

Certificate in Advanced Personal Fitness Trainer (CEF Code : 35C111050)
(Integrated Daytime Course) – Intake 170
高級私人體適能教練證書 (CEF Code : 35C111050)
(綜合日間課程) – 第 170 屆

Course Code 課程編號 : SAPTHK-0625-170 Group A (Version : 1 – updated on 31st July 2025)

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
18/09 (Thu)	Orientation 課程定位 Fitness Theory & Components 體適能理論和元素 (SFF 01) Functional Anatomy for Fitness Instructors 體適能教練專用功能解剖學 (SFF 02)		09:30 – 10:00 10:00 – 13:00 14:00 – 17:00	A A A
22/09 (Mon)	Exercise Nutrition for Fitness Instructors 體適能教練專用運動營養學 (SFF 04) Biomechanics and Analysis of Human Movement 生物力學及人體活動分析 (SFF 05)		10:00 – 13:00 14:00 – 17:00	A A
25/09 (Thu)	Exercise Physiology for Fitness Instructors 體適能教練專用運動生理學 (SFF 03) Functional Anatomy and Analysis of Human Movement Review 功能解剖學及人體動作分析綜合回顧 (SFF 07) *Class Performance Assessment 課堂表現評核 (SFF 02 & 05)		10:00 – 13:00 14:00 – 17:00	A A
29/09 (Mon)	Revision and Mock Test 總溫習及模擬測驗 (SFF 06)		10:00 – 13:00	A
08/10 (Wed)	Foundation Theory Exam. 基礎理論考試 (SFF 90)		10:30 – 12:00	A
08/10 (Wed)	Orientation 課程定位 Advanced Functional Anatomy & Exercise Physiology for PTs 私人教練專用之高級功能解剖學及運動生理學 (APTHK 01)		13:30 – 14:00 14:00 – 17:00	A A
10/10 (Fri)	Nutrition & Performances 營養及運動表現 (APTHK 06) *Class Performance Assessment 課堂表現評核 (APTHK 06) Exercise Guidelines (Special Population) for PTs 特別需要人士 – 私人訓練指引 (APTHK 09)		10:00 – 13:00 14:00 – 17:00	A A
15/10 (Wed)	Posture Analysis and Flexibility Testing 體位分析及柔韌性測試 (APTHK 07) Principle & Practice of Resistance Training for PTs (I) 私人教練專用之抗阻力訓練原則及實踐 (I) (APTHK 03)		10:00 – 13:00 14:00 – 17:00	A A1
17/10 (Fri)	Exercise Prescription for Posture Deviation & Flexibility Enhancement 運動處方：如何糾正體位偏離及改善柔韌度 (APTHK 08) Principle & Practice of Resistance Training for PTs (II) 私人教練專用之抗阻力訓練原則及實踐 (II) (APTHK 03)		10:00 – 13:00 14:00 – 17:00	A A1

亞洲運動及體適能專業學院 Asian Academy for Sports & Fitness Professionals (AASFP)

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