

**團體有氧運動導師證書 Group Aerobic Exercise Instructor Certification**

<b>目標 Objectives</b>	<ul style="list-style-type: none"> <li>■ 培訓合資格的團體有氧運動導師 Provide professional training to candidates who intend to be group aerobic exercise instructors</li> <li>■ 提供團體有氧運動導師應具備的運動科學知識 Equip candidates with necessary knowledge of exercise science relevant to the practice of group aerobic exercise instructors</li> <li>■ 教授學員策劃、設計及帶領團體有氧運動課堂的技巧 Teach candidates to plan, design and lead group aerobic exercise classes</li> </ul>												
<b>課程內容 Course Contents</b>	<ul style="list-style-type: none"> <li>■ 進階解剖及運動生理學：肌肉解剖、關節活動形態及神經肌肉連繫 Advanced anatomy and exercise physiology: muscle anatomy, range of motions of joints and neuromuscular connections</li> <li>■ 體重管理：能量需求及糖/脂肪代謝 Weight management: energy demand and metabolism</li> <li>■ 團體有氧運動分類：低/高衝擊/踏板健體舞/流行的健體舞 Classification of group aerobic exercises: high/ low impact, step aerobics, trendy fitness dance</li> <li>■ 基本的音樂編排、教學編排及技巧 Use of music, choreology and instructional skills</li> <li>■ 步伐及基本動作、綜合動作 Foot work, basic and integrated movements</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、學校、社區中心、會所、健體中心及體能訓練部門 L.C.S.D., Non-Government Organizations, Schools, Community settings, Club Houses, Fitness Centres and Physical Training Sections</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>考試範圍 Scope of Exam</b>	<p><b>筆試 Written Exam</b></p> <ul style="list-style-type: none"> <li>■ 進階解剖、運動生理學及體重管理 Advanced anatomy, exercise physiology and weight management (30%)</li> <li>■ 團體有氧運動分類、基本的音樂編排、步伐及基本動作及綜合動作 Classification of group aerobic exercises, use of music, foot work, basic and integrated movements (30%)</li> <li>■ 教學編排及技巧 Choreology and instructional skills (40%)</li> </ul> <p><b>實習試 Practical Exam</b></p> <ul style="list-style-type: none"> <li>■ 有氧健體舞教學 Aerobics (50%)</li> <li>■ 肌肉鍛鍊教學 Muscle conditioning (50%)</li> </ul>												
<b>考試詳述 Exam Specifications</b>	<ul style="list-style-type: none"> <li>■ 兩小時筆試(70-80 選擇題)及實習試考核 2-hour Written (70-80 multiple choice questions) &amp; Practical Exam.</li> </ul>												
<b>課程詳述 Course Specifications</b>	<ul style="list-style-type: none"> <li>■ 三十九小時理論、實習及教學課堂 39-hour lectures, practical sessions and teaching practices</li> <li>■ 必須完成所指定的教學實習及習作 Completion of all necessary teaching plan and course work</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：                  Students must present the following two valid originals when collecting the certificate:</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>「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>												
<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%; text-align: center;"> <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\$4,700.00</td> <td>HK\$5,000.00</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\$4,700.00	HK\$5,000.00	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>												

**\*備註：此課程建議有團體有氧運動訓練經驗者報讀**

- 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。