

優質健行領袖證書 Quali-Walk Leader Certification

| 目標 Objectives | <ul style="list-style-type: none"> ■ 培訓合資格的優質健行領袖 Train qualified quali-walk leaders ■ 提供步行運動的運動科學知識 Explore exercise science in walking ■ 指導學員評估心肺耐力的方法 Educate the methods to evaluate cardiorespiratory endurance ■ 教授學員策劃、設計及帶領優質健行運動班的技巧 Educate the skills and techniques in planning, designing and leading quali-walk exercise classes | | | | | | | | | | | | |
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| 課程內容 Course Contents | <ul style="list-style-type: none"> ■ 步行動作的分析 Analysis of walking ■ 優質健行的動作要點：步幅、步頻及上肢動作 Key elements of quali-walk: step length, stride frequency and movements of upper limbs ■ 天氣及裝備的配合：水分的補充及步行鞋的選擇 Weather and training equipment: fluid replacement and choosing walking shoes ■ 評估心肺耐力的方法：心跳率量度及一哩步行測試方法 Evaluation of cardiorespiratory endurance: heart rate measurement and 1-mile walk test ■ 優質健行運動班的課堂組織及教學技巧 Class organization and teaching skills | | | | | | | | | | | | |
| 課程對象 Candidate Profile | <ul style="list-style-type: none"> ■ 高中/大專學生 Students of secondary colleges and tertiary institutes ■ 體育教師、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/ 健體中心從業員 Individuals 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 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 | | | | | | | | | | | | |
| 工作環境 Typical Work Environment | <ul style="list-style-type: none"> ■ 康樂及文化事務署、非政府機構、學校及社區中心 L.C.S.D., non-government organizations, schools and community settings | | | | | | | | | | | | |
| 工作範圍 Scope of Practice | <ul style="list-style-type: none"> ■ 執行初步健康危險因素鑑別 Conduct risk factor stratification ■ 指導健康社群進行步行運動 Instruct healthy populations to do walking exercise ■ 執行步行測試及訓練處方 Conduct fitness walking test and exercise program | | | | | | | | | | | | |
| 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"> ■ 筆試及實習試考核 Written & Practical Exam. | | | | | | | | | | | | |
| 課程詳述 Course Specifications | <ul style="list-style-type: none"> ■ 理論及實習課堂 Lectures & practicum | | | | | | | | | | | | |
| 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"> <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\$1,590.00</td> <td>HK\$1,980.00</td> </tr> <tr> <td>筆試 Written Exam. Only</td> <td>HK\$140.00</td> <td>HK\$270.00</td> </tr> <tr> <td>實習試 Practical Exam. Only</td> <td>HK\$590.00</td> <td>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。