

# 專業證書 Professional Certification

## 二級 PFA 私人體適能教練證書 PFA Personal Fitness Trainer (Level II) Certification

目標 Objectives	<ul style="list-style-type: none"> <li>■ 培訓高質素的私人體適能教練 Train high-quality personal fitness trainer</li> <li>■ 裝備教練在制定個人及多元化的運動處方時所需的獨特知識及技巧 Equip trainer with the knowledge and techniques necessary for designing individualized exercise programmes</li> </ul>												
課程內容 Course Contents	<ul style="list-style-type: none"> <li>■ 私人體適能教練職業規範及專業守則、儀容、表達及溝通技巧 Codes of ethics, appearance and communication skills of fitness trainer</li> <li>■ 私人體適能服務的市場推廣、銷售及顧客服務 Marketing, sales and customer services of personal fitness training services</li> <li>■ 初步健康評鑑：PAR-Q、生活習慣及病歷背景資料搜集及個案評估 Preliminary health screening: PAR-Q, lifestyle, medical history and case assessment</li> <li>■ 健康體適能測試及姿態評估 Health fitness testing and postural assessment</li> <li>■ 目標制定及運動編排 Goal settings and exercise programming</li> <li>■ 行為改變、推動及激勵技巧 Behavioral modifications and motivational skills</li> <li>■ 私人化的健身室器械訓練原理 Individualized training in fitness room settings</li> <li>■ 特殊社群(例如肥胖人士、長者、病況已受控制的長期病患者等)的個別運動處方及注意事項 Individualized exercise prescriptions of special population (e.g. people with obesity and controlled chronic illness) and special considerations</li> <li>■ 參觀不同類型健身中心服務 Site visits to different fitness centers</li> </ul>												
應試者資料 Candidate Profile	<ul style="list-style-type: none"> <li>■ 現職私人教練及器械健體教練 Practising personal training and fitness instructors</li> <li>■ 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</li> <li>■ 有志投身私人體適能教練工作的人士 Individuals targeting to develop career in personal fitness training</li> </ul>												
工作環境 Typical Work Environment	<ul style="list-style-type: none"> <li>■ 非政府機構、社區中心、會所及健體中心 Non-Government Organizations, Community settings, Club Houses and Fitness Centres</li> </ul>												
工作範圍 Scope of Practice	<ul style="list-style-type: none"> <li>■ 執行初步健康危險因素鑑別 Conduct risk factor stratification</li> <li>■ 指導健康社群及特殊社群(肥胖人士、長者、病況已受控制的長期病患者等)進行個別性的體適能鍛鍊計劃 Provide personal fitness program to healthy individuals and special populations (Obese, elderly, people with controlled chronic diseases)</li> <li>■ 評估體適能狀況及給予運動詳盡的處方 Perform fitness evaluation and makes specific exercise prescriptions</li> </ul>												
資歷要求 Eligibility Requirements	<ul style="list-style-type: none"> <li>■ 持有本會「器械健體導師證書」 Possessing “Resistance Training Instructor Certificate” from PFA</li> <li>■ 持有本會「體適能測試領袖證書/高級體適能測試領袖證書」/ 美國運動醫學會健康體適能專家證書 (其中一項) Possessing “Physical Fitness Assessment Leader / Physical Fitness Assessment Leader (Advanced Level) Certificate” from PFA or ACSM Health Fitness Specialist Certificate (Either ONE)</li> <li>■ 通過本會的「PFA 體適能綜合評核」 Passing PFA Integrated Physical Fitness Abilities Assessment</li> <li>■ 成人心肺復甦法證書或同等資歷 Current Adult CPR or equivalent</li> </ul>												
考試詳述 Exam Specifications	<ul style="list-style-type: none"> <li>■ 筆試、實習試考核及完成 15 小時實習 Written &amp; Practical Exam. and completed 15 hours of fieldwork</li> </ul>												
課程詳述 Course Specifications	<ul style="list-style-type: none"> <li>■ 二十四小時理論及實習課堂 24-hour Lectures &amp; Practicums</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>												
PFA 體適能綜合評核 PFA Integrated Physical Fitness Abilities Assessment	<ul style="list-style-type: none"> <li>■ 學員於領取證書時，須同時出示有效成人心肺復甦法證書或同等資歷正本及通過本會的「PFA 體適能綜合能力評核計劃」成績單正本 Students have to present a current Adult CPR or equivalent and a valid “PFA Integrated Physical Fitness Assessment Scheme” result slip <b>when collecting the certificate.</b></li> <li>■ 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.</li> <li>■ 評核項目 Assessment items: <ol style="list-style-type: none"> <li>1. 皮摺厚度 Skinfold Measurement</li> <li>2. 漸進式來回跑測試 Progressive Aerobic Cardiovascular Endurance Run (PACER)</li> <li>3. 節奏式仰臥捲腹 Cadence Curl Up</li> <li>4. 掌上壓 Push Up</li> <li>5. 立定跳高 Vertical Jump</li> <li>6. 修改式護脊坐前伸 Modified back-saver Sit-and-Reach</li> </ol> </li> <li>■ 評核要求之詳情請參閱本網站。 Please refer to PFA website for the details of assessment criteria.</li> </ul>												
費用 Costs	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;"></th> <th style="width: 25%; text-align: center;">會員 Member</th> <th style="width: 25%; 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\$4,120.00</td> <td style="text-align: center;">HK\$4,510.00</td> </tr> <tr> <td>筆試 Written Exam. Only</td> <td style="text-align: center;">HK\$540.00</td> <td style="text-align: center;">HK\$630.00</td> </tr> <tr> <td>實習試 Practical Exam. Only</td> <td style="text-align: center;">HK\$800.00</td> <td style="text-align: center;">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\$4,120.00	HK\$4,510.00	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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證書有效期 Validation Period	<ul style="list-style-type: none"> <li>■ 四年 4 years</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>												

## 簡介

過往的「PFA 私人體適能教練證書」於 2011 年起進行革新，在新的課程架構下，私人體適能教練證書現分為二級制，即「一級 PFA 私人體適能教練證書」及「二級 PFA 私人體適能教練證書」。

符合指定資歷要求的導師須先報讀「二級 PFA 私人體適能教練證書」，待取得該證書後，導師累積相關的資歷及教學經驗後可獲本會頒發的「一級 PFA 私人體適能教練證書」。