

兒童體適能導師證書 Children Fitness Instructor Certification

目標 Objectives	<ul style="list-style-type: none"> ■ 培訓合資格的兒童體適能導師 Train qualified children fitness instructor ■ 教授有關 3-12 歲兒童成長的各方面成長里程 Educate the growth process of children aged 3-12 ■ 教授有關 3-12 歲兒童體適能的基礎概念 Educate the basic concepts of physical fitness of children aged 3-12 ■ 兒童體適能運動的教學方法 Teaching methodologies of children fitness class ■ 教授學員策劃、設計及帶領兒童健體班的技巧 Educate students the techniques to plan, design and lead children fitness class 												
課程內容 Course Contents	<ul style="list-style-type: none"> ■ 成長與發展概論：因素、階段及範疇 Introduction to growth and development: factors, stages and categories ■ 運動機能的控制與運動機能的學習概論 Introduction to motor control and motor learning ■ 兒童的運動機能發展：原理及發展里程 Children's motor control development: mechanism and stages ■ 兒童的生理發展：骨骼、肌肉、心肺、神經、感官及其他功能系統 Children's physiological development: skeletal, muscular, cardiorespiratory, neuroscience, sensory and other systems ■ 兒童的心理、認知及社交發展 Children's psychological, cognitive and social development ■ 兒童體適能活動的發展：價值、測試及評估、訓練原理 Development of children fitness activities: values, testing and evaluation, training principles ■ 兒童體適能活動的教案規劃及教學技巧：遊戲、活動模式、教案規劃、教材及教具運用、家長教育與介入 Lesson planning and teaching skills of children fitness class: games, activities format, lesson plan, use of teaching materials and parents' education and intervention 												
課程對象 Candidate Profile	<ul style="list-style-type: none"> ■ 幼稚園教師及幼兒活動工作者 Teachers in kindergartens and workers of children activities ■ 現職器械健體及健體舞教練 Resistance training / Aerobic dance instructors ■ 小學教師 Primary school teachers ■ 體育老師 P.E. teachers ■ 各類運動專項教練 Sports coaches ■ 有志投身幼兒教育及工作的人士 Individuals targeting to develop career in childhood education 												
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、幼兒中心、學校、社區中心、會所及健體中心 L.C.S.D., non-government organizations, children centres, schools, community settings, club houses and fitness centres 												
工作範圍 Scope of Practice	<ul style="list-style-type: none"> ■ 指導兒童(3-12 歲)進行健體運動 Instruct children (3-12 years old) to do fitness exercise ■ 設計及帶領群組形式的兒童健體班組及遊戲小組 Competence in program design and operation of group children fitness classes and play groups ■ 透過體適能活動促進全人發展 Promote holistic development through physical activities 												
資歷要求 Eligibility Requirements	<ul style="list-style-type: none"> ■ 年齡十八歲或以上；及 Aged 18 years old or above; and ■ 持有本會「體適能基礎證書」；及 Possessing "Physical Fitness Foundation Certificate" from PFA; and ■ 持有「成人心肺復甦法證書」或同等資歷 Possessing Current Adult CPR or equivalent 												
考試詳述 Exam Specifications	<ul style="list-style-type: none"> ■ 兩小時筆試 (50-80 選擇題) 及實習試考核 2-hour Written (50-80 multiple choice questions) & Practical Exam. 												
課程詳述 Course Specifications	<ul style="list-style-type: none"> ■ 三十六小時理論、實習及教學演練 36-hour lecture, practical and teaching practices 												
領證要求 Certification Collection Requirements	<p>學員須於領取證書時，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」之成績單正本；及 A valid "PFA Integrated Physical Fitness Abilities Assessment Scheme" result slip; and ■ 於應考日期後兩年內完成六小時教學實習證明文件正本 Proof of 6 hours of practicum (required within 2 years) <p>「PFA 體適能綜合能力評核計劃」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\$4,110.00</td> <td style="text-align: center;">HK\$4,390.00</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\$4,110.00	HK\$4,390.00	筆試 Written Exam. Only	HK\$590.00	HK\$690.00	實習試 Practical Exam. Only	HK\$880.00	HK\$990.00
	會員 Member	非會員 Non-member											
課程 + 考試 Course + Exam. (包括講義費用 Handout included)	HK\$4,110.00	HK\$4,390.00											
筆試 Written Exam. Only	HK\$590.00	HK\$690.00											
實習試 Practical Exam. Only	HK\$880.00	HK\$990.00											
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 												

- 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。