

**專業證書 Professional Certification**
**二級 PFA 私人體適能教練證書 PFA Personal Fitness Trainer (Level II) Certification**

<b>目標 Objectives</b>	<ul style="list-style-type: none"> <li>■ 培訓私人體適能教練 Provide professional training to candidates who intend to be personal fitness trainers</li> <li>■ 裝備教練在制定個人及多元化的運動處方時所需的獨特知識及技巧 Equip trainers with the knowledge and techniques that are necessary for designing individualized exercise programmes</li> </ul>												
<b>課程內容 Course Contents</b>	<ul style="list-style-type: none"> <li>■ 私人體適能教練職業的職業規範及專業守則 Codes of ethics of fitness trainer</li> <li>■ 初步健康評鑑：生活習慣及病歷背景資料搜集及個案評估 Preliminary health screening: lifestyle, medical history and case assessment</li> <li>■ 健康體適能測試 Health fitness testing</li> <li>■ 關節健康狀況評估理論實習 Joint health status assessment</li> <li>■ 目標制定及運動編排 Goal settings and exercise programming</li> <li>■ 私人化的健身室器械及用具訓練原理 (例如基本核心訓練及扶持等) Individualized training in fitness room (e.g. Basic core training and spotting)</li> <li>■ 特殊社群(例如肥胖人士及長期病患者等)的個別運動處方及注意事項 Individualized exercise prescriptions of special population (e.g. people with obesity and controlled chronic illness) and special considerations</li> <li>■ 體重管理計劃的營養建議 Nutritional recommendations for weight management plans</li> </ul>												
<b>應試者資料 Candidate Profile</b>	<ul style="list-style-type: none"> <li>■ 現職私人教練及器械健體教練 Practicing personal training and fitness instructors</li> <li>■ 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</li> <li>■ 有志投身私人體適能教練工作的人士 Individuals targeting to develop career in personal fitness training</li> </ul>												
<b>工作環境 Typical Work Environment</b>	<ul style="list-style-type: none"> <li>■ 非政府機構、社區中心、會所及健體中心 Non-Government Organizations, Community settings, Club Houses and Fitness Centres</li> </ul>												
<b>工作範圍 Scope of Practice</b>	<ul style="list-style-type: none"> <li>■ 執行初步健康危險因素鑑別 Conduct risk factor stratification</li> <li>■ 指導健康社群及特殊社群(肥胖人士、病況已受控制的長期病患者等)進行個別性的體適能鍛鍊計劃 Provide personal fitness program to healthy individuals and special populations (people with obesity and controlled chronic illness)</li> <li>■ 評估體適能狀況及制定針對性的運動處方 Perform fitness evaluation and makes specific exercise prescriptions</li> </ul>												
<b>資歷要求 Eligibility Requirements</b>	<ul style="list-style-type: none"> <li>■ 現正報讀本會「器械健體導師證書」課程學員，或持有本會「器械健體導師證書」 Currently enrolled into the “Resistance Training Instructor Certificate” course or possessing “Resistance Training Instructor Certificate” from PFA</li> </ul>												
<b>考試詳述 Exam Specifications</b>	<ul style="list-style-type: none"> <li>■ 筆試、實習試考核及個案研習 Written &amp; Practical Exams. and Individual Assignment</li> </ul>												
<b>課程詳述 Course Specifications</b>	<ul style="list-style-type: none"> <li>■ 二十四小時理論及實習課堂 24-hour lectures &amp; teaching practice</li> </ul>												
<b>語言 Medium of instruction</b>	<ul style="list-style-type: none"> <li>■ 粵語 (按需要輔以英語) Cantonese (English as supplementary)</li> </ul>												
<b>領取證書要求 Eligibility for Certificate Collection</b>	<ul style="list-style-type: none"> <li>■ 學員於<b>領取證書時</b>，須同時出示以下三項 Students have to present the following three items <b>when collecting the certificate</b> :                     <ol style="list-style-type: none"> <li>1. 本會的「器械健體導師證書」正本；及 a true copy of current “Resistance Training Instructor Certificate” from PFA; and</li> <li>2. 有效的「成人心肺復甦法證書」或同等資歷正本；及 a true copy of current Adult CPR or equivalent; and</li> <li>3. 本會的「PFA 體適能綜合能力評核計劃」成績單正本並收得 16 分或以上 a true copy of valid “PFA Integrated Physical Fitness Abilities Assessment Scheme” result slip, scored 16 or above</li> </ol> </li> <li>■ 有關「PFA 體適能綜合能力評核計劃」之評核要求，請參閱本會網頁 Please refer to PFA website for the details of assessment criteria</li> </ul>												
<b>費用 Costs</b>	<table border="1"> <thead> <tr> <th></th> <th>會員 Member</th> <th>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>HK\$4,520.00</td> <td>HK\$4,950.00</td> </tr> <tr> <td>筆試 Written Exam. Only</td> <td>HK\$590.00</td> <td>HK\$690.00</td> </tr> <tr> <td>實習試 Practical Exam. Only</td> <td>HK\$880.00</td> <td>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\$4,520.00	HK\$4,950.00	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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<b>證書有效期 Validation Period</b>	<ul style="list-style-type: none"> <li>■ 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)</li> </ul>												
<b>教學團隊 Teaching Team</b>	<ul style="list-style-type: none"> <li>■ 中國香港體適能總會委任講師 Appointed Lecturers of Physical Fitness Association of Hong Kong, China</li> </ul>												