

專業證書 Professional Certification

兒童體適能導師證書 Children Fitness Instructor Certification

<p>目標 Objectives</p>	<ul style="list-style-type: none"> ■ 培訓合資格的兒童體適能導師 Train qualified children fitness instructor ■ 教授有關 3-12 歲兒童成長的各方面成長里程 Educate the growth process of children aged 3-12. ■ 教授有關 3-12 歲兒童體適能的基礎概念 Educate the basic concepts of physical fitness of children aged 3-12. ■ 兒童體適能運動的教學方法 Teaching methodologies of children fitness class ■ 教授學員策劃、設計及帶領兒童健體班的技巧 Educate students the techniques to plan, design and lead children fitness class 												
<p>課程內容 Course contents</p>	<ul style="list-style-type: none"> ■ 成長與發展概論：因素、階段及範疇 Introduction to growth and development: factors, stages and categories ■ 運動機能的控制與運動機能的學習概論 introduction to motor control and motor learning ■ 兒童的運動機能發展：原理及發展里程 Children's motor control development: mechanism and stages ■ 兒童的生理發展：骨骼、肌肉、心肺、神經、感官及其他功能系統 Children's physiological development: skeletal, muscular, cardiorespiratory, neuroscience, sensory and other systems ■ 兒童的心理、認知及社交發展 Children's psychological, cognitive and social development ■ 兒童體適能活動的發展：價值、測試及評估、訓練原理 Development of children fitness activities: values, testing and evaluation, training principles ■ 兒童體適能活動的教案規劃及教學技巧：遊戲、活動模式、教案規劃、教材及教具運用、家長教育與介入 Lesson planning and teaching skills of children fitness class: games, activities format, lesson plan, use of teaching materials and parents' education and intervention 												
<p>應試者資料 Candidate Profile</p>	<ul style="list-style-type: none"> ■ 幼稚園教師及幼兒活動工作者 Teachers in kindergartens and workers of children activities ■ 現職器械健體及健體舞教練 Resistance training / Aerobic dance instructors ■ 小學教師 Primary school teachers ■ 體育老師 P.E. teachers ■ 各類運動專項教練 Sports coaches ■ 有志投身幼兒教育及工作的人士 Individuals targeting to develop career in childhood education 												
<p>工作環境 Typical Work Environment</p>	<ul style="list-style-type: none"> ■ 康樂及文化事務署、非政府機構、幼兒中心、學校、社區中心、會所及健體中心 L.C.S.D., non-government organizations, children centres, schools, community settings, club houses and fitness centres 												
<p>工作範圍 Scope of Practice</p>	<ul style="list-style-type: none"> ■ 指導兒童(三至十二歲)進行健體運動 Instruct children (3-12 years old) to do fitness exercise ■ 設計及帶領群組形式的兒童健體班組及遊戲小組 Competence in program design and operation of group children fitness classes and play groups ■ 透過體適能活動促進全人發展 Promote holistic development through physical activities 												
<p>資歷要求 Eligibility Requirements</p>	<ul style="list-style-type: none"> ■ 年齡十八歲或以上 Aged 18 years old or above ■ 持有本會「體適能基礎證書」 Possessing "Physical Fitness Foundation Certificate" from PFA ■ 成人心肺復甦法證書或同等資歷 Current Adult CPR or equivalent 												
<p>考試詳述 Exam Specifications</p>	<ul style="list-style-type: none"> ■ 兩小時筆試 (50-80 選擇題) 及實習試考核 2-hour Written (50-80 multiple choice questions) & Practical Exam. ■ 必須於兩年內完成六小時教學實習及習作 6 hours of practicum is required within 2 years 												
<p>課程詳述 Course Specifications</p>	<ul style="list-style-type: none"> ■ 三十六小時理論、實習及教學課堂 36-hour Theoretical, Practical and Teaching Lessons 												
<p>PFA 體適能綜合評核 PFA Integrated Physical Fitness Abilities Assessment</p>	<ul style="list-style-type: none"> ■ 學員於領取證書時，須同時出示以下兩項之有效成人心肺復甦法證書或同等資歷正本、通過本會的「PFA 體適能綜合能力評核計劃」成績單正本及兩年內完成六小時教學實習證明文件正本 Students have to present a current Adult CPR or equivalent, a valid "PFA Integrated Physical Fitness Abilities Assessment Scheme" result slip, and 6 hours of practicum (required within 2 years) certified document(s) when collecting the certificate. ■ 於報讀課程前出示有效之評核成績可獲優先考慮。 Priority is given to those who presents valid assessment result when submitting application. ■ 評核項目 Assessment items: <ol style="list-style-type: none"> 1. 皮摺厚度 Skinfold Measurement 2. 漸進式來回跑測試 Progressive Aerobic Cardiovascular Endurance Run (PACER) 3. 節奏式仰臥捲腹 Cadence Curl Up 4. 掌上壓 Push Up 5. 立定跳高 Vertical Jump 6. 修改式坐前伸 Modified Sit-and-Reach ■ 評核要求之詳情請參閱本網站。 Please refer to PFA website for the details of assessment criteria. 												
<p>語言 Medium of Instruction</p>	<ul style="list-style-type: none"> ■ 粵語 (按需要輔以英語) Cantonese (English as supplementary) 												
<p>費用 Costs</p>	<table border="1" style="width: 100%; text-align: center;"> <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\$3,750.00</td> <td>HK\$4,000.00</td> </tr> <tr> <td>筆試 Written Exam. Only</td> <td>HK\$540.00</td> <td>HK\$630.00</td> </tr> <tr> <td>實習試 Practical Exam. Only</td> <td>HK\$800.00</td> <td>HK\$900.00</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\$3,750.00	HK\$4,000.00	筆試 Written Exam. Only	HK\$540.00	HK\$630.00	實習試 Practical Exam. Only	HK\$800.00	HK\$900.00
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<p>證書有效期 Validation Period</p>	<ul style="list-style-type: none"> ■ 四年 4 years 												
<p>教學團隊 Teaching Team</p>	<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 												