

壓力處理及身心舒緩導師證書
Stress Management & Mind-Body Relaxation Instructor Certification

目標 Objectives	<ul style="list-style-type: none"> 教授有關人體對壓力的生理及心理反應 Educate the body's physiological and psychological responses to stress 指導學員評估及辨識壓力的程度及成因 Instruct students to assess and identify the stress level and the stressors 教授學員策劃、設計及帶領壓力處理及鬆弛活動所需的心態、知識及技術 Educate students with appropriate attitudes, knowledge and skills to plan, design and lead stress management and relaxation activities 												
課程內容 Course Contents	<ul style="list-style-type: none"> 壓力理論: 基本概念、壓力來源、生理及心理反應 Stress theory: fundamental concepts, sources, physiological and psychological responses 各種常見之鬆弛技巧(理論及實踐) Various relaxation techniques (Theory & Practice) 認知行為治療的概念及基本應用 Introduction of cognitive behavioural therapy and basic applications 壓力處理與運動處方 Stress management and exercise prescription 導師的個人身心照護及合適形象的重要性 The importance of mind-body self-care and appropriate image of the instructors 課堂策劃、設計及教學方法 Classroom planning, design and teaching methods 構成壓力的因素與其相關的身心疾病 Factors contributing to stress and related physical and mental illness 壓力的評估方式: 問卷測試及生物回饋法 Methods for assessing stress: questionnaire and biofeedback techniques 												
課程對象 Course Candidate	<ul style="list-style-type: none"> 現職器械健體及有氧運動教練 Resistance Training and Aerobic 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 醫護人員、物理治療師及健康體適能專業人員 Medical professionals, physiotherapists and other health and fitness professionals 												
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、社區中心、會所及健體中心 L.C.S.D., Non-Government Organizations, Schools, Community settings, Club Houses & Fitness Centres 												
工作範圍 Scope of Practice	<ul style="list-style-type: none"> 評估精神壓力及肌肉張力狀況 Competence in assessing stress and muscle tension 設計及帶領群組形式的鬆弛運動班組 Competence in program design and execution of group physical relaxation classes 												
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」；及 Possessing "Physical Fitness Foundation Certificate" from PFA; and 持有「成人心肺復甦法證書」或同等資歷 Possessing Current Adult CPR or equivalent 												
考試詳述 Exam Specifications	<ul style="list-style-type: none"> 個人練習紀錄、筆試及教學實習評估 Personal practice record, written exam & practical skills assessments 												
課程詳述 Course Specifications	<ul style="list-style-type: none"> 理論、實習及教學課堂 Theoretical, practical and lecturing sessions 												
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></th> <th style="text-align: center;">會員 Member</th> <th style="text-align: center;">非會員 Non-member</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">實務技巧評估 Practical Test. 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	實務技巧評估 Practical Test. Only	HK\$880.00	HK\$990.00
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證書有效期 Validation Period	<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) 												
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。

簡介

香港的生活節奏急速，家庭、學業、事業、人際關係及感情生活等各方面均對人造成不同程度的精神壓力。醫學研究表明，精神壓力會削減免疫機能，壓力大的人常常感到精神緊張或失眠，嚴重的精神壓力會引發身心疾病，如高血壓、糖尿病、冠心病及消化道疾病等病症。人們皆希望尋找不同的方法，放鬆自己，減低精神壓力對身心所造成的損害。

本課程的宗旨乃培訓合資格的壓力處理及身心舒緩導師，指導市民正確進行鬆弛身心的活動，提升個人關注自身全人康健的意識。本會期望透過理論及實習課堂，剖析面對過大精神壓力人士的心理和生理特徵，並教授學員如何評估及分析壓力的方法。此外，課程亦會重點教授不同的放鬆技巧，以指導學員如何於教授身心康健相關的訓練課堂加入壓力處理及鬆弛技巧元素。

學員完成此課程，再通過筆試及實務技巧的評核，便會獲頒中國香港體適能總會所發的『壓力處理及身心舒緩導師證書』，有效期為四年。本會的證書得到本地各大公營或私營機構的認可，包括康樂及文化事務署及政府各大紀律部門。故此，報讀本課程是投身身心康健專業的正确之選。

Introduction

Hong Kong has a fast pace of life. Family, study, career, interpersonal relationships and emotional life all cause different levels of mental stress to people. Medical research shows that mental stress can reduce immune function. People with high stress often feel nervous or insomnia. Severe mental stress can cause physical and mental illnesses, such as high blood pressure, diabetes, coronary heart disease and digestive tract diseases. People all hope to find different ways to relax themselves and reduce the damage caused by mental stress to the body and mind.

The purpose of this course is to train qualified stress management and mind-body relaxation instructors to guide the public to properly carry out relaxation activities and enhance personal awareness of paying attention to their own holistic health. The Association hopes to analyze the psychological and physiological characteristics of people facing excessive mental stress through theoretical and practical classes, and teach students how to assess and analyze stress. In addition, the course will also focus on teaching different relaxation techniques to guide students on how to incorporate stress management and relaxation techniques into training classes related to physical and mental health.

After completing this course and passing the written examination and practical skills assessment, students will be awarded the "Stress Management and Mind-body Relaxation Instructor Certificate" issued by the Physical Fitness Association of Hong Kong, China, which is valid for four years. The association's certificates are recognized by major local public or private organizations, including the Leisure and Cultural Services Department and major governmental departments and disciplinary forces. Therefore, enrolling in this course is the right choice to join the physical and mental health profession.