Date 日期	Face-to-Face Teaching & Topic Code 面授科目及課程編號	Lecturer 導師	Time 時間	Venue 地點
12/02/2027 (Fri)	Nutrition & Performances 營養及運動表現 (APTHK 06) *Class Performance Assessment 課堂表現評核 (APTHK 06)		10:00 – 13:00	A
	Posture Analysis Self Directed Learning 體位分析複習 (APTHK 91) *Class Performance Assessment 課堂表現評核 (APTHK 07 & 08)		14:00 – 17:00	A
	Physical Test 體能考試		**17:00 – 18:00**	**A**
15/02/2027 (Mon)	Advanced Training Skills for PTs (I) 私人教練專用之高級訓練技巧 (I) (APTHK 04)		14:00 – 17:00	G
17/02/2027 (Wed)	**Practical B Exam of Posture and Flexibility 體位分析實務考試 (APTHK A2)**		**10:00**	**A**
22/02/2027 (Mon)	Advanced Training Skills for PTs (II) 私人教練專用之高級訓練技巧 (II) (APTHK 04)		14:00 – 17:00	G
26/02/2027 (Fri)	Revision of Resistance Training and Advanced Functional Anatomy for PTs 私人教練專用之抗阻力訓練及功能解剖學綜合回顧 (APTHK 13)		14:00 – 17:00	A1
	Personal Training 101 教練實戰秘訣		18:00 – 22:00	A
01/03/2027 (Mon)	Self Directed Learning at Gym 健身室複習 (APTHK 90)		14:00 – 17:00	A1
05/03/2027 (Fri)	Training Principles and Program Design 訓練原則和方案設計 (APTHK 10)		10:00 – 13:00	A
	Exercise Safety and Injury Prevention 鍛煉的安全性和損傷預防 (APTHK 11)		14:00 – 17:00	A
	Physical Test 體能考試		**17:00 – 18:00**	**A**
08/03/2027 (Mon)	**Practical A Exam of Advanced Training Skills 健身指導技巧實務考試 (APTHK A1)**		**14:00**	**A1**
12/03/2027 (Fri)	Client-Oriented Training Program Design for PTs 私人教練專用顧客導向訓練方案設計 (APTHK 14)		10:00 – 13:00	A
	Practical Skills for PTs : Communication, Marketing & Business Development 私人教練實踐技巧 : 溝通、業務推廣及商業發展 (APTHK 05) *Class Performance Assessment 課堂表現評核 (APTHK 05)		14:00 – 17:00	A
19/03/2027 (Fri)	**APT Theory Exam. 高級理論考試 (APTHK A3)**		**10:30 – 13:00**	**A**

A - 香港鰂魚涌英皇道 1065 號東達中心 16 樓 1603 室 (港鐵太古站 A2 出口)
A1 - 香港鰂魚涌英皇道 1065 號東達中心 11 樓 1103A 室
G - Gym Center / Training Center

課堂衣著及資料準備 :
APTHK 02 - 穿著輕便衣服，帶備課程手冊
APTHK 03, APTHK 04, APTHK 13, APTHK 90, APTHK A1 - 穿著運動衣服及鞋襪
APTHK 07, APTHK 08, APTHK 91, APTHK A2 - 男：脫上衣及穿著短褲；女：貼身上衣及短褲，帶備課程手冊