

優質健行領袖證書 Quali-Walk Leader Certification

目標 Objectives	<ul style="list-style-type: none"> ■ 培訓合資格的優質健行領袖 Train qualified quali-walk leaders ■ 提供步行運動的運動科學知識 Explore exercise science in walking ■ 指導學員評估心肺耐力的方法 Educate the methods to evaluate cardiorespiratory endurance ■ 教授學員策劃、設計及帶領優質健行運動班的技巧 Educate the skills and techniques in planning, designing and leading quali-walk exercise classes 												
課程內容 Course Contents	<ul style="list-style-type: none"> ■ 步行動作的分析 Analysis of walking ■ 優質健行的動作要點：步幅、步頻及上肢動作 Key elements of quali-walk: step length, stride frequency and movements of upper limbs ■ 天氣及裝備的配合：水份的補充及步行鞋的選擇 Weather and training equipment: fluid replacement and choosing walking shoes ■ 評估心肺耐力的方法：心跳率量度及一哩步行測試方法 Evaluation of cardiorespiratory endurance: heart rate measurement and 1-mile walk test ■ 戶外健體設施的正確使用 Use of outdoor fitness facilities ■ 優質健行運動班的課堂組織及教學技巧 Class organization and teaching skills 												
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 ■ 體育教師、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 												
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、學校及社區中心 L.C.S.D., non-government organizations, schools 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 ■ 指導健康社群進行步行運動 Instruct healthy populations to do walking exercise ■ 執行步行測試及訓練處方 Conduct fitness walking test and exercise program 												
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 												
考試詳述 Exam Specifications	<ul style="list-style-type: none"> ■ 筆試及實習試考核 Written & Practical Exam. 												
課程詳述 Course Specifications	<ul style="list-style-type: none"> ■ 理論及實習課堂 Lectures & practicum 												
語言 Medium of instruction	<ul style="list-style-type: none"> ■ 粵語 (按需要輔以英語) Cantonese (English as supplementary) 												
建議參考課本 Recommended Study Materials	<ul style="list-style-type: none"> ■ 康盛人生系列 - 體適能基礎理論(第二版) 沈劍威及阮伯仁著 中國香港體適能總會出版 香港 2006年 												
費用 Costs	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;"></th> <th style="width: 25%; text-align: center;">會員 Member</th> <th style="width: 25%; text-align: center;">非會員 Non-member</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">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"> ■ 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。