

伸展訓練導師證書 Stretching Instructor Certification

目標 Objectives	<ul style="list-style-type: none"> ■ 培訓合資格的伸展訓練導師 ■ 伸展訓練導師應具備的運動科學知識 ■ 教授學員策劃、設計及帶領群組式伸展訓練運動課堂的技巧 												
課程內容 Course contents	<ul style="list-style-type: none"> ■ 伸展的理論綱要及執行要點 ■ 實地肌肉長度檢查 ■ 身心整合概念在體適能訓練中的應用 ■ 功能訓練的概念 ■ 身體構圖 ■ 動作意圖/身體使用 ■ 呼吸的體認與探索 ■ 功能性伸展及肌肉鍛鍊 ■ 身心整合與運動治療 												
應試者資料 Candidate Profile	<ul style="list-style-type: none"> ■ 大專畢業生 Graduates of Tertiary Institutes ■ 修讀體育、健康或運動科學大學學位的學生 Students studying P.E., health or exercise science related degrees ■ 體育教師 P.E. Teachers ■ 各類運動專項教練 Sports Coaches ■ 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 ■ 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 												
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、社區中心、會所及健體中心 L.C.S.D., non-government organizations, community settings, club houses and fitness centres 												
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 ■ 通過本會的「PFA 體適能綜合能力評核計劃」 Passing PFA Integrated Physical Fitness Abilities Assessment from PFA 												
考試詳述 Exam Specifications	<ul style="list-style-type: none"> ■ 兩小時筆試(選擇題)及實習試考核 2-hours Written (multiple choice questions) and Practical Exam. 												
課程詳述 Course Specifications	<ul style="list-style-type: none"> ■ 三十小時理論及實習、六小時實習 30 hours Theoretical and Practical, and 6 hours placement 												
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、通過本會的「PFA 體適能綜合能力評核計劃」成績單正本及兩年內完成六小時實習證明文件正本 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) 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. ■ 評核項目 Assessment items: <ol style="list-style-type: none"> 1. 皮摺厚度 Skinfold Measurement 2. 漸進式來回跑測試 Progressive Aerobic Cardiovascular Endurance Run (PACER) 3. 節奏式仰臥捲腹 Cadence Curl Up 4. 掌上壓 Push Up 5. 立定跳高 Vertical Jump 6. 修改式護脊坐前伸 Modified back-saver Sit-and-Reach ■ 評核要求之詳情請參閱本網站 Please refer to PFA website for the details of assessment criteria. 												
語言 Medium of instruction	<ul style="list-style-type: none"> ■ 粵語及國語 (按需要輔以英語) Cantonese and Mandarin (English as supplementary) 												
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\$4,200.00</td> <td style="text-align: center;">HK\$4,500.00</td> </tr> <tr> <td>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> <tr> <td>實習試 Practical Exam. Only</td> <td style="text-align: center;">HK\$800.00</td> <td style="text-align: center;">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\$4,200.00	HK\$4,500.00	筆試 Written Exam. Only	HK\$540.00	HK\$630.00	實習試 Practical Exam. Only	HK\$800.00	HK\$900.00
	會員 Member	非會員 Non-member											
課程 + 考試 Course + Exam. (包括講義費用 Handout included)	HK\$4,200.00	HK\$4,500.00											
筆試 Written Exam. Only	HK\$540.00	HK\$630.00											
實習試 Practical Exam. Only	HK\$800.00	HK\$900.00											
證書有效期 Validation Period	<ul style="list-style-type: none"> ■ 四年 4 years 												
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 												

*備註：此課程之取錄非先報先得，建議有伸展訓練經驗者報讀