

兒童體育素養測試領袖證書 Childhood Physical Literacy Assessment Leader Certification

協辦機構：香港中文大學教育學院體育運動科學系 Co-organized by Department of Sports Science and Physical Education, Faculty of Education, The Chinese University of Hong Kong

目標 Objectives	<ul style="list-style-type: none"> ■ 培訓合資格的兒童體育素養測試領袖 Train qualified children's physical literacy assessment leaders ■ 指導如何針對性地評估兒童體育素養狀況 Instruct specific ways to assess physical literacy of children ■ 指導何以制訂較完整的訓練目標及方法 Formulate holistic training objectives and methods ■ 教授學員策劃、控制及舉辦不同類型兒童體育素養測試活動的方法 Equip students with necessary skills for planning, designing and organizing different types of children's physical literacy assessment activities 												
課程內容 Course Contents	<ul style="list-style-type: none"> ■ 體育素養概念：體育素養六大元素 Concept of physical literacy: 6 attributes of physical literacy ■ 加拿大體育素養評估第二版基礎理論：目標、功能、程序、評估員及安全指引 The Canadian Assessment of Physical Literacy, 2nd version (CAPL-2): targets, function, procedures, appraisers and safety guidelines ■ 加拿大體育素養評估第二版評分指引：體育素養成績類別、數據遺漏及體育素養的分類建議 CAPL-2 scoring issues: classification of physical literacy messaging, missing data, and interpretive category ■ 身體能力領域：CAMSA（運動能力）、15米 / 20米折返跑（帶氧運動）及平板支撐軀幹力量評估（肌肉耐力） The Canadian Agility and Movement Skill Assessment (motor competence); 15m/ 20m Progressive Aerobic Cardiovascular Endurance Run (Aerobic Fitness); and Plank Assessment of Torso Strength (muscular endurance) ■ 日常行為領域：日常行為直接評估及自我認知的中高強度體力活動 Daily Behavior domain: Direct assessment of daily behavior, Self-perceived moderate-to-vigorous physical activity ■ 動機與信心、知識與理解領域：CAPL問卷評分計算、說明及闡釋 Motivation & Confidence and Knowledge & Understanding domains: CAPL questionnaires and interpretations 												
應試者資料 Candidate Profile	<ul style="list-style-type: none"> ■ 幼稚園教師及幼兒活動工作者 Teachers in kindergartens and workers of children activities ■ 小學教師 Primary school teachers ■ 體育老師 P.E. teachers ■ 有志投身幼兒教育及工作的人士 Individuals targeting to develop career in childhood education ■ 體育、健康或運動科學大學學位的人士 People with P.E., health or exercise science related degrees ■ 醫護人員、物理治療師及健康體適能專業人員 Medical professionals, physiotherapists and other health and fitness professionals 												
工作範圍 Scope of Practice	<ul style="list-style-type: none"> ■ 指導兒童(8至12歲)執行完整的體育素養測試 Instruct children (8-12 years old) to conduct comprehensive physical literacy-related fitness tests ■ 籌劃及領導兒童體育素養測試活動 Plan and lead comprehensive children physical literacy-related testing activities ■ 分析、評估兒童體育素養狀況及給予合適的運動建議 Analyse, evaluate children physical literacy-related states and give general exercise recommendations 												
資歷要求 Eligibility Requirements	<ul style="list-style-type: none"> ■ 年齡十八歲或以上 Aged 18 years old or above ■ 持有本會「體適能導師證書」 Possessing "Fitness Instructor Certificate" from PFA 												
考試詳述 Exam Specifications	<ul style="list-style-type: none"> ■ 筆試及實習試考核 Written & Practical Exam ■ 必須於兩年內完成六/九小時有關測試的社區服務 Completion of 6/9-hours placement within two years ■ 學員於領取證書時，須出示兩年內完成相關時數測試證明文件正本 Students have to present a completion of related placement (within two years) certified document(s) when collecting the certificate. 												
課程詳述 Course Specifications	<ul style="list-style-type: none"> ■ 理論、實習及教學課堂 Theoretical, Practical and Teaching Lessons 												
語言 Medium of instruction	<ul style="list-style-type: none"> ■ 粵語及普通話（按需要輔以英語） Cantonese and Mandarin (English as supplementary) 												
費用 Costs	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;"></th> <th style="width: 25%; border-bottom: 1px solid black;">會員 Member</th> <th style="width: 25%; border-bottom: 1px solid black;">非會員 Non-member</th> </tr> </thead> <tbody> <tr> <td style="border-bottom: 1px solid black;">課程 + 考試 Course + Exam. (包括講義費用 Handout included)</td> <td style="border-bottom: 1px solid black;">HK\$2,400.00</td> <td style="border-bottom: 1px solid black;">HK\$2,700.00</td> </tr> <tr> <td style="border-bottom: 1px solid black;">筆試 Written Exam. Only</td> <td style="border-bottom: 1px solid black;">HK\$540.00</td> <td style="border-bottom: 1px solid black;">HK\$630.00</td> </tr> <tr> <td>實習試 Practical Exam. Only</td> <td>HK\$800.00</td> <td>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\$2,400.00	HK\$2,700.00	筆試 Written Exam. Only	HK\$540.00	HK\$630.00	實習試 Practical Exam. Only	HK\$800.00	HK\$900.00
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證書有效期 Validation Period	<ul style="list-style-type: none"> ■ 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) 												
教學團隊 Teaching Team	<ul style="list-style-type: none"> ■ 中國香港體適能總會委任講師 Appointed lecturers of Physical Fitness Association of Hong Kong, China 												

- 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。