專業證書 Professional Certification

兒童青少年體適能測試領袖證書

Children and Youth Physical Fitness 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**	● 教授學員健康與運動體適能測試相關的基礎理論 Educate the basic theory of health and sports-related physical fitness assessments ● 教授體適能測試的方法 Educate various types of physical fitness assessments ● 指導學員組織各類型體適能測試活動 Empower assessors to organize various physical fitness assessment activities
課程內容 **Course Contents**	● 健康與運動體適能概念：健康與運動體適能七大元素 Concepts of health and sports-related physical fitness: 7 components of health and sports-related physical fitness ● 體適能測試及評估基礎理論：功能、分類、程序及規程、紀錄及終止測試指引 Basic theory of physical fitness assessment and evaluation: function, category, procedures and protocols, record, and test termination guidelines ● 心肺耐力：漸進式心肺耐力測試 (PACER) Cardiorespiratory Endurance: Progressive Aerobic Cardiovascular Endurance Run (PACER) ● 肌肉力量和耐力：手握式測力計、垂直跳測試、立定跳遠測試和平板支撐測試 Muscular strength and endurance: Handgrip dynamometer, vertical jump test, standing long jump test, and plank test ● 身體靈活性與柔軟度：ACSM 坐地前伸測試、肩部靈活性測試/盂肱關節內轉缺損(GIRD)測試 Flexibility: ACSM's ● Sit-and-reach, shoulder mobility test/Glenohumeral Internal Rotation Deficit (GIRD) test ● 身體組成：身體成分分析儀的操作，閱讀和理解身體成分分析儀的結果 Body composition: Operation of body composition analyzers, reading and comprehension of body composition analyzer results ● 敏捷性和反應能力：40 米衝刺跑、BlazePod (反應燈訓練組合）Agility and reaction: 40m sprint, BlazePod (reflex training system) ● 身體平衡能力：閉眼單脚站立測試 / Y 字平衡測試 Equipoise/ balance: Eyes closed leg stand test / Y balance test ● 神經肌肉協調能力：交叉跳躍測試 Neuromuscular coordination ability: Cross-hop test
應試者資料 **Candidate Profile**	● 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**	● 指導 8 至 18 歲的兒童與青少年執行完整的健康與運動體適能測試 (i.e. Compressor 測試) Instruct children and youth ● (8-18 years old) to conduct comprehensive health and sports-related physical fitness assessments (i.e. Compressor assessment) ● 執行基本的健康與運動體適能測試 Conduct basic health and sports-related physical fitness assessments ● 籌劃基本的健康與運動體適能測試活動 Plan basic health and sports-related physical fitness assessments activities
資歷要求 **Eligibility Requirements**	● 年滿十八歲 Aged 18 years old or above ● 正在修讀或已持有有效的「身體素養與基礎動作技能測試領袖證書」Studying or possessing valid "Physical Literacy and Fundamental Movement Skills Assessment Leader Certification"
考試詳述 **Exam Specifications**	● 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) **when collecting the certificate**.
課程詳述 **Course Specifications**	● 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。
- 本會保留修訂上課/考試模式及內容編排之權利。
- 由成績發出日期起，本會只保存閣下之證書兩年，逾期之證書會被銷毀。如需補發證書，請按本會補發文件申請並繳付相關行政費處理。