IVE

Hospitality
酒店及旅遊

Advanced Certificate for Fitness Coach
體適能教練高級證書

HT4200058

The programme aims to provide advanced knowledge and techniques of physical fitness for those who wish to develop a professional career in the sports and fitness industry.

本課程專為有興趣從事體育及康樂事業的人士而設，讓學員有效地學習高級專業健身教練技巧及有關運動科學的知識。

Content 內容

- Fitness Programme Design 編寫健體課程:
  - How to improve health & growth? 如何改善健康及助長發育?
  - How to increase muscle size? 如何增加肌肉?
  - How to reduce body fat & design diet plan? 如何減少體脂及設計飲食餐單?
- Teaching how to exercise 健體動作的教學
  - Advanced weight training exercises 高級重量訓練動作
  - Functional exercises 功能性健體訓練
  - Exercises for the children & elders 兒童及長者訓練方法
- Business Operations Management 商業營運管理

This programme will be suitable for those who have already obtained fitness coach qualification. Applicants must be physically fit and 18 years of age or older.
本課程適合年滿18歲或以上，已有體適能教練相關資格人士報讀。參加者須確保身體狀況適合進行課程內有關的活動。

Date 上課日期	Time 上課時間	Venue 上課地點
14, 17, 21, 24, 26, 28, 31 May & 2, 4, 7 Jun 2021 (Mon, Wed & Fri) 2021年5月14, 17, 21, 24, 26, 28, 31日及6月2, 4, 7日 (星期一、星期三及星期五) (Total 30 hours, 10 lessons 全期30小時共10講)	6:45 p.m. - 9:45 p.m. 下午6時45分至9時45分	Fitness Room, IVE(Chai Wan) 香港專業教育學院（柴灣）健身室

Medium of Instruction 授課語言

Cantonese
廣東話

Tuition Fee 費用

HK$2,800 per person
每位港幣$2,800

Special Offer: HK$2,520 per person will apply to the following participants:
學費優惠：每位港幣2,520元適用於以下人士：
1) Graduates of "Certificate for Fitness Coach" organized by the Hospitality Discipline of the Vocational Training Council; or
職業訓練局酒店及旅遊學科「體適能教練證書」之修畢者；或
2) VTC Full Time Student; or
職業訓練局全日制學生；或
3) VTC Alumni
職業訓練局校友

Examination & Certification 考試及證書

Students are required to attend one-hour assessment, including theory test in a form of multiple choice questions and coaching test. Upon successful completion of the course (i.e. attended a minimum of 80% of the classes and passed the tests), students will be awarded a certificate issued by the Hospitality Discipline of the Vocational Training Council.
課程包括一小時以多項選擇題形式進行的中文考試及體適能考試。出席率不少於80%及考試合格者將獲頒發職業訓練局轄下酒店及旅遊學科體適能教練高級證書一張。

Application Deadline 截止報名日期

30 Apr 2021
2021年4月30日

Enrolment & Enquiries 報名及查詢

Hospitality Discipline 酒店及旅遊學科
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WhatsApp: 9037 2228
Website 網址: https://cpe.vtc.edu.hk
https://hospitality.vtc.edu.hk/

VTC reserves the right to cancel any course, revise course content or change the offering venue(s), date and time if circumstances so warrant.
職業訓練局可因應情況取消任何課程、修正課程內容或更改上課地點、日期及時間。