

戶外體適能導師證書 Outdoor Fitness Instructor Certification

<p>目標 Objectives</p>	<ul style="list-style-type: none"> ■ 探討與戶外體適能相關的科學原理和安全須知 Discuss scientific principles and safety consideration in relation to outdoor fitness ■ 分析不同種類的戶外體適能訓練方法 Analyze different methods of outdoor fitness training ■ 解構常見的戶外健體設施和工具 Deconstruct common outdoor fitness facilities and equipment ■ 教授如何設計及實施戶外訓練活動 Teach how to design and implement outdoor fitness activities ■ 討論如何預防和應對意外、損傷和危機 Discuss how to prevent and manage accidents, injuries and risks 												
<p>課程內容 Course Contents</p>	<ul style="list-style-type: none"> ■ 戶外體適能：定義、趨勢及特點 Outdoor fitness: definition, trends and characteristics ■ 科學原理：運動系統、能量代謝、運動處方、疲勞與恢復 Scientific principles: movement system, energy metabolism, exercise prescription, fatigue and recovery ■ 訓練法：持續訓練、循環訓練、間歇訓練、功能訓練、體重負荷訓練及交叉訓練 Training methods: Endurance, circuit, interval, functional, body weight & cross training ■ 實習體適能測試和可穿戴式運動監測技術 Field tests and wearable exercise monitoring technology ■ 戶外健體活動設計和實施：需求評估、課程大綱、課堂教案、課堂實施及事後檢討 Design and implementation of outdoor fitness activities: need assessment, programme outline, lesson plan, class implementation and class evaluation ■ 戶外健體設施及工具 Outdoor fitness facilities and equipment ■ 運動安全須知：熱壓、紫外線、惡劣天氣、環境安全、風險評估、意外和突發事件處理 Safety considerations: heat stress, ultraviolet, bad weather, environment safety, risk assessment, accident and emergency management 												
<p>課程對象 Candidate Profile</p>	<ul style="list-style-type: none"> ■ 體適能教練 Fitness Instructors ■ 體育教師 P.E. Teachers ■ 各類運動專項教練 Sports Coaches ■ 修讀體育、健康或運動科學大學學位的學生 Students studying P.E., health or exercise science related degrees ■ 健體愛好者 Fitness lovers 												
<p>工作環境 Typical Work Environment</p>	<ul style="list-style-type: none"> ■ 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 												
<p>工作範圍 Scope of Practice</p>	<ul style="list-style-type: none"> ■ 執行初步健康危險因素鑑別 Conduct risk factor stratification ■ 指導健康社群進行戶外體適能活動 Instruct healthy populations to do outdoor fitness exercise ■ 設計及帶領群組形式的戶外體適能活動 Competence in program design and operation of outdoor fitness activities 												
<p>資歷要求 Eligibility Requirements</p>	<ul style="list-style-type: none"> ■ 年齡十八歲或以上；及 Aged 18 years old or above; and ■ 持有本會「體適能基礎證書」或體育或運動科學學位或正修讀體育或運動科學學位學生(必須已完成相關學科)；及 Possessing “Physical Fitness Foundation Certificate” from PFA Or Bachelor degree in physical education / exercise science Or Evidence of studying bachelor programme in physical education / exercise science (must completed relevant subjects) ; and ■ 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 												
<p>考試詳述 Exam Specifications</p>	<ul style="list-style-type: none"> ■ 一小時筆試 (50 選擇題) 及實習試考核 2-hour written (50 multiple choice questions) & practical exam. 												
<p>課程詳述 Course Specifications</p>	<ul style="list-style-type: none"> ■ 理論、實習及教學課堂 Theoretical, Practical and Teaching Lessons ■ 必須完成所要求的教學實習及分組習作 Completion of required teaching practices and group assignment 												
<p>領證要求 Certification Collection Requirements</p>	<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"> ■ 有效的「成人心肺復甦法證書」或同等資歷；及 Current Adult CPR or equivalent; and ■ 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 <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>												
<p>語言 Medium of Instruction</p>	<ul style="list-style-type: none"> ■ 粵語 (按需要輔以英語) Cantonese (English as supplementary) 												
<p>費用 Costs</p>	<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 (包括講義費用) Course + Exam. (Handout included)</td> <td>HK\$4,110.00</td> <td>HK\$4,390.00</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 (包括講義費用) Course + Exam. (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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<p>證書有效期 Validation Period</p>	<ul style="list-style-type: none"> ■ 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) 												
<p>教學團隊 Teaching Team</p>	<ul style="list-style-type: none"> ■ 中國香港體適能總會委任講師 Appointed Lecturers of Physical Fitness Association of Hong Kong, China 												
<p>備註 Remarks</p>	<ul style="list-style-type: none"> ■ 此證書內容並沒有涵蓋任何長跑、水上、越野及山藝活動的教學指導 The content of this certification does not cover any teaching or instructions of distance running, water sports, cross-country and mountaineering activities. 												

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近年，本地運動風氣與日俱增。在 2019 新型冠狀病毒病的陰霾下，無論戶外或室內康體設施在疫情期間都全面關閉。過去多月，市民在抗疫期間無法如常前往各區康體設施進行體育運動，或許在身體機能上已出現大大小小的衰退。戶外體適能活動讓參與者接觸天然陽光，促進體內維他命 D 之合成，對骨骼健康大有裨益。另外，戶外體適能活動能提供更多機會讓人流汗散熱，促進體溫自我調節的生理機制。

The exercise culture in the local community has been positively developing for the past few years. Under the haze of COVID-19, nearly all of the outdoor or indoor sports and recreational facilities had been closed for a couple of months. The general public could not go out and utilize the sports and recreational facilities located in different districts as usual. That might cause a certain extent of deterioration among their physical functions. Outdoor fitness activities allow participants to get closer to the natural sunlight, promoting the biosynthesis of vitamin D in human body. It is very important to the musculoskeletal health. In addition, outdoor fitness activities also facilitate the thermoregulatory system of participants, providing the opportunity of normal sweating.

截至 2016 年底，康樂及文化事務署轄下已有超過 460 個戶外康樂場地，提供二千至三千個戶外健體設施予市民使用。再加上香港房屋委員會轄下的公共屋邨及居屋屋苑、香港房屋協會的屋邨及屋苑，甚至私人發展商的大型屋苑等，都設有各具特色的戶外康體設施，粗略估計整體數目數以萬計。更重要的是，相對於室內體適能活動而言，戶外體適能活動時間限制較少，經濟成本亦都比較低。由此可見，戶外體適能活動極具發展潛力，應該被受體適能業界重視。

Up till the end of 2016, Leisure and Cultural Services Department operate over 460 outdoor recreational venues in which two to three thousand outdoor fitness facilities are in service. Taking other outdoor fitness facilities owned by Hong Kong Housing Authority, Hong Kong Housing Society as well as the private residential properties into account, it is expected that there are nearly ten thousand facilities as a whole. Most importantly, compared to indoor fitness activities, the time restriction and economic cost associating with outdoor fitness activities seem to be little. As a result, outdoor fitness will be very prospective and should be highly recognized by the fitness industry.

要設計和組織周詳且完備的戶外體適能訓練方案，導師需要具備專門的理論知識和實務技巧。本會因應社會需要，特地在疫情稍稍緩和之際，推出該全新導師證書課程。我們盼望藉此鼓勵戶外健體愛好者、現職體適能導師和運動教練裝備自己，加入戶外體適能訓練的行列。

Designing and organizing a comprehensive and thorough outdoor fitness training plan is not an easy task. The instructor has to acquire specialized knowledge and practical skills. In response to the demand of the society, PFA specially launch this brand-new instructor certification course at the moment when COVID-19 has started to be alleviated. All fitness lovers, practicing fitness instructors and sports coaches are welcome to join and well prepare themselves for the outdoor fitness training career.

- 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。