


體適能測試領袖證書 Physical Fitness Assessment Leader Certification

目標 Objectives	<ul style="list-style-type: none"> ■ 培訓合資格的體適能測試領袖 Provide professional training to candidates who intend to be physical fitness assessment leaders ■ 教授學員有關體適能測試的基礎理論 Equip candidates with necessary basic theory relevant to the practice of physical fitness assessment leaders ■ 教授體適能測試的方法 Teach candidates assessment procedures and methods ■ 指導學員組織各類型體適能測試活動 Teach candidates to organize fitness assessment activities 												
課程內容 Course Contents	<ul style="list-style-type: none"> ■ 健康體適能概念：健康體適能四大元素 Concept of health-related fitness: the Four Elements of health-related fitness ■ 體適能測試及評估基礎理論：功能、分類、程序、紀錄及終止測試指引 Basic theories of fitness assessment: function, classification, procedures, documentation and test termination guidelines ■ 心肺功能測試：靜態心跳率/血壓、三分鐘踏台階測試、一哩步行測試或 12 分鐘耐力跑測試及十五米漸進式心肺耐力測試 Cardiovascular endurance tests: Resting Heart Rate/ Blood Pressure, 3-minutes Step Test, 1-mile Walk Test/ 12-minutes Endurance Test & 15-meter Progressive Aerobic Cardiovascular Endurance Run (PACER) ■ 肌力及肌耐力測試：手握力測試、仰臥起坐測試及掌上壓測試 Muscle strength and endurance tests: Handgrip Test, Sit-up Test & Push-up Test ■ 柔軟度測試：坐體前伸測試及 YMCA 坐體前伸測試 Flexibility tests: Sit-and-Reach Test & YMCA Sit-and-Reach Test ■ 身體肥瘦組合測試：體重質量指數、腰圍量度、皮摺測量、 ■ 生物電子抗阻分析 Body composition tests: Body Mass Index, Waist Circumference Measurement, Skinfold Measurement, Bioelectrical Impedance Analysis (BIA) 												
課程對象 Course Candidate	<ul style="list-style-type: none"> ■ 高中/大專學生 Students of secondary colleges and tertiary institutes ■ 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/健身中心從業員 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 												
工作範圍 Scope of Practice	<ul style="list-style-type: none"> ■ 執行基本的健康體適能測試 Conduct basic health-related fitness tests ■ 籌劃基本的健康體適能測試活動 Plan basic health-related fitness testing activities 												
資歷要求 Eligibility Requirements	<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」 Possessing "Physical Fitness Foundation Certificate" from PFA 												
考試詳述 Exam Specifications	<ul style="list-style-type: none"> ■ 一小時筆試 (40-60 選擇題) 及實習試考核 1-hour Written (40-60 multiple choice questions) & Practical Exam. 												
課程詳述 Course Specifications	<ul style="list-style-type: none"> ■ 十四小時理論及實習課堂 14-hour lectures, practical and teaching practices ■ 必須一年內完成六/九小時體適能測試的社會服務 Completion of 6/9-hour placement within one year 												
領證要求 Certification Collection Requirements	學員須於領取證書時，同時出示以下項目之有效正本： Students must present the following valid original when collecting the certificate: <ul style="list-style-type: none"> ■ 一年內完成六/九小時體適能測試證明文件正本 Proof of completion of 6/9-hour placement (within one year) 												
語言 Medium of instruction	<ul style="list-style-type: none"> ■ 粵語 (按需要輔以英語) Cantonese (English as supplementary) 												
費用 Costs	<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\$1,590.00</td> <td style="text-align: center;">HK\$1,980.00</td> </tr> <tr> <td>筆試 Written Exam. Only</td> <td style="text-align: center;">HK\$140.00</td> <td style="text-align: center;">HK\$270.00</td> </tr> <tr> <td>實習試 Practical Exam. Only</td> <td style="text-align: center;">HK\$590.00</td> <td style="text-align: center;">HK\$690.00</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\$1,590.00	HK\$1,980.00	筆試 Written Exam. Only	HK\$140.00	HK\$270.00	實習試 Practical Exam. Only	HK\$590.00	HK\$690.00
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證書有效期 Validation Period	<ul style="list-style-type: none"> ■ 永久 Permanent 												
教學團隊 Teaching Team	<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 												

- 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。