

aasfp PRO

Certificate in Advanced Personal Fitness Trainer

Only for Physiotherapists

Medium of instruction: Cantonese with English terminology

CPD 15

MC1254297

This Course is a professional training program designed by the Asian Academy for Sports and Fitness Professionals (AASFP) and accredited by the ICREPS. By 2025, the course has been conducted over 300 times, and nearly 70% of certified trainers in Hong Kong are graduates of AASFP.

This 30.5 hours course is tailored for physiotherapists, aiming to enhance their fitness training application skills in physiotherapy. It covers knowledge and practical skills in sports and fitness, such as fitness training techniques, special needs training, and the exclusive All-round Fitness Training System (AFTes) developed by AASFP.

**Upon completing this course,
participants will be able to:**

- Acquire professional and comprehensive knowledge and skills.
- Learn the globally innovative and unique training system (AFTes).
- Enhance fitness training skills.
- Master 60 training movements, integrate fitness tools and techniques used in physiotherapy.
- Expand practical application scope.
- Expand practical applications in the clinical setting



30 May (3-10pm), 31 May (10am-5pm), 6 Jun (3-10pm),
7 Jun (9am-5pm), 13 Jun (3-630pm), 27 Jun (3-5pm) EXAM

Venue: ① AASFP@Quarry Bay
② GYMGroup price(a group of three or more): **HK\$6,600**HKPA Member : **HK\$6,900**Original price : **HK\$7,200**Early Bird (Less \$300) : registered before **9 May 2026****Register****Timetable**

Contents

- Advanced Functional Anatomy & Exercise Physiology
- Health & Fitness Assessment and Program Planning
- Principle & Practice of Resistance Training
- Advanced Training Skills
- Practical Skills for PTs: Communication, Marketing & Business Development
- Nutrition & Performances
- Posture Analysis and Flexibility Testing
- Exercise Prescription for Posture Deviation & Flexibility Enhancement
- Training Principles and Program Design
- Personal Training 101
- Applied Fitness for Rehabilitation



Lecturers:

Reg. Physiotherapist, Reg. Dietitian,
Body Builder & Certified Ex. Physiologist

Professional Alliance :