

高級體適能測試領袖證書 Physical Fitness Assessment Leader (Advanced Level) Certification

目標 Objectives	<ul style="list-style-type: none"> ■ 培訓合資格的高級體適能測試領袖 Provide professional training to candidates who intend to be advanced physical fitness assessment leaders ■ 指導如何針對性地評估體適能狀況 Teach candidates to assess physical fitness and condition ■ 指導制訂完整的訓練目標及方法 Guide the formulation of training programs and methods ■ 教授學員策劃、控制及領導不同類型體適能測試活動的方法 Teach candidates to plan, control and lead different types of fitness testing activities 												
課程內容 Course Contents	<ul style="list-style-type: none"> ■ 測試的行政及實務安排：準備、場地、次序、器材、危急事故的處理、紀錄及終止測試指引 Administrative and practical arrangements for testing: preparation, venue, sequence, equipment, handling of critical incidents, recording and guidelines for termination of testing ■ 實地體適能測試 On-field fitness tests ■ 心肺耐力測試：危機鑑定及種類（心率及血壓的量度；單車、跑步及步行測試、非運動性測試） Cardiovascular endurance tests: Identification and types of risk (Measurements of heart rate and blood pressure; cycling Test, running test and walk test, non-fitness test) ■ 肌肉適能測試：靜態肌力測試(上臂力、背力及腿力)、不同種類的腹肌耐力測試、不同種類的上肢肌耐力測試(俯臥撐、引體上升、屈臂懸垂) Muscle Fitness Test : Isometric Strength Test (upper arm strength, back strength and leg strength), different types of abdominal muscle endurance tests and upper arm muscle endurance tests (push up, pull-up, curled arm hang) ■ 柔軟度測試：不同種類的柔軟度測試 Flexibility tests: Different types of flexibility tests ■ 身體肥胖組合測試：身體質量指數、腰圍量度、皮摺測量、生物阻抗測試及其他方法 Body composition tests: Body Mass Index, Waist Circumference Measurement, Skinfold Measurement, Bioelectrical Impedance Analysis (BIA) and other measurements ■ 運動/技巧性測試：立定跳遠、立定跳高、衝刺跑、來回跑、平衡力及其他相關測試 Sports/ Technical tests: Standing long jump, standing high jump, sprint, PACER, balance and other related tests ■ PFA體適能綜合能力評鑑計劃 Physical Fitness Assessment Scheme ■ 功能性長者體適能測試 Functional elderly fitness tests ■ 實驗室體適能測試介紹：水中量稱法及Bob Pod 測試 Introduction of laboratory physical fitness tests: underwater weighing and Bob Pod test ■ 溝通及個案處理 Communication and case management 												
課程對象 Candidate Profile	<ul style="list-style-type: none"> ■ 現職私人體適能教練 Personal Trainers and fitness instructors ■ 體育教師 P.E. Teachers ■ 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"> ■ 執行完整的健康體適能測試 Conduct comprehensive health-related fitness tests ■ 籌劃及領導健康體適能測試活動 Plan and lead comprehensive health-related fitness testing activities ■ 分析、評估健康體適能狀況及給予合適的運動建議 Analyse, evaluate health-related fitness states and give general exercise recommendations 												
資歷要求 Eligibility Requirements	<ul style="list-style-type: none"> ■ 持有本會「體適能測試領袖證書」或美國運動醫學會健康體適能專家證書（其中一項）；及 Possessing “Physical Fitness Assessment Leader” from PFA or ACSM Health Fitness Specialist Certificate (Either ONE); and ■ 持有本會「體適能導師證書」；及 Possessing “Fitness Instructor Certificate” from PFA; and 												
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"> ■ 三十六小時理論及實習課堂 36-hour Lectures and Practicums 												
領證要求 Certification Collection Requirements	<p>學員須於領取成績單/證書時，同時出示以下三項之有效正本 Students must present the following three valid originals when collecting the certificate:</p> <ul style="list-style-type: none"> ■ 有效的「成人心肺復甦法證書」或同等資歷；及 Current Adult CPR or equivalent; and ■ 通過本會的「PFA 體適能綜合能力評核計劃」；及 Passing PFA Integrated Physical Fitness Abilities Assessment from PFA; and ■ 於應考日期後一年內完成六小時教學實習時數證明文件；及 6 hours of practicum proof is required within 1 year <p>「PFA 體適能能力綜合評核計劃」需另行申請，詳情請瀏覽本會網頁。Please visit our website for more information of “PFA Integrated Physical Fitness Abilities Assessment”, a separate registration is required.</p>												
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 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\$4,370.00</td> <td style="text-align: center;">HK\$4,650.00</td> </tr> <tr> <td style="text-align: center;">筆試 Written Exam. Only</td> <td style="text-align: center;">HK\$590.00</td> <td style="text-align: center;">HK\$690.00</td> </tr> <tr> <td style="text-align: center;">實習試 Practical Exam. Only</td> <td style="text-align: center;">HK\$880.00</td> <td style="text-align: center;">HK\$990.00</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\$4,370.00	HK\$4,650.00	筆試 Written Exam. Only	HK\$590.00	HK\$690.00	實習試 Practical Exam. Only	HK\$880.00	HK\$990.00
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證書有效期 Validation Period	<ul style="list-style-type: none"> ■ 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	<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 												

簡介：

隨著體適能的概念被廣泛地推廣，市民對健康及運動的意識與日俱增。社會大眾紛紛渴求了解自己的健康及體能狀況，所以對體適能測試服務的需求日益增加，同時對於測試員的學術水平及質素要求亦相應提高。本會所頒發有關體適能測試的證書分為兩類：第一類是以實地 適能測試為主的『體適能測試領袖（Leader）證書』；第二類是較進階的『高級體適能測試領袖證書（舊有的體適能測試員證書）』。

本課程內容著重教授各項體適能要素的測試評估方法，以及當中所牽涉的理論基礎，當中包括心肺功能，肌力及肌耐力，關節靈活度，體脂及體型之評估等。學員更需要學習如何向受試者解釋評估報告及進行初步的運動建議。課程分為九大主題：(一)體適能測試及評估進階理論 (二)心肺功能測試理論及實習、(三)肌肉適能測試理論及實習、(四)柔軟度測試理論及實習、(五)身體組合測試理論及實習、(六)運動相關體適能測試、(七)個案跟進及運動建議、(八)不同的體適能測試組合介紹及(九)實驗室體適能測試介紹。考試合格之學員 必須於成績公佈後兩年內完成 6 小時由本會安排之實習服務，方可獲頒『高級體適能測試領袖證書』。

- 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。