

Course Description:

With only around 70% passing rate for the NSCA Certified Personal Trainer (NSCA-CPT) examination, it is well recognized as one of the best certifications in the industry. NSCA provides the world's leading information and scientifically proven training protocols for every sports and fitness lover to equip themselves with solid knowledge and skills.

CCA is dedicated to nurturing new generations of sports enthusiasts and professionals in the industry. Jointly instructed by professionals in multiple disciplines, you will be prepared for the examination with sound scientific knowledge which is essential in the advancement of your fitness/coaching journey. Specially designed bilingual course materials and question banks would be provided for all students to make examinations never easier. This course is unique in Hong Kong.

13 two-hour online lectures will be hosted by experts from different fields while the last lecture will cover the exam skills to prepare you for the examination. The 26-hour course is the best deal possible and has proven to be a cost-saver to pass the examination in one go.

The course would be conducted mainly in Cantonese supplemented by English. Certification of attendance will be issued to students exceeding 70% of attendance*.

*The course will be conducted in online format. Attendance will be taken at the beginning of each class. For those who cannot make the class on a particular date can send a special request to us for a video link to review after the class. Each participant has 3 chances of requesting video links which attendance would be counted after requesting the video link. After that no attendance would be taken and video link request will not be entertained.

Why should you study this course?

- Unique course in the city to aid passing NSCA-CPT at ease
- Specially designed course materials and question banks to pass the exam in one go
- Virtual study group for instant Q&A and continuous education and update
- Bilingual course materials enable taking the exam either in Chinese or English
- Instructed by multi-disciplinary professionals leading in the field
- \$500 cash rebate to students who pass the NSCA-CPT examination within 6 months after completion of the course**

**Evidence of passing the NSCA-CPT examination has to be provided by the students to claim the cash rebate. The 6-month period is defined as the time lapse between the last day of the course and the day of taking the examination.

Course Structure and Timetable***:

The course would cover 6 main areas, including (1) Exercise Science, (2) Consultation & Evaluation, (3) Exercise Techniques, (4) Program Design, (5) Clients with Unique Needs, and (6) Safety & Legal Issue, which cover the whole syllabus in NSCA-CPT.

Teaching timetable:

L1: 25 Oct (Tues) 19:30

L2: 27 Oct (Thurs) 19:30

L3: 1 Nov (Tues) 19:30

L4: 3 Nov (Thurs) 19:30

L5: 8 Nov (Tues) 19:30

L6: 10 Nov (Thurs) 19:30

L7: 14 Nov (Mon) 19:30

L8: 16 Nov (Wed) 19:30

L9: 21 Nov (Mon) 19:30

L10: 24 Nov (Thurs) 19:30

L11: 29 Nov (Tues) 19:30

L12: 1 Dec (Thurs) 19:30

L13: 13 Dec (Tue) 19:30

***The above timetable may be subject to amendments depending on the availability of the instructors.

Remarks:

This course does NOT include the registration fee for the NSCA-CPT membership, examination, or certification. Students are encouraged to take the exam through the official website after the completion of the course.

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課程簡介：

美國國家肌力與體能協會之私人教練認證 (NSCA-CPT) 為國際認受之私人教練執照之一，其考試每年合格計僅約七成，不論本地或外國均有著高知名度及認受性。事實上，美國國家肌力與體能協會一直提供世界頂尖水平之運動科研成果以及訓練系統，對於教練和健身愛好者，是裝備自己的最佳選擇。

而我們的機構，則致力於培訓新一代的體育專才和運動愛好者，由不同領域的專業人士如物理治療師、運動學系大學講師、運動醫學碩士等擔任課程講師，你將會在準備考取執照的同時學習和理解相關科學知識，助你真正實踐理論至自身訓練及教學工作上。我們亦提供經特別設計的課程教材及模擬試題，令你更輕鬆面對考試。

課程共有13節課堂，每節課堂約為兩小時，由不同領域的專業人士組成教學團隊，並提供模擬試題，講解應試答題技巧，令你在26小時的課程中完全掌握NSCA-CPT的內容，節省時間和成本的同時，對考試亦更有把握。

課程將以廣東話輔以英文形式授課。出席證書將於課程完結後派發，學生需達到最少七成出席率方可獲得課程出席證書*。

*課程將會以網上形式傳授，每一堂將會點名計算出席率。若有參加者未能於指定日期或時間出席網上課程可以向我們要求課堂錄影連結作複習之用。每位參加者有三次要求錄影連結的機會，而在錄影重溫亦會被計算在出席率之內，其後將不會提供錄影連結或計算出席率。

為甚麼選讀此課程？

- 香港獨有的NSCA-CPT課程
- 特別設計的課程教材及模擬試題
- 課後學習小組讓學生持續學習，方便課後亦能即時提問
- 中英雙語教學容許學生按自身需要選擇考試語言
- 專業教學團隊確保照顧到課堂不同範疇所需
- \$500回贈提供予課程後六個月年內成功考獲NSCA-CPT執照之學生*

*學生需提供相關證明，方可享有回贈優惠。由課堂最後一節之完結日期起計，至考試日期為六個月內方為有效。

課程結構及時間表***：

此課程參考了NSCA-CPT執照教科書的六大範疇去設計，包括：運動科學、客戶諮詢及評估、動作技巧、訓練課表設計、特殊人群教學、安全及法律訴訟，完全涵蓋NSCA-CPT考試內容。

時間表：		七、	11月14日 (星期一) 19:30
一、	10月25日 (星期二) 19:30	八、	11月16日 (星期三) 19:30
二、	10月27日 (星期四) 19:30	九、	11月21日 (星期一) 19:30
三、	11月1日 (星期二) 19:30	十、	11月24日 (星期四) 19:30
四、	11月3日 (星期四) 19:30	十一、	11月29日 (星期二) 19:30
五、	11月8日 (星期二) 19:30	十二、	12月1日 (星期四) 19:30
六、	11月10日 (星期四) 19:30	十三、	12月13日 (星期二) 19:30

***以上的課程時間表或會因應導師而有所更改。

備註：

課程內容並不包括報考NSCA-CPT之官方考試及其執照之相關費用，學生可於完成課程後透過美國國家肌力與體能協會官方網站報考相關考試。

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Terms and Conditions for online and taught courses provided by Continuous Coaching Academy (CCA)

Please read these terms and conditions carefully before purchasing an Online Course and/or Taught Course provided by CCA and print off a copy for your records.

For purchases via 1clicksports.com, by applying to and paying the required fee you agree to the terms of this agreement which will bind you. If you do not agree to these terms and conditions, you must cease to continue to purchase any Services from us.

1. Definitions

“Confidential Information” means information provided by one party to the other in written, graphic, recorded, machine readable or other form concerning the business, clients, suppliers, finances and other areas of the other party’s business or products, including, without limitation, the Course Materials, but does not include information in the public domain other than through the default of the party disclosing the information, information required to be disclosed by any court or regulatory authority, or any information already in the possession or control of the disclosing party.

“Course Materials” means the information provided by CCA to accompany a course provided as part of the Services in hard copy or electronic form.

“Fees” means the fees paid by you to 1clicksports.com for the Services.

“Intellectual Property Rights” means copyright, rights in or relating to databases, patent rights, performers’ rights, designs and registered designs, trademarks, rights in or relating to Confidential Information and other intellectual property rights (registered or unregistered) throughout the world.

“Online Course” means the delivery by us of an online course pursuant to which you learn course materials remotely.

“Services” means the provision of the Online Course and/or the Taught Course and/or the Course Materials together with such other services as agreed from time to time and purchased by you through the Website or by telephone.

“Taught Course” means a course taught by us in a classroom setting to which you attend in person.

“Website” means 1clicksports.com

“you” means the individual purchasing the Services.

2. Services

2.1. A description of the Services together with the dates on which the Services will begin are available on our Website. We will provide the Services with reasonable care and skill in accordance with the description set out on the Website.

2.2. We reserve the right to vary or withdraw any of the Services described on the Website without notice.

2.3 We expect you to confirm that the Services you are purchasing will meet your needs. We do not make any guarantee to you that you will obtain a particular result, professional qualification or employment opportunity from your purchase and completion of any of the Services.

3. Ordering Services

3.1 In order to purchase any of the Services on-line you must register for an account via the Website.

3.2 When you place an order for a Service via the Website, you are offering to purchase the Services on these terms and conditions. CCA reserves the right to cancel or decline your order or any part of your order at any time until it has been confirmed in accordance with clause 3.5 below.

3.3 Following receipt by us of your order and payment for Services via the Website we will contact you confirming receipt of your order through the personal information in the registration of the account.

3.4 A legally binding agreement between us and you shall come into existence when we have :

- (a) accepted your offer to purchase Services from us by sending you an email confirming the purchase; and
- (b) received payment of the relevant Fees from you in accordance with clause 5 below.

3.5 Where your order consists of multiple Online Courses or multiple Taught Courses , each individual course will be treated by us as a separate offer to purchase. Acceptance of your offer to buy one or more courses will not be acceptance by us of your offer to purchase any other courses which make up your order.

3.6 CCA does not and is not responsible for booking any examination with any professional body or examination board. It is your responsibility to ensure that you book prior to the relevant closing date any exam necessary that you wish to take and which may or may not be associated with the subject matter of the Services provided to you by CCA.

4. Cancellation and Variation

4.1 CCA reserves the right to cancel a particular Online/Taught Course before the commencement of the course subject to the number of students registered to a particular course. You would be informed of the cancellation and would be offered a full refund of the amount of fee paid within 7 business days.

4.2. If you have purchased an Online Course and have already accessed, downloaded all or part of the Online Course and/or started to use that Online Course then you shall have no right to cancel your order.

4.3. There is no other right to cancel or vary your purchase of Services and any other cancellation and / or variation of course dates will be at the entire discretion of Aquatic Media Limited.

5. Fees

5.1. The Fees for the Services shall be as set out on the Website at the time you placed an order for them.

5.2 Save where specifically stated otherwise on the Website, all Fees shall be exclusive of any amounts payable to any professional body for registration and examination entry. These are payable by you directly to the relevant professional body or examination board and we accept no responsibility or liability for your failure to book your exam with the relevant professional body or examination.

5.3. Fees for the Service selected by you on the Website shall be debited by FPS or Tap and Go gateway at the time of purchase. Fees must be paid in full prior to you attending any Taught Course or accessing any Online Course.

5.4 You shall be responsible for all costs you incur in connection with your attendance at any Taught Courses or your access onto any Online Course.

6. Liability

6.1. Although CCA aims to provide the Services to the highest standards of the industry, neither it, nor its trainers accept any liability for (i) any inaccuracy or misleading information provided in the programmes or Course Materials and any reliance by Client on any such information, (ii) any loss or corruption of data, (iii) any loss of profit, revenue or goodwill, or (iv) any indirect, special or consequential loss arising from any breach of the terms of this Agreement.

6.2. Except to the extent that they are expressly set out in these terms and conditions, no conditions, warranties or other terms shall apply to the Services. Subject to clause 6.4 no implied conditions, warranties or other terms apply (including any implied terms as to satisfactory quality, fitness for purpose or conformance with description).

6.3. Subject to clause 6.4 below, Aquatic Media Limited's total liability arising from or in connection with these terms and conditions and in relation to anything which we may have done or not done in connection with these terms and conditions and the delivery of the Service (and whether the liability arises because of breach of contract, negligence or for any other reason) shall be limited to the Fees received by us in connection with the relevant Online Course or Taught Course in relation to which a dispute has arisen.

6.4. Nothing in this Agreement shall exclude or limit Aquatic Media Limited's liability for (i) death or personal injury caused by negligence, (ii) fraudulent misrepresentation or (iii) any other matter which may not be limited or excluded.

6.5. No claim may be brought more than six months after the last date on which the Services concerned have finished or ceased to be provided by us.

7. Intellectual Property

7.1. All Intellectual Property Rights in the Course Materials, Online Courses and the speeches made by trainers at the Taught Courses are, and remain, the intellectual property of CCA or its licensors, whether adapted, written for or customised for the Client or not.

7.2. You are not authorised to:-

(i) copy, modify, reproduce, re-publish, sub-licence, sell, upload, broadcast, post, transmit or distribute any of the Course Materials without prior written permission;

(ii) record on video or audio tape, relay by videophone or other means the Online Course or Taught Course given

(iii) use the Course Materials in the provision of any other course or training whether given by us or any third party trainer;

(iv) remove any copyright or other notice of CCA on the Course Materials;

(v) modify, adapt, merge, translate, disassemble, decompile, reverse engineer (save to the extent permitted by law) any software forming part of the Online Courses.

Breach by you of this clause 7.2 shall allow us to immediately terminate these terms and conditions with you and cease to provide you with any Services, including but not limited to access to the Online Courses.

7.3. In consideration of the Fees paid by you, we grant to you a limited, non-transferable, non-exclusive licence to use the Course Materials and the software in respect of the Online Course for the sole purpose of completing the Online Course and / or attending the Taught Course.

8. Confidentiality

8.1. Each party shall keep the other party's Confidential Information strictly confidential and not use it otherwise than for the purposes of these terms and conditions, and shall return it on demand and not retain copies of it.

8.2. Either party may disclose Confidential Information to its legal and other advisors for the purposes of obtaining advice from them.

8.3. This clause shall continue notwithstanding termination of these terms and conditions.

9. Termination

9.1. We shall be entitled to terminate these terms and conditions and cease to provide you with any Services with immediate effect in the event that you:

- a. act in an aggressive, bullying, offensive, threatening or harassing manner towards any employee of CCA, any teacher or lecturer who provides the Taught Courses or any student who attends any Taught Course;

- b. cheat or plagiarise any work which you are required to prepare or submit in connection with the Services or during any examination taken in connection with the Services;
- c. steal or act in fraudulent or deceitful manner towards us or our employees or any other students who may be on our premises or attending our Taught Courses;
- d. intentionally or recklessly damage our property or the property of our employees or other students attending our premises;
- e. are intoxicated through alcohol or illegal drugs while on our premises;
- f. commit any criminal offence committed on our premises or where the victim is our employee or student;
- g. are in breach of these terms and conditions.

9.2. On termination clause 6 (liability), 7 (intellectual property rights), 8 (confidentiality) and 10 (restrictions) shall continue notwithstanding such termination.

10. Assignment

Any Services provided by us under these terms and conditions are personal to you and cannot be transferred or assigned to any other person.

We shall be entitled to assign these terms and conditions to any other company without prior notice to you.

11. Entire Agreement

These terms and conditions, together with the Payment and Privacy Terms of the Website are the entire agreement between the parties and supersede any prior agreements and arrangements, whether written or oral. You confirm that you have not relied on any representations in entering into these and any other terms and conditions with us. Nothing in this clause or terms and conditions shall limit liability for any fraudulent misrepresentation.

12. Force Majeure

Aquatic Media Limited shall not be liable to you for any breach of its obligations or termination under these terms and conditions arising from causes beyond its reasonable control, including, but not limited to, fires, floods, earthquakes, volcanoes and other Acts of God, terrorism, strikes, delay caused by transport disputes, failure to provide a course caused by a death in the trainer's family, illness of the trainer, Government edict or regulation.

13. Assignment

We may assign, transfer, sub-contract any of our rights or obligations to any third party at our discretion.

14. Law and Jurisdiction

This Agreement shall be governed by and construed in accordance with Hong Kong Law. In respect of any dispute, controversy or claim arising out of or relating to this Agreement, all of the parties irrevocably agree to submit to the jurisdiction of the courts of Hong Kong Special Administrative Region.

15. Notices

You can contact us by email: hkcontinuouscoaching@gmail.com

