

兒童青少年體適能測試領袖證書

Children and Youth Physical Fitness Assessment Leader Certification

合辦 Joint Organizers: 中國香港體適能總會 Physical Fitness Association of Hong Kong, China



兒童青少年身體素養學院 Physical Literacy Academy for Children and Youth (PLACY)

<p>目標 Objectives</p>	<ul style="list-style-type: none"> ■ 教授學員健康與運動體適能測試相關的基礎理論 Educate the basic theory of health and sports-related physical fitness assessments ■ 教授體適能測試的方法 Educate various types of physical fitness assessments ■ 指導學員組織各類型體適能測試活動 Empower assessors to organize various physical fitness assessment activities 									
<p>課程內容 Course Contents</p>	<ul style="list-style-type: none"> ■ 健康與運動體適能概念:健康與運動體適能七大元素 Concepts of health and sports-related physical fitness: 7 components of health and sports-related physical fitness ■ 體適能測試及評估基礎理論:功能、分類、程序及規程、紀錄及終止測試指引 Basic theory of physical fitness assessment and evaluation: function, category, procedures and protocols, record, and test termination guidelines ■ 心肺耐力:漸進式心肺耐力測試 (PACER) Cardiorespiratory Endurance: Progressive Aerobic Cardiovascular Endurance Run (PACER) ■ 肌肉力量和耐力:手握式測力計、垂直跳測試、立定跳遠測試和平板支撐測試 Muscular strength and endurance: Handgrip dynamometer, vertical jump test, standing long jump test, and plank test ■ 身體靈活性與柔軟度:ACSM 坐地前伸測試、肩部靈活性測試/盂肱關節內轉缺損(GIRD)測試 Flexibility: ACSM's Sit-and-reach, shoulder mobility test/Glenohumeral Internal Rotation Deficit (GIRD) test ■ 身體組成:身體成分分析儀的操作、閱讀和理解身體成分分析儀的結果 Body composition: Operation of body composition analyzers, reading and comprehension of body composition analyzer results ■ 敏捷性和反應能力:40 米衝刺跑、BlazePod (反應燈訓練組合) Agility and reaction: 40m sprint, BlazePod (reflex training system) ■ 身體平衡能力:閉眼單腳站立測試 / Y 字平衡測試 Equipoise/ balance: Eyes closed leg stand test / Y balance test ■ 神經肌肉協調能力:交叉跳躍測試Neuromuscular coordination ability: Cross-hop test 									
<p>應試者資料 Candidate Profile</p>	<ul style="list-style-type: none"> ■ 大專學生 Students of tertiary institutes ■ 幼稚園教師及幼兒活動工作者 Teachers in kindergartens and workers of children activities ■ 中小學教師及青少年活動工作者 Teachers in primary and secondary schools and workers of youth activities ■ 體育教師 及 各類運動專項教練 P.E. teachers & sports coaches ■ 現職運動/康樂管理及體適能/健體中心從業員 Individuals who are working in the field of sport / recreational management and fitness industry ■ 社福機構及健康服務單位員工 Individuals who are working in non-government organizations and healthcare service units ■ 有志投身幼兒教育及工作的人士 Individuals targeting to develop career in childhood education ■ 有志投身體適能行業的人士 Individuals targeting to develop career in fitness industry ■ 有志透過體適能活動推廣健康的人士 Individuals targeting to promote health concepts through fitness activities ■ 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 									
<p>工作範圍 Scope of Practice</p>	<ul style="list-style-type: none"> ■ 指導 8 至 18 歲的兒童與青少年執行完整的健康與運動體適能測試 (i.e. Compressor 測試) Instruct children and youth (8-18 years old) to conduct comprehensive health and sports-related physical fitness assessments (i.e. Compressor assessment) ■ 執行基本的健康與運動體適能測試 Conduct basic health and sports-related physical fitness assessments ■ 籌劃基本的健康與運動體適能測試活動 Plan basic health and sports-related physical fitness assessments activities 									
<p>資歷要求 Eligibility Requirements</p>	<ul style="list-style-type: none"> ■ 年滿十八歲 Aged 18 years old or above ■ 正在修讀或已持有有效的「身體素養與基礎動作技能測試領袖證書」 Studying or possessing valid “Physical Literacy and Fundamental Movement Skills Assessment Leader Certification” 									
<p>考試詳述 Exam Specifications</p>	<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(視乎考試成績)有關測試的社區服務 Completion of 6/9-hours (depending on the exam result) 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. 									
<p>課程詳述 Course Specifications</p>	<ul style="list-style-type: none"> ■ 線上理論課堂 Online Theoretical Lessons ■ 實體實習及教學課堂 In-Person Practical and Teaching Lessons 									
<p>語言 Medium of instruction</p>	<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) 									
<p>費用 Costs</p>	<table border="1"> <thead> <tr> <th></th> <th>會員 Member</th> <th>非會員 Non-member</th> </tr> </thead> <tbody> <tr> <td>課程 + 考試 Course + Exam. (包括講義費用 Handout included)</td> <td>HK\$2,900.00</td> <td>HK\$3,300.00</td> </tr> <tr> <td>筆試 Written Exam. Only</td> <td>HK\$540.00</td> <td>HK\$630.00</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\$2,900.00	HK\$3,300.00	筆試 Written Exam. Only	HK\$540.00	HK\$630.00
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筆試 Written Exam. Only	HK\$540.00	HK\$630.00								
<p>證書有效期 Validation Period</p>	<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) 									
<p>教學團隊 Teaching Team</p>	<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 ■ PLACY 教學團隊 Teaching Team of PLACY 									

- 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。
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