

伸展訓練導師證書 Stretching Instructor Certification

目標 Objectives	<ul style="list-style-type: none"> ■ 培訓合資格的伸展訓練導師 Provide professional training to candidates who intend to be Stretching Instructor ■ 提供伸展訓練導師應具備的運動科學知識 Explore sport science in Stretching instructor ■ 教授學員策劃、設計及帶領群組式伸展訓練運動課堂的技巧 Teach candidates to plan, design and lead different types of stretching exercise activities 												
課程內容 Course Contents	<ul style="list-style-type: none"> ■ 伸展的理論綱要及執行要點 Theoretical outline and implementation points of stretching ■ 實地肌肉長度檢查 Muscle Length Testing-Field Screening ■ 身心整合概念在體適能訓練中的應用 Application of the concept of mind-body integration in physical fitness training ■ 功能訓練的概念 The concept of functional training ■ 身體構圖 Body composition ■ 動作意圖/身體使用 Movement intent/body usage ■ 呼吸的體認與探索 Recognition and exploration of breathing ■ 功能性伸展及肌肉鍛鍊 Functional stretching and muscle building ■ 身心整合與運動治療 Mind-body integration and exercise therapy 												
課程對象 Course Candidate	<ul style="list-style-type: none"> ■ 大專畢業生 Graduates of Tertiary Institutes ■ 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 ■ 體育教師 P.E. Teachers ■ 各類運動專項教練 Sports Coaches ■ 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 ■ 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 												
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、社區中心、會所及健體中心 L.C.S.D., non-government organizations, community settings, club houses and fitness centres 												
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"> ■ 兩小時筆試(50-80 選擇題)及實習試考核 2-hours Written (50-80 multiple choice questions) and Practical Exam. 												
課程詳述 Course Specifications	<ul style="list-style-type: none"> ■ 理論及實習及相應實習時數 Theoretical and Practical, and related-hourly placement 												
領證要求 Certification Collection Requirements	<p>學員須於領取證書時，同時出示以下三項之有效正本： <u>Students must present the following three 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；及 A valid “PFA Integrated Physical Fitness Abilities Assessment Scheme” result slip; and ■ 於應考日期後兩年內完成六小時教學實習證明文件正本 Proof of 6 hours of practicum (required within 2 years) <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>												
語言 Medium of instruction	<ul style="list-style-type: none"> ■ 粵語及國語 (按需要輔以英語) Cantonese and Mandarin (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>課程 + 考試 Course + Exam. (包括講義費用 Handout included)</td> <td style="text-align: center;">HK\$4,600.00</td> <td style="text-align: center;">HK\$4,950.00</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\$4,600.00	HK\$4,950.00	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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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 												

***備註：此課程之取錄非先報先得，建議有伸展訓練經驗者報讀**

- 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。