



運保國際認證學程



International Fitness Trainer Certificate Program

- (1) 澳洲國立技職學院，澳洲國家執業課程認證培訓政府學校
- (2) 為國立臺北護理健康大學姊妹校，教學資源可互相分享與交流

申請對象(Applicants):

凡國立臺北護理健康大學完成系上前 3.5 年課程之運保系學生，即可申請進入 Box Hill Institute 修讀澳洲健身指導員職業認證課程。

Undergraduate students of exercise and health science in NTUNHS who have completed the first 3.5 years are qualified to apply this International qualification program on fitness.

入學標準 (Admission Requirement):

英文能力證明

IELTS 平均 5.5(含)以上

All applicants must submit English proficiency test taken within a year, which has achieved the score of IELTS 5.5

開課時間 (Begin of Semester):

每年 4 月與 7 月 / April and July every year

學位期程 (Course Length):

半年 / 6 months

學費 (Tuition):

2021 年學費:澳幣\$13,073 元 (實際收費標準依 Box Hill Institute 公告為主)

2021 fees: \$13,073 AU

學業完成後 (Upon Course Completion)

1. 取得國立臺北護理健康大學運保學士學位
2. 取得澳洲 Fitness Certificate IV

申請日期 (Deadline of Application)

依教育部規定時程辦理(確定後會另行公告):

研發處國際暨兩岸教育中心辦公室（校本部行政大樓二樓）

TEL: (02) 28227101 分機 2731 林莉如主任

EMAIL: liju@ntunhs.edu.tw

申請程序 (Application Process) :

請備齊下列文件，向國際中心提出申請

- a · 語言能力證明 b · 在校前三年成績單

審核程序 (Evaluation Process) :

- a. 校內初步審核繳交資料，若需提供補充資料，請同學於收到通知後 15 天內補齊。
- b. 學生海外課程安排與學分抵免事宜須獲所屬系所、修課老師與教務處同意。
- c. 以上二項作業完成後，國際中心負責向國外合作大學或機構駐台代表處提出國際學程入學申請。
- d. 依照國外大學回覆本校有關學生入學申請核定結果，通知系所與學生審查結果與後續入學作業程序。
- e. 核准就讀學生須於國外大學開課前一個月辦理完畢出國簽證與入學事宜。
- f. 國際中心辦理海外研修座談會，與出國學生進行交流，並告知學生海外就讀注意事項與學校輔導機制。

課程內容 (Scope of Curriculum) :

Box Hill Institute-Certificate IV in Fitness / 20 units (12 core & 8 electives)
<ul style="list-style-type: none">● Develop Strength and Conditioning Programs● Instruct Strength and Conditioning Techniques● Monitor and Manage Small Business Operations● Provide Quality Service● Recognize The Dangers of Providing Nutrition Advice to Clients● Support Healthy Eating through the Eat for Health Program● Instruct Exercise to Young People Aged 13 to 17 Years● Collaborate with Medical and Allied Professionals in a Fitness Context● Provide Motivation to Positively influence Exercise Behavior● Instruct Long Term Exercise Programs● Promote Functional Movement Capacity● Incorporate Exercise Science Principles into Fitness Programming● Instruct Exercise Programs for Body Composition Goals● Instruct Personal Training Programs● Instruct Group Personal Training Programs● Conduct Sustainable Work Practice in Open Spaces● Establish Legal and Risk Management Requirements of Small Business● Market the Small Business● Undertake Small Business Planning● Maintain Work Health and Safety