

# IPTA高級專科教練課程 | 專業文憑



## IPTA Advanced Specialist Certifications | Pro Diplomas

### 選修課程 Elective Courses

高級阻力訓練解剖及生物力學專科教練證書課程

Advanced Resistance Training Anatomy & Biomechanics Specialist Certification (ARAB)

高級阻力訓練計劃編寫專科教練證書課程

Advanced Resistance Training Prescription Specialist Certification (ARPS)

高級運動創傷解剖及運動復康專科教練證書課程

Advanced Sports Injury Anatomy & Exercise Rehabilitation Specialist Certification (ASIS)

高級HIIT 訓練及運動生理學專科教練證書課程

Advanced HIIT & Exercise Physiology Specialist Certification (AHES)

高級伸展解剖及柔韌度治療 專科教練證書課程

Advanced Stretching Anatomy & Flexibility Therapy Specialist Certification (ASAS)

高級醫學運動處方專科教練證書課程

Advanced Medical Exercise Prescription Specialist Certification (AMES)

高級健身營養及生理專科教練證書課程

Advanced Fitness Nutrition & Physiology Specialist Certification (AFNS)

高級長者體適能及運動處方專科教練證書課程

Advanced Senior Fitness & Exercise Prescription Specialist Certification (ASFS)

IPTA 高級私人體適能教練證書 Advanced Personal Fitness Trainer Certificate

- IPTA 私人體適能教練證書 + IPTA高級專科教練證書 x 2 (任何兩科)

IPTA 阻力訓練解剖肌動學專業文憑 Pro Diploma in Resistance Training Anatomy Kinesiology

- IPTA私人體適能教練證書 + IPTA高級阻力訓練解剖(ARAB)+IPTA阻力訓練計劃編寫(ARPS)

IPTA 綜合運動處方專業文憑 Professional Diploma in Holistic Exercise Prescription

- IPTA 私人體適能教練證書 + IPTA高級專科教練證書 (其中兩科 :ARPS/AHES/AMES/ASFS)

IPTA 體適能運動治療專業文憑 Professional Diploma in Fitness Exercise Therapy

- IPTA私人體適能教練證書+ IPTA高級專科教練證書(其中兩科 : AMES/ASIS/ASAS)

IPTA 專業私人體適能教練文憑 Professional Diploma in Personal Fitness Training

- IPTA 私人體適能教練證書 + IPTA高級專科教練證書 x 4 (任何四科)



國際私人教練專業學院 (IPTA)

International Personal Trainer Academy

[www.iptafitness.com](http://www.iptafitness.com)

[www.facebook.com/IPTA.TrainerSchool](https://www.facebook.com/IPTA.TrainerSchool)



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