

課程: Online 體適能訓練課程: 家居健身 (18 小時)

Course Title: Online Fitness Training Course: Home Workout

入學門檻 Pre-requisite	1. 完成高級私人體適能教練證書課程 – 基礎部分 或 持有其他相關專業資格 Complete Certificate in Advanced Personal Fitness Trainer – Foundation Component or possess other relevant professional qualifications
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課程結構

Course Structure

項目 Items	時間 (小時) Time (hours)
完成Online 體適能訓練課程: 家居健身 Complete Online Fitness Training Course: Home Workout	16
網上導修課* (定期每月一次, 自行選擇出席) Online tutorial *(Will be held regularly every month, attend optionally)	1
理論考試* Theory Exam	0.5
網上實時健身課堂功課 Live Online Training Session Assignment	0.5
Online 體適能教練:家居健身 證書 Certification in Online Fitness Instructor: Home Workout	