medium of Instruction	Chinese
Duration	5.0 hour(s)
Pre-requisites	Successfully completed "IPTFA Silver - Advanced Personal Fitness Trainer Certificate Course"
Course Fee	Macao Resident: MOP2,150 Non-Macao Resident: MOP2,150
Certificate	Students who have passed both the written and practical examinations and submitted the placement report will be awarded the "IPTFA Silver - Advanced Personal Fitness Trainer Course" certificate and a course certificate by UTM. The passing grade of each examination is 70.
Outline	<p>Assessment Fromat:</p> <ul style="list-style-type: none">• Written examination duration: 2 hours• Written examination format<ul style="list-style-type: none">- Multiple choice questions- Questions• Practical examination duration: 3 hours• Practical examination format<ul style="list-style-type: none">- Students are required to explain and demonstrate the following movements- Weider System 32 training principle (intermediate stage training)- Position of flexion training principle training (intermediate level)- Combination resistance training movements• Placement report: 2000 words• Placement report format<ul style="list-style-type: none">- Students are required to submit a written report on one of the following topics within two months upon completion of the course- Exercise prescriptions for special individuals.- Application of advanced resistance training principles- The uses and benefits of proprioceptive neuromuscular facilitation (PNF).- The application of sports nutrition in training or specialized sports.- Case analysis of weight management.- Practice of personal trainer sales techniques <p>Assessment Criteria:</p> <ul style="list-style-type: none">• Movement demonstration should be smooth• Location and function of muscle groups related to the movement• Observation and correction of common mistakes in movements• Providing correct "assistance"• Sufficient safety guidelines from the start to the completion of the movement
Teacher	Please refer to the schedule