

**長者健體導師證書 Elderly Fitness Instructor Certification**

<b>目標 Objectives</b>	<ul style="list-style-type: none"> <li>■ 培訓長者健體導師 Provide professional training to candidates who intend to be elderly fitness instructors</li> <li>■ 認識老化過程中的心理和生理特徵 Recognize the psychological and physical characteristics in aging</li> <li>■ 教授健康老化的概念 Teach the concept of healthy aging</li> <li>■ 教授適合長者進行的徒手及健體運動方法 Instruct body weight and fitness exercises for elderly</li> <li>■ 教授學員策劃、設計及帶領長者健體班的技巧 Teach candidates to plan, design and lead elderly fitness exercise classes</li> </ul>												
<b>課程內容 Course Contents</b>	<ul style="list-style-type: none"> <li>■ 健康老化概念：老化的生理、心理及社交特點 Healthy aging concept: physiological, psychological and social characteristics of aging</li> <li>■ 長者溝通及指導技巧 Communication and guidance skills for the elderly</li> <li>■ 功能性體適能檢測的內容與項目 Content and items of functional fitness testing</li> <li>■ 長者的運動處方及訓練原則 Exercise prescription and training principles for elderly</li> <li>■ 長者健體班的策劃、設計及教學方法 Planning, design and teaching skills of elderly fitness exercise classes</li> <li>■ 徒手伸展操、有氧、阻力及防跌健體訓練 Stretching, aerobic, resistance and fall-prevention exercises</li> <li>■ 長者常見慢性疾病及運動須知 Common chronic diseases and exercise instructions among elderly</li> <li>■ 香港安老服務及社區資源 Elderly services and community resources in Hong Kong</li> </ul>												
<b>課程對象 Candidate Profile</b>	<ul style="list-style-type: none"> <li>■ 現職器械健體及健體舞教練 Resistance training / Aerobic dance 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>■ 社福機構及健康服務單位員工 Individuals working in non-government organizations and healthcare service units</li> </ul>												
<b>工作環境 Typical Work Environment</b>	<ul style="list-style-type: none"> <li>■ 康樂及文化事務署、非政府機構及社區中心 L.C.S.D., non-government organizations and community settings</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>■ 指導長者進行健體運動 Instruct senior populations to do fitness exercise</li> <li>■ 設計及帶領群組形式的長者健體班組 Program design and operation of group elderly fitness classes</li> <li>■ 評估長者體適能狀態及建立運動處方 Fitness testing and comprehensive exercise prescription in elderly populations</li> </ul>												
<b>資歷要求 Eligibility Requirements</b>	<ul style="list-style-type: none"> <li>■ 年齡十八歲或以上；及 Aged 18 years old or above; and</li> <li>■ 持有本會「體適能基礎證書」；及 Possessing “Physical Fitness Foundation Certificate” from PFA; and</li> <li>■ 持有有效的「成人心肺復甦法證書」或同等資歷 Possessing Current Adult CPR or equivalent</li> </ul>												
<b>考試詳述 Exam Specifications</b>	<ul style="list-style-type: none"> <li>■ 兩小時筆試 (60-80 選擇題) 及實習試考核 2-hour written (50-80 multiple choice questions) &amp; practical exam.</li> </ul>												
<b>課程詳述 Course Specifications</b>	<ul style="list-style-type: none"> <li>■ 三十六小時理論、實習及教學演練 36-hour lecture, practical and teaching practices</li> <li>■ 必須完成所要求的教學實習及習作 Completion of practicum and group assignment</li> </ul>												
<b>領證要求 Certification Collection Requirements</b>	<p>學員須於領取證書時，同時出示以下兩項之有效正本：  <u>Students must present the following two valid originals when collecting the certificate:</u></p> <ul style="list-style-type: none"> <li>■ 有效的「成人心肺復甦法證書」或同等資歷；及 Current Adult CPR or equivalent; and</li> <li>■ 通過本會的「PFA 體適能綜合能力評核計劃」之成績單正本 A valid “PFA Integrated Physical Fitness Abilities Assessment Scheme” result slip</li> </ul> <p>有關「PFA 體適能綜合能力評核計劃」詳情，請瀏覽本會網頁 Please visit our website for more information of “PFA Integrated Physical Fitness Abilities Assessment Scheme”</p>												
<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>費用 Costs</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">會員 Member</th> <th style="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
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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>												

- 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。