

## 兒童體適能導師證書 Children Fitness Instructor Certification

<b>目標</b> Objectives	<ul style="list-style-type: none"> <li>■ 培訓合資格的兒童體適能導師 Train qualified children fitness instructor</li> <li>■ 教授有關 3-12 歲兒童成長的各方面成長里程 Educate the growth process of children aged 3-12.</li> <li>■ 教授有關 3-12 歲兒童體適能的基礎概念 Educate the basic concepts of physical fitness of children aged 3-12.</li> <li>■ 兒童體適能運動的教學方法 Teaching methodologies of children fitness class</li> <li>■ 教授學員策劃、設計及帶領兒童健體班的技巧 Educate students the techniques to plan, design and lead children fitness class</li> </ul>												
<b>課程內容</b> Course contents	<ul style="list-style-type: none"> <li>■ 成長與發展概論：因素、階段及範疇 Introduction to growth and development: factors, stages and categories</li> <li>■ 運動機能的控制與運動機能的學習概論 introduction to motor control and motor learning</li> <li>■ 兒童的運動機能發展：原理及發展里程 Children's motor control development: mechanism and stages</li> <li>■ 兒童的生理發展：骨骼、肌肉、心肺、神經、感官及其他功能系統 Children's physiological development: skeletal, muscular, cardiorespiratory, neuroscience, sensory and other systems</li> <li>■ 兒童的心理、認知及社交發展 Children's psychological, cognitive and social development</li> <li>■ 兒童體適能活動的發展：價值、測試及評估、訓練原理 Development of children fitness activities: values, testing and evaluation, training principles</li> <li>■ 兒童體適能活動的教案規劃及教學技巧：遊戲、活動模式、教案規劃、教材及教具運用、家長教育與介入 Lesson planning and teaching skills of children fitness class: games, activities format, lesson plan, use of teaching materials and parents' education and intervention</li> </ul>												
<b>應試者資料</b> Candidate Profile	<ul style="list-style-type: none"> <li>■ 幼稚園教師及幼兒活動工作者 Teachers in kindergartens and workers of children activities</li> <li>■ 現職器械健體及健體舞教練 Resistance training / Aerobic dance instructors</li> <li>■ 小學教師 Primary school teachers</li> <li>■ 體育老師 P.E. teachers</li> <li>■ 各類運動專項教練 Sports coaches</li> <li>■ 有志投身幼兒教育及工作的人士 Individuals targeting to develop career in childhood education</li> </ul>												
<b>工作環境</b> Typical Work Environment	<ul style="list-style-type: none"> <li>■ 康樂及文化事務署、非政府機構、幼兒中心、學校、社區中心、會所及健體中心 L.C.S.D., non-government organizations, children centres, schools, community settings, club houses and fitness centres</li> </ul>												
<b>工作範圍</b> Scope of Practice	<ul style="list-style-type: none"> <li>■ 指導兒童(三至十二歲)進行健體運動 Instruct children (3-12 years old) to do fitness exercise</li> <li>■ 設計及帶領群組形式的兒童健體班組及遊戲小組 Competence in program design and operation of group children fitness classes and play groups</li> <li>■ 透過體適能活動促進全人發展 Promote holistic development through physical activities</li> </ul>												
<b>資歷要求</b> Eligibility Requirements	<ul style="list-style-type: none"> <li>■ 年齡十八歲或以上 Aged 18 years old or above</li> <li>■ 持有本會「體適能基礎證書」 Possessing "Physical Fitness Foundation Certificate" from PFA</li> <li>■ 成人心肺復甦法證書或同等資歷 Current Adult CPR or equivalent</li> </ul>												
<b>考試詳述</b> Exam Specifications	<ul style="list-style-type: none"> <li>■ 兩小時筆試 (50-80 選擇題) 及實習試考核 2-hour Written (50-80 multiple choice questions) &amp; Practical Exam.</li> <li>■ 必須於兩年內完成六小時教學實習及習作 6 hours of practicum is required within 2 years</li> </ul>												
<b>課程詳述</b> Course Specifications	<ul style="list-style-type: none"> <li>■ 理論、實習及教學課堂 Theoretical, Practical and Teaching Lessons</li> </ul>												
<b>PFA 體適能綜合評核</b> PFA Integrated Physical Fitness Abilities Assessment	<ul style="list-style-type: none"> <li>■ 學員於<b>領取證書時</b>，須同時出示以下兩項之有效成人心肺復甦法證書或同等資歷正本、通過本會的「PFA 體適能綜合能力評核計劃」成績單正本及兩年內完成六小時教學實習證明文件正本 Students have to present a current Adult CPR or equivalent , a valid "PFA Integrated Physical Fitness Abilities Assessment Scheme" result slip, and 6 hours of practicum (required within 2 years) certified document(s) <b>when collecting the certificate.</b></li> <li>■ 於報讀課程前出示有效之評核成績可獲優先考慮 Priority is given to those who presents valid assessment result when submitting application.</li> <li>■ 評核要求之詳情請參閱本網站。 Please refer to PFA website for the details of assessment criteria.</li> </ul>												
<b>語言</b> Medium of Instruction	<ul style="list-style-type: none"> <li>■ 粵語 (按需要輔以英語) Cantonese (English as supplementary)</li> </ul>												
<b>費用</b> Costs	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;"></th> <th style="width: 25%; text-align: center;">會員 Member</th> <th style="width: 25%; text-align: center;">非會員 Non-member</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">課程 + 考試 Course + Exam. (包括講義費用 Handout included)</td> <td style="text-align: center;">HK\$3,750.00</td> <td style="text-align: center;">HK\$4,000.00</td> </tr> <tr> <td style="text-align: center;">筆試 Written Exam. Only</td> <td style="text-align: center;">HK\$540.00</td> <td style="text-align: center;">HK\$630.00</td> </tr> <tr> <td style="text-align: center;">實習試 Practical Exam. Only</td> <td style="text-align: center;">HK\$800.00</td> <td style="text-align: center;">HK\$900.00</td> </tr> </tbody> </table>		會員 Member	非會員 Non-member	課程 + 考試 Course + Exam. (包括講義費用 Handout included)	HK\$3,750.00	HK\$4,000.00	筆試 Written Exam. Only	HK\$540.00	HK\$630.00	實習試 Practical Exam. Only	HK\$800.00	HK\$900.00
	會員 Member	非會員 Non-member											
課程 + 考試 Course + Exam. (包括講義費用 Handout included)	HK\$3,750.00	HK\$4,000.00											
筆試 Written Exam. Only	HK\$540.00	HK\$630.00											
實習試 Practical Exam. Only	HK\$800.00	HK\$900.00											
<b>證書有效期</b> Validation Period	<ul style="list-style-type: none"> <li>■ 四年 (證書有效期由成績發佈日起計) 4 years (Certificate validation will be started from the exam released date)</li> </ul>												
<b>教學團隊</b> Teaching Team	<ul style="list-style-type: none"> <li>■ 中國香港體適能總會委任講師 Appointed lecturers of Physical Fitness Association of Hong Kong, China</li> </ul>												

- 此課程全以理論及實習課模式上課。
- 本會將因應任何特殊情況而改變或調整上課模式及內容編排。
- 本會保留修訂上課/考試模式及內容編排之權利。
- 由成績發出日期起，本會只保存閣下之證書兩年，逾期之證書會被銷毀。如需補發證書，請按本會補發文件申請並繳付相關行政費處理。