

體適能基礎證書 Physical Fitness Foundation Certification

目標 Objectives	<ul style="list-style-type: none"> 教育有關體適能的基本概念及訓練原理 Educate the basic concepts of physical fitness and training principles 為準備報讀各項體適能領袖、導師及私人體適能教練課程的人士，提供基礎的運動科學知識 Provide the basic knowledge in exercise science for those preparing to take various fitness leader, instructor and personal fitness trainer courses 讓愛好運動者了解運動與健康的關係 Allow exercise-lovers to understand the relationship between exercise and health 												
課程內容 Course Contents	<ul style="list-style-type: none"> 體適能、健康及身心康盛的基本概念；壓力處理及鬆弛技巧介紹 Basic concepts of physical fitness, health and wellness, introduction to stress management and relaxation techniques 基礎運動科學：解剖學及人體各系統運作 Basic exercise science: anatomy and functions of different systems in human body 運動生理學：能量系統及與運動相關的生理反應 Exercise physiology: energy systems and exercise-related physiological responses 心肺耐力的訓練原則 Training principles of cardio-respiratory fitness 身體肥瘦組合與體重控制 Body composition and weight management 營養與健康 Nutrition and health 肌肉適能及柔軟度的訓練原則 Training principles of muscular fitness and flexibility 運動安全守則、運動創傷處理及體適能測試介紹 Exercise safety, sports injury management and introduction to physical fitness testing 												
應試者資料 Candidate Profile	<ul style="list-style-type: none"> 高中/大專學生 Students of secondary colleges and tertiary institutes 現職運動/康樂管理及體適能/健體中心從業員 Individuals 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 working in non-government organizations and healthcare service units 有志投身體適能行業的人士 Individuals targeting to develop career in fitness industry 愛好運動的各行業人士 Individuals who are interested in sports and exercise 												
資歷要求 Eligibility Requirements	<ul style="list-style-type: none"> 年齡十七歲或以上 Aged 17 years old or above 具中五或以上教育程度或具相關體適能的經驗 With Form Five or above Education Level or equivalent experience in physical fitness 如報讀課程或有關考試者，必須連同中五或以上學歷證明副本一併遞交。 												
考試詳述 Exam Specifications	<ul style="list-style-type: none"> 兩小時筆試: 100 條選擇題 Duration: 2 hours; written exam (100 multiple choice questions) 												
課程詳述 Course Specifications	<ul style="list-style-type: none"> 理論課堂 Lectures 												
語言 Medium of instruction	<ul style="list-style-type: none"> 粵語 (按需要輔以英語) Cantonese (English as supplementary) 												
費用 Costs	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">會員 Member</th> <th style="text-align: center;">非會員 Non-member</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">課程 + 筆試 Course + Exam. (已包括教科書費用 Textbook included)</td> <td style="text-align: center;">HK\$1,600.00</td> <td style="text-align: center;">HK\$1,800.00</td> </tr> <tr> <td style="text-align: center;">只報課程 Course Only. (已包括教科書費用 Textbook included)</td> <td style="text-align: center;">HK\$1,350.00</td> <td style="text-align: center;">HK\$1,600.00</td> </tr> <tr> <td style="text-align: center;">只報筆試 Written 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 + 筆試 Course + Exam. (已包括教科書費用 Textbook included)	HK\$1,600.00	HK\$1,800.00	只報課程 Course Only. (已包括教科書費用 Textbook included)	HK\$1,350.00	HK\$1,600.00	只報筆試 Written Exam. Only	HK\$540.00	HK\$630.00
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建議參考課本 Recommended Study Materials	<ul style="list-style-type: none"> 體適能導師綜合理論 中國香港體適能總會出版 香港 2017 年 [費用：\$250(會員)；\$280(非會員)] ISBN：978-962-85378-3-9 												
證書有效期 Validation Period	<ul style="list-style-type: none"> 永久 Permanent 												
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。
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