


**水中健體導師證書 Hydro-Fitness Instructor Certification**

<b>目標</b> <b>Objectives</b>	<ul style="list-style-type: none"> <li>■ 培訓合資格的水中健體導師 Train qualified hydro-fitness instructor</li> <li>■ 教授有關水中健體導師應具備的水中運動科學知識 Educate the knowledge of exercise science relevant to hydro-fitness</li> <li>■ 指導學員帶領水中有氧運動及肌肉鍛鍊的方法 Instruct the methodologies of leading aerobic exercise and muscle conditioning in water</li> <li>■ 教授學員策劃、設計及帶領水中健體運動班的技巧 Educate the techniques in planning, designing and leading hydro-fitness exercise classes</li> </ul>
<b>課程對象</b> <b>Course Candidate</b>	<ul style="list-style-type: none"> <li>■ 水中健體運動基礎：安全守則、場地、設備、器材的準備及程序 Foundation on hydro-fitness exercise: safety guidelines, venue, facilities and equipment</li> <li>■ 進階解剖及運動生理學：肌肉解剖、關節活動形態及水中的生理反應 Advanced anatomy and exercise physiology: muscle anatomy, movement of joints and physiological reaction in water</li> <li>■ 基本的音樂編排 Basic music phasing</li> <li>■ 步伐及基本動作 Basic moves</li> <li>■ 綜合動作 Integrated moves</li> <li>■ 水中健體教學編排及技巧 Arrangement and techniques in teaching hydro-fitness class</li> <li>■ 上肢/下肢/脊椎關節疾病及基礎水中復康運動：肩周炎、骨關節炎及腰背痛 Basic hydro therapy exercises for joint diseases in upper limbs/ lower limbs/ lumber: frozen shoulder, osteoarthritis and low back pain</li> </ul>
<b>應試者資料</b> <b>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>■ 體育教師 P.E. teachers</li> <li>■ 游泳教練 Swimming teachers</li> <li>■ 各類運動專項教練 Sports coaches</li> <li>■ 修讀體育、健康或運動科學大學學位的學生 Students of bachelor degree programmes who are studying P.E., health or exercise science</li> </ul>
<b>工作環境</b> <b>Typical Work Environment</b>	<ul style="list-style-type: none"> <li>■ 有持牌救生員當值之康樂及文化事務署、會所、健體中心及游泳會泳池 Swimming Pools of LCSD, Club Houses, Fitness Centres and Swimming Clubs with licensed lifeguards on duty</li> </ul>
<b>工作範圍</b> <b>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>■ 指導健康社群進行水中健體運動 Instruct healthy populations to do aquatic fitness exercise</li> <li>■ 設計及帶領群組形式的水中健體班組 Design and operate group aquatic fitness classes</li> </ul>
<b>資歷要求</b> <b>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「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</b> <b>Exam Specifications</b>	<ul style="list-style-type: none"> <li>■ 兩小時筆試(50-80 選擇題) 及實習試考核 2-hour Written (50-80 multiple choice questions) &amp; Practical Exam.</li> </ul>
<b>考試範圍</b> <b>Scope of Exam</b>	<p><b>筆試 Written Exam</b></p> <ul style="list-style-type: none"> <li>■ 水中健體運動基礎及進階解剖及運動生理學 (50%) The foundation on hydro-fitness exercise, advanced anatomy and exercise physiology (50%)</li> <li>■ 基本的音樂編排、步伐及基本動作、綜合動作及水中健體教學編排及技巧 (30%) Basic music phasing, basic moves, integrated moves and arrangement and techniques of teaching hydro-fitness class (30%)</li> <li>■ 上肢/下肢/脊椎關節疾病及基礎水中復康運動 (20%) Basic hydro therapy exercises for joint diseases in upper limbs/ lower limbs/ lumber (20%)</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 (50%) Aerobic dance instruction (50%)</li> <li>■ 肌肉鍛鍊教學 (50%) Muscle conditioning instruction (50%)</li> </ul>
<b>課程詳述</b> <b>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> </ul>
<b>語言</b> <b>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>領證要求</b> <b>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；Current Adult CPR or equivalent;</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；及 A valid“PFA Integrated Physical Fitness Abilities Assessment Scheme” result slip</li> </ul> <p>「PFA 體適能能力綜合評核計劃」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>費用</b> <b>Costs</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;"></th> <th style="width: 30%; text-align: center;">會員 Member</th> <th style="width: 30%; text-align: center;">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 style="text-align: center;">HK\$4,110.00</td> <td style="text-align: center;">HK\$4,390.00</td> </tr> <tr> <td>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>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>建議參考課本</b> <b>Recommended Study Materials</b>	<ul style="list-style-type: none"> <li>■ 水中健體導師手冊 Hydro-Fitness Instructor Manual  中國香港體適能總會編著及出版 香港 2017 年  [會員價 HK\$130；非會員價 HK\$150]  ( ISBN : 978-962-85378-5-3 )</li> </ul> 														
<b>證書有效期</b> <b>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</b> <b>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。