

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

<p>目標 Objectives</p>	<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>												
<p>課程內容 Course Contents</p>	<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</li> <li>■ 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>												
<p>應試者資料 Candidate Profile</p>	<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/健體中心從業員 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>												
<p>工作範圍 Scope of Practice</p>	<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>												
<p>資歷要求 Eligibility Requirements</p>	<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>												
<p>考試詳述 Exam Specifications</p>	<ul style="list-style-type: none"> <li>■ 筆試及實習試考核 Written &amp; Practical Exam</li> <li>■ 必須在筆試及實習試成績合格後，於兩年內完成相關小時體適能測試的社會服務以取得領取證書的資格 Completion of related-hour placement within two years after passed the written and practical Exam</li> <li>■ 學員於領取證書時，須出示兩年內完成相關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 related-hours placement (within two years) certified document(s) <b>when collecting the certificate</b></li> </ul>												
<p>課程詳述 Course Specifications</p>	<ul style="list-style-type: none"> <li>■ 理論及實習課堂 Lectures &amp; Practices</li> </ul>												
<p>語言 Medium of instruction</p>	<ul style="list-style-type: none"> <li>■ 粵語 (按需要輔以英語) Cantonese (English as supplementary)</li> </ul>												
<p>費用 Costs</p>	<table border="1" 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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<p>證書有效期 Validation Period</p>	<ul style="list-style-type: none"> <li>■ 永久 Permanent</li> </ul>												
<p>教學團隊 Teaching Team</p>	<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。
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