

## 體適能基礎證書 Physical Fitness Foundation Certification

目標 Objectives	<ul style="list-style-type: none"><li>■ 教育有關體適能的基本概念及訓練原理 Educate the basic concepts of physical fitness and training principles</li><li>■ 為準備報讀各項體適能領袖、導師及私人體適能教練課程的人士，提供基礎的運動科學知識 Provide the basic knowledge in exercise science for those preparing to take various fitness leader, instructor and personal fitness trainer courses</li><li>■ 讓愛好運動者了解運動與健康的關係 Allow exercise-lovers to understand the relationship between exercise and health</li></ul>										
課程內容 Course Contents	<ul style="list-style-type: none"><li>■ 體適能、健康及身心康盛的基本概念；壓力處理及鬆弛技巧介紹 Basic concepts of physical fitness, health and wellness, introduction to stress management and relaxation techniques</li><li>■ 基礎運動科學：解剖學及人體各系統運作 Basic exercise science: anatomy and functions of different systems in human body</li><li>■ 運動生理學：能量系統及與運動相關的生理反應 Exercise physiology: energy systems and exercise-related physiological responses</li><li>■ 心肺耐力的訓練原則 Training principles of cardio-respiratory fitness</li><li>■ 身體肥瘦組合與體重控制 Body composition and weight management</li><li>■ 營養與健康 Nutrition and health</li><li>■ 肌肉適能及柔軟度的訓練原則 Training principles of muscular fitness and flexibility</li><li>■ 運動安全守則、運動創傷處理及體適能測試介紹 Exercise safety, sports injury management and introduction to physical fitness testing</li></ul>										
課程對象 Course Candidate	<ul style="list-style-type: none"><li>■ 高中/大專學生 Students of secondary colleges and tertiary institutes</li><li>■ 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</li><li>■ 社福機構及健康服務單位員工 Individuals working in non-government organizations and healthcare service units</li><li>■ 有志投身體適能行業的人士 Individuals targeting to develop career in fitness industry</li><li>■ 愛好運動的各行業人士 Individuals who are interested in sports and exercise</li></ul>										
資歷要求 Eligibility Requirements	<ul style="list-style-type: none"><li>■ 年齡十七歲或以上；及 Aged 17 years old or above; and</li><li>■ 具中五或以上教育程度或具相關體適能的經驗 With Form Five or above Education Level or equivalent experience in physical fitness</li><li>■ 如報讀課程或有關考試者，必須連同中五或以上學歷證明副本一併遞交 Applicants must provide academic proof (in hard/ soft copy) during application</li></ul>										
考試詳述 Exam Specifications	<ul style="list-style-type: none"><li>■ 兩小時筆試（100 題選擇題） 2-hour written exam (100 multiple choice questions)</li></ul>										
課程詳述 Course Specifications	<ul style="list-style-type: none"><li>■ 二十四小時理論課堂 24-hour lectures</li></ul>										
語言 Medium of instruction	<ul style="list-style-type: none"><li>■ 粵語（按需要輔以英語）Cantonese (English as supplementary)</li></ul>										
費用 Costs	<table><thead><tr><th></th><th>會員 Member</th><th>非會員 Non-member</th></tr></thead><tbody><tr><td>課程 + 筆試 Course + Exam. (已包括教科書費用 Textbook included)</td><td>HK\$1,750.00</td><td>HK\$1,980.00</td></tr><tr><td>只報筆試 Written 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 + 筆試 Course + Exam. (已包括教科書費用 Textbook included)	HK\$1,750.00	HK\$1,980.00	只報筆試 Written Exam. Only	HK\$590.00	HK\$690.00
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建議參考課本 Recommended Study Materials	<ul style="list-style-type: none"><li>■ 體適能導師綜合理論 中國香港體適能總會出版 香港 2017 年 [費用：\$250(會員)；\$280(非會員)] ISBN：978-962-85378-3-9</li></ul>										
證書有效期 Validation Period	<ul style="list-style-type: none"><li>■ 永久 Permanent</li></ul>										
教學團隊 Teaching Team	<ul style="list-style-type: none"><li>■ 中國香港體適能總會委任講師 Appointed lecturers of Physical Fitness Association of Hong Kong, China</li></ul>										



- 此課程全以理論課模式上課。
- 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。