

專業證書 Professional Certification

身體素養與基礎動作技能測試領袖證書

Physical Literacy and Fundamental Movement Skills Assessment Leader Certification 合辦

Joint Organizers : 中國香港體適能總會 Physical Fitness Association of Hong Kong, China

兒童青少年身體素養學院 Physical Literacy Academy for Children and Youth (PLACY)



目標 Objectives	<ul style="list-style-type: none"> ■ 教授學員有關兒童身體素養及基礎動作技能的基礎理論 Educate the basic theory of physical literacy and fundamental movement skills assessments ■ 指導如何針對性地評估兒童身體素養與基礎動作技能狀況 Instruct specific ways to assess children's physical literacy and their fundamental movement skills ■ 教授學員策劃、設計與組織各類型的兒童身體素養與基礎動作技能測試 Equip assessors with necessary skills for planning, designing and organizing different types of children's physical literacy and fundamental movement skills assessment activities
課程內容 Course Contents	<ul style="list-style-type: none"> ■ 身體素養概念：身體素養六大元素 Concept of Physical Literacy: 6 attributes of physical literacy ■ 基礎動作技能概念：Concept of Fundamental Movement Skills: <ul style="list-style-type: none"> ○ 3 大類：平衡穩定技能、移動技能、操控用具技能 ○ 3 Categories: Body management skills, locomotor skills, and object control skills ■ 粗略運動技能發展測驗 - 第三版 (TGMD-3) Test of Gross Motor Development - 3rd edition (TGMD-3) <ul style="list-style-type: none"> ○ 測驗項目與其基本功能、測試管理指南與規程訓練、測試程序、安全指引、評分準則與計分方式 Test components and their primary function/usage, Administration guidelines and protocol training, Procedures, Safety guidelines, Performance criteria, scoring guidelines, and scores calculation ■ 加拿大敏捷性和運動技能評估 (CAMSA) Canadian Agility and Movement Skill Assessment (CAMSA) <ul style="list-style-type: none"> CAMSA (適用於 8 至 12 歲) 及 CAMSA 789 (適用於 12 至 16 歲) 規程訓練 Protocol training for CAMSA (for age 8-12) and CAMSA 789 (for age 12-16) ○ 測驗項目與其基本功能、測試管理指南、測試程序、安全指引、評分準則與計分方式 Test components and their primary function/usage, Administration guidelines, Procedures, Safety guidelines, Scoring criteria and calculation ■ 兒童運動能力評估測試 (MABC-2) Movement Assessment Battery for Children - Second Edition (MABC-2) <ul style="list-style-type: none"> ○ 測驗項目與其基本功能、測試管理指南、測試程序、安全指引、評分準則與計分方式 Test components and their primary function/usage, Administration guidelines, Procedures, Safety guidelines, Scoring criteria and calculation
應試者資料 Candidate Profile	<ul style="list-style-type: none"> ■ 大專學生 Students of tertiary institutes ■ 幼稚園教師及幼兒活動工作者 Teachers in kindergartens and workers of children activities ■ 中小學教師及青少年活動工作者 Teachers in primary and secondary schools and workers of youth activities ■ 體育教師 及 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 ■ 有志投身幼兒教育及工作的人士 Individuals targeting to develop career in childhood education ■ 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 ■ 體育、健康或運動科學大學學位的人士 People with P.E., health or exercise science-related degrees 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
工作範圍 Scope of Practice	<ul style="list-style-type: none"> ■ 指導 5 至 18 歲的兒童與青少年執行完整的身體素養及基礎動作技能測試 (i.e. FUNdamentals 測試) Instruct children and youth (5-18 years old) to conduct comprehensive physical literacy and fundamental movement skills-related tests (i.e. FUNdamentals assessment) ■ 範劃及領導兒童青少年身體素養及基礎動作技能測試活動 Plan and lead comprehensive children and youth physical literacy and fundamental movement skills-related testing activities ■ 分析與評估兒童青少年的身體素養與基礎動作技能狀況 Analyse and evaluate children and youth's physical literacy and fundamental movement skills-related status
資歷要求 Eligibility Requirements	<ul style="list-style-type: none"> ■ 年滿十八歲 Aged 18 years old or above ■ 持有中國香港體適能總會「體適能基礎證書」或同等資歷 Possessing "Physical Fitness Foundation Certificate" from PFAHK or equivalent ■ 如申請者未能符合上述「體適能基礎證書」要求，則需要提交其他相關專業資格證明文件，以便作個別入學考慮 For those applicants without "Physical Fitness Foundation Certificate", please submit other relevant professional certificates for further consideration
考試詳述 Exam Specifications	<ul style="list-style-type: none"> ■ 筆試及實習試考核 Written & Practical Exam ■ 必須於兩年內完成六/九小時(視乎考試成績)有關測試的社區服務 Completion of 6/9-hours (depending on the exam result) placement within two years ■ 學員於領取證書時，須出示兩年內完成相關時數測試證明文件正本 Students have to present a completion of related placement (within two years) certified document(s) <u>when collecting the certificate</u>.
課程詳述 Course Specifications	<ul style="list-style-type: none"> ■ 線上理論課堂 Online Theoretical Lessons ■ 實體實習及教學課堂 In-Person Practical and Teaching Lessons

語言 Medium of instruction	■ 粵語及普通話 (按需要輔以英語) Cantonese and Mandarin (English as supplementary)	
費用 Costs	會員 Member	非會員 Non-member
	課程 + 考試 Course + Exam. (包括講義費用 Handout included) HK\$3,180.00	HK\$3,620.00
	筆試 Written Exam. Only HK\$590.00	HK\$690.00
證書有效期 Validation Period	■ 四年 (證書有效期由成績發佈日起計) 4 years (Certificate validation will be started from the exam released date)	
教學團隊 Teaching Team	■ 中國香港體適能總會委任講師 Appointed lecturers of Physical Fitness Association of Hong Kong, China PLACY 教學團隊 Teaching Team of PLACY	

- 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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