

專業證書 Professional Certification

長者健體導師證書 Elderly Fitness Instructor Certification

目標 Objectives	<ul style="list-style-type: none"> ■ 培訓合資格的長者健體導師 Train qualified elderly fitness instructor ■ 認識高齡人士的心理和生理特徵 Understand the physiological and psychological characteristics of elderly ■ 教授健康老化的概念 Educate the concept of healthy aging ■ 教授適合高齡人士進行的徒手體操及健體運動方法 Educate fitness exercises which are appropriate for the elderly ■ 教授學員策劃、設計及帶領長者健體班的技巧 Educate the techniques to plan, design and lead elderly fitness class 													
課程內容 Course Contents	<ul style="list-style-type: none"> ■ 健康老化概念：老化的生理及心理進程 Concepts of healthy aging: physiological and psychological processes of aging ■ 長者溝通及指導技巧 Communication and instructional skills in elderly ■ 健體班的策劃、設計及教學方法 Planning, organizing and teaching elderly fitness class ■ 徒手體操及健體運動方法 Techniques in body weight exercise and fitness exercise ■ 基本臨床老人病學 Basic clinical gerontology ■ 長者跌倒問題 Fall prevention in elderly ■ 安老服務及社區資源 Elderly services and community resources 													
應試者資料 Candidate Profile	<ul style="list-style-type: none"> ■ 現職器械健體及健體舞教練 Resistance training / Aerobic dance instructors ■ 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 ■ 社福機構及健康服務單位員工 Individuals working in non-government organizations and healthcare service units 													
工作環境 Typical Work Environment	<ul style="list-style-type: none"> ■ 康樂及文化事務署、非政府機構及社區中心 L.C.S.D., non-government organizations and community settings 													
工作範圍 Scope of Practice	<ul style="list-style-type: none"> ■ 執行初步健康危險因素鑑別 Conduct risk factor stratification ■ 指導長者進行健體運動 Instruct senior populations to do fitness exercise ■ 設計及帶領群組形式的長者健體班組 Program design and operation of group elderly fitness classes ■ 評估長者體適能狀態及建立運動處方 Fitness testing and comprehensive exercise prescription in elderly populations 													
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「體適能基礎證書」 Possessing “Physical Fitness Foundation Certificate” from PFA ■ 成人心肺復甦法證書或同等資歷 Current Adult CPR or equivalent ■ 持有本會「器械健體導師證書」或「健體舞導師證書」可獲優先考慮。 Preferably possessing “Resistance Training Instructor Certificate” or “Aerobic Dance Instructor Certificate” from PFA ■ 通過本會的「PFA 體適能綜合評核」 Passing PFA Integrated Physical Fitness Abilities Assessment 													
考試詳述 Exam Specifications	<ul style="list-style-type: none"> ■ 兩小時筆試 (60-80 選擇題) 及實習試考核 2-hour written (60-80 multiple choice questions) & practical exam. ■ 必須完成所要求的教學實習及習作 Completed practicum and homework 													
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 (按需要輔以英語) Cantonese (English as supplementary) 													
PFA 體適能綜合評核 PFA Integrated Physical Fitness Abilities Assessment	<ul style="list-style-type: none"> ■ 學員於領取證書時，須同時出示有效成人心肺復甦法證書或同等資歷正本及通過本會的「PFA 體適能綜合能力評核計劃」成績單正本 Students have to present a current Adult CPR or equivalent and a valid “PFA Integrated Physical Fitness Abilities Assessment Scheme” result slip when collecting the certificate. ■ 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 ■ 評核要求之詳情請參閱本網站。 Please refer to PFA website for the details of assessment criteria. 													
費用 Costs	<table border="1" style="width: 100%; text-align: center;"> <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\$3,750.00</td> <td>HK\$4,000.00</td> </tr> <tr> <td>筆試 Written Exam. Only</td> <td>HK\$540.00</td> <td>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\$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
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建議參考課本 Recommended Study Materials	<ul style="list-style-type: none"> ■ 長者健體導師手冊 ■ 中國香港體適能總會出版 香港 2020 年 ■ [費用：\$250(會員)；\$280(非會員)] ■ ISBN：978-962-85378-8-4 													
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。