

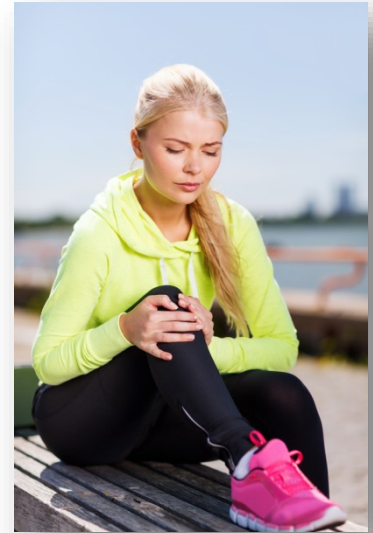


## International Personal Trainers & Fitness Academy (IPTFA India)

Branch: Singapore, Canada, China, Hong Kong, India, Iran, Kazakhstan, Malaysia, Maldives, Macau, Mongolia, Nepal, Sri Lanka, Pakistan, Taiwan  
Since 1959 From Singapore

### INTERNATIONAL CERTIFICATE IN Special Sport Injuries & Rehabilitation

**Introduction:** The development of the physical training and fitness has become popular nowadays and the demand from the clients on the personal trainers has increased. The personal trainers may need to deal with the sports injury. Therefore qualified personal trainers should be equipped with the principle and management of sports injury. The aim of this course is to promote the personal trainers with the knowledge of sports injury so that they could work with physiotherapists.



#### Course content:

- ✦ Introduction of sports injury and rehabilitation Applied Anatomy
- ✦ Human Biomechanics Common sports injury
- ✦ Rehabilitation for common sports injury Stages of sports injury
- ✦ The role of other professional on the rehabilitation The role of personal trainers in rehabilitation Revision
- ✦ Stretching exercise and PNF exercise
- ✦ The application of physiotherapy modality (1) Strapping (II)eat and Cold modalities Mat exercises
- ✦ The application of physiotherapy modality (2) Strapping (II)Core stabilization with gym ball
- ✦ The sports injury risk assessment and management Practical Revision

#### Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **INTERNATIONAL CERTIFICATE IN Special Sport Injuries & Rehabilitation** by International Personal Trainers & Fitness Academy (IPTFA)

- Attend 75% of the total course time
- Attain a pass mark of 70% on the theoretical and practical examination.

**Course Fee:** (INR) 14,999/ (USD) 225.57

**Venue:** IPTFA India

**Tel:** +91 9415204180 (Whatsapp No.)

**Email:** vishvas.iptfaindia@gmail.com | **Website:** www.iptfa.in

F 2/1 Sanjay Apartment Chqukaghat Varanasi, U.P. India.



Recognized & Supported Organizations:

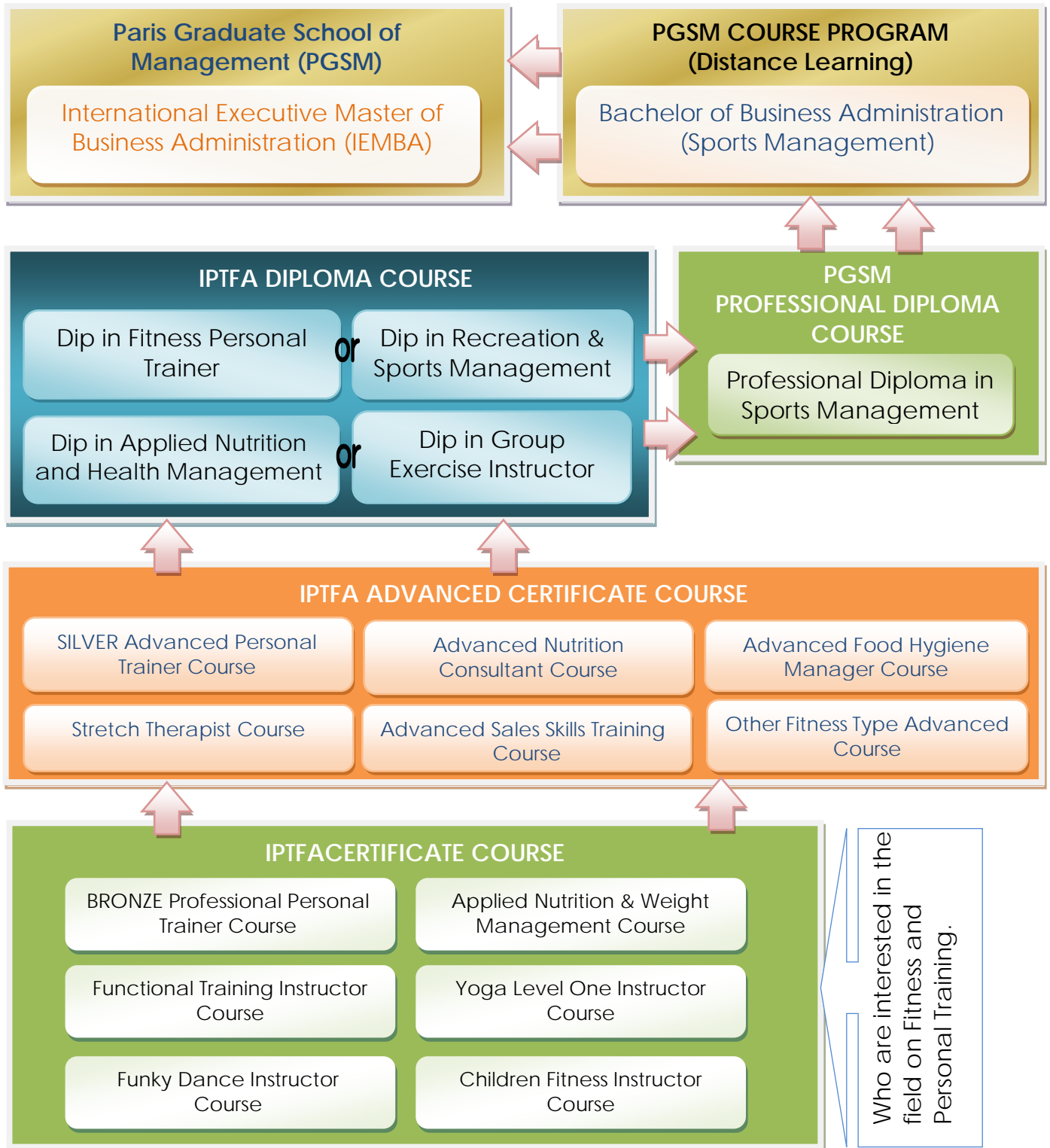




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## Study Pathway for Fitness



Recognized & Supported Organizations:





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# INTERNATIONAL CERTIFICATE IN Special Sport Injuries & Rehabilitation

<b>Enrollment Criteria</b>	Age 17 or above
<b>Lecturer Profile</b>	IPTFA Lecturer, Registered Doctor, Registered Dietician, Registered Physiotherapist, Experienced Personal Trainer
<b>Language</b>	English
<b>Course Duration</b>	Total: 24 hours
<b>Class Population</b>	Maximum of 20 (First come first served basis)
<b>Course Fees</b>	(INR) 14,999/ (USD) 225.57
<b>Fees for Re-exam</b>	Theoretical & Practical re-exam HK\$ 300 (adds a Re-exam lesson) Below 60 minute must restudy the course
<b>Venue</b>	<b>(IPTFA - India)</b> F 2/1 sanjay apartment Chaukaghat ,varanasi, u.p india , Pin 221002
<b>Application</b>	Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to <b>NAME : International Personal Trainer &amp; Fitness Academy Private Limited</b> A/C NO : 5903 0200 0006 1 IFSC CODE : BARBONATILM BRANCH NAME : Bank of Baroda
<b>Registration &amp; Enquiry</b>	Mr. Vishvas Rao (Chairman of IPTFA INDIA) Tel: 07712426368 Mobile +91 9415204180 Email: vishvas.iptfaindia@gmail.com website: <a href="http://www.iptfa.in">www.iptfa.in</a> Official website: <a href="http://www.iptfa.com">www.iptfa.com</a>
<b>Continuing Education Units</b>	6 Continuing Education Units
<b>Refund Policy</b>	There will be no refund unless the course is cancelled by the IPTFA

Recognized & Supported Organizations:







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## ENROLLMENT FORM

Course Code	Course Name : <b>INTERNATIONAL CERTIFICATE IN Special Sport Injuries &amp; Rehabilitation</b>
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## Personal Information

Name:	English				
Date of Birth:	mm/dd/yy	Identify ID./ Passport No.			
Sex :		Age :		Occupation :	
Address :					
Tel No.:	Day-time		Night-time		
Mobil :		E-mail :			
Related work experiences and current certificates:					

Information Source  web-site  Friend recommend  Post  Others E.G.: \_\_\_\_\_  
All the personal data will keep confidential and will only be used in the application procedure of the events organised by our Academy. For any change of your personal data, please contact IPTFA.

## Declaration

I, \_\_\_\_\_, declare that all the personal data are true and correct. I am aware that my participation in the International Personal Trainers & Fitness Academy event(s) exposes me to a risk of personal injury and I agree to hold harmless International Personal Trainers & Fitness Academy, their Directors, employees and subsidiaries, the presenters and all the event staff from any and all liability arising from this course including, but not limited to, muscle strains, tears, pulls, broken bones, death and any and all illness, ailments or loss of personal property.

I understand the risks arising from the participation of this course and attest that I am in sound physical condition. I also understand that I may be videotaped, audio taped and photographed during the course and International Personal Trainers & Fitness Academy may use my images for any and all uses without my prior consent. I further agree to all conditions of registration, including but not limited to, the no refund policy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## For Official Use Only

Amount: \_\_\_\_\_ Received Date: \_\_\_\_\_  
 Cash  Cheque \_\_\_\_\_ Bank \_\_\_\_\_  
Issued by: \_\_\_\_\_ Refer to: \_\_\_\_\_

Recognized & Supported Organizations:

