

## 專業證書 Professional Certification

### 體適能測試領袖證書 Physical Fitness Assessment Leader Certification

目標 Objectives	<ul style="list-style-type: none"> <li>■ 培訓合資格的體適能測試領袖 Train qualified physical fitness assessment leader</li> <li>■ 教授學員有關體適能測試的基礎理論 Educate the basic theory of physical fitness assessments</li> <li>■ 教授體適能測試的方法 Educate various types of physical fitness assessments</li> <li>■ 指導學員組織各類型體適能測試活動 Instruct students to organize various physical fitness assessment activities</li> </ul>												
課程內容 Course Contents	<ul style="list-style-type: none"> <li>■ 健康體適能概念：健康體適能五大元素 Concepts of health-related physical fitness: 5 components of health-related physical fitness 體適能測試及評估基礎理論：功能、分類、程序、紀錄及終止測試指引 Basic theory of physical fitness assessment and evaluation: function, category, procedures, record and test termination guidelines</li> <li>■ 心肺功能測試：靜態心跳率/血壓、三分鐘踏台階測試、一哩步行測試、12分鐘耐力跑測試及15米漸進式心肺耐力測試 Cardiorespiratory fitness assessments: resting heart rate/ blood pressure, 3-minute Step Test, 1-mile Walk Test, 12-minute Endurance Run, and 15m Progressive Aerobic Cardiovascular Endurance Run.</li> <li>■ 肌力及肌耐力測試：手握力測試、仰臥起坐測試及掌上壓測試 Muscular strength and endurance assessments: Handgrip Test, 1-minute Sit-up Test, Push-up Test</li> <li>■ 柔軟度測試：坐體前伸測試及YMCA坐體前伸測試 Flexibility assessments: Sit-and-reach test, YMCA sit-and-reach test</li> <li>■ 身體肥瘦組合測試：體重質量指數、腰圍量度、皮摺測量、生物電子阻抗分析 Body composition assessments: Body Mass Index, waist circumference, skinfold measurements, bioelectrical impedance analysis (BIA)</li> </ul>												
應試者資料 Candidate Profile	<ul style="list-style-type: none"> <li>■ 高中/大專學生 Students of secondary colleges and tertiary institutes</li> <li>■ 體育教師及各類運動專項教練 P.E. teachers &amp; sports coaches</li> <li>■ 現職運動/康樂管理及體適能/健身中心從業員 Individuals who are working in the field of sport / recreational management and fitness industry</li> <li>■ 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</li> <li>■ 有志投身體適能行業的人士 Individuals targeting to develop career in fitness industry</li> <li>■ 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</li> </ul>												
工作範圍 Scope of Practice	<ul style="list-style-type: none"> <li>■ 執行基本的健康體適能測試 Conduct basic health-related fitness tests</li> <li>■ 籌劃基本的健康體適能測試活動 Plan basic health-related fitness testing activities</li> </ul>												
資歷要求 Eligibility Requirements	<ul style="list-style-type: none"> <li>■ 年滿十八歲 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> </ul>												
考試詳述 Exam Specifications	<ul style="list-style-type: none"> <li>■ 筆試及實習試考核 Written &amp; Practical Exam.</li> <li>■ 必須兩年內完成六小時體適能測試的社會服務 Completion of 6-hour placement within two years</li> <li>■ 學員於領取證書時，須出示兩年內完成六小時體適能測試證明文件正本 Students have to present a current Adult CPR or equivalent, a valid "PFA Integrated Physical Fitness Abilities Assessment Scheme" result slip, and completion of 6-hours placement (within two years) certified document(s) <b>when collecting the certificate.</b></li> </ul>												
課程詳述 Course Specifications	<ul style="list-style-type: none"> <li>■ 十八小時理論及實習課堂(包括考試) 18-hour Lectures &amp; Practices (Including Examinations)</li> </ul>												
語言 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>												
費用 Costs	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;"></th> <th style="width: 30%; text-align: center;">會員 Member</th> <th style="width: 30%; text-align: center;">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 style="text-align: center;">HK\$1,450.00</td> <td style="text-align: center;">HK\$1,800.00</td> </tr> <tr> <td>筆試 Written Exam. Only</td> <td style="text-align: center;">HK\$130.00</td> <td style="text-align: center;">HK\$250.00</td> </tr> <tr> <td>實習試 Practical Exam. Only</td> <td style="text-align: center;">HK\$540.00</td> <td style="text-align: center;">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\$1,450.00	HK\$1,800.00	筆試 Written Exam. Only	HK\$130.00	HK\$250.00	實習試 Practical Exam. Only	HK\$540.00	HK\$630.00
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證書有效期 Validation Period	<ul style="list-style-type: none"> <li>■ 永久 Permanent</li> </ul>												
教學團隊 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>												