

專業證書 Professional Certification

老人健體導師證書 Elderly Fitness Instructor Certification

目標 Objectives	<ul style="list-style-type: none"> ■ 培訓合資格的老人健體導師 Train qualified elderly fitness instructor ■ 認識高齡人士的心理和生理特徵 Understand the physiological and psychological characteristics of elderly ■ 教授健康老化的概念 Educate the concept of healthy aging ■ 教授適合高齡人士進行的徒手體操及健體運動方法 Educate fitness exercises which are appropriate for the elderly ■ 教授學員策劃、設計及帶領老人健體班的技巧 Educate the techniques to plan, design and lead elderly fitness class 												
課程內容 Course Contents	<ul style="list-style-type: none"> ■ 健康老化概念：老化的生理及心理進程 Concepts of healthy aging: physiological and psychological processes of aging ■ 長者溝通及指導技巧 Communication and instructional skills in elderly ■ 健體班的策劃、設計及教學方法 Planning, organizing and teaching elderly fitness class ■ 徒手體操及健體運動方法 Techniques in body weight exercise and fitness exercise ■ 基本臨床老人病學 Basic clinical gerontology ■ 長者跌倒問題 Fall prevention in elderly ■ 安老服務及社區資源 Elderly services and community resources 												
應試者資料 Candidate Profile	<ul style="list-style-type: none"> ■ 現職器械健體及健體舞教練 Resistance training / Aerobic dance instructors ■ 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 ■ 社福機構及健康服務單位員工 Individuals working in non-government organizations and healthcare service units 												
工作環境 Typical Work Environment	<ul style="list-style-type: none"> ■ 康樂及文化事務署、非政府機構及社區中心 L.C.S.D., non-government organizations and community settings 												
工作範圍 Scope of Practice	<ul style="list-style-type: none"> ■ 執行初步健康危險因素鑑別 Conduct risk factor stratification ■ 指導長者進行健體運動 Instruct senior populations to do fitness exercise ■ 設計及帶領群組形式的長者健體班組 Program design and operation of group elderly fitness classes ■ 評估長者體適能狀態及建立運動處方 Fitness testing and comprehensive exercise prescription in elderly populations 												
資歷要求 Eligibility Requirements	<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 ■ 持有本會「器械健體導師證書」或「健體舞導師證書」可獲優先考慮 Preferably possessing “Resistance Training Instructor Certificate” or “Aerobic Dance Instructor Certificate” from PFA ■ 通過本會的「PFA 體適能綜合評核」 Passing PFA Integrated Physical Fitness Abilities Assessment 												
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-hour written (50-80 multiple choice questions) & practical exam. ■ 必須完成所要求的教學實習及習作 Completed practicum and homework 												
課程詳述 Course Specifications	<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 												
語言 Medium of instruction	<ul style="list-style-type: none"> ■ 粵語 (按需要輔以英語) Cantonese (English as supplementary) 												
PFA 體適能綜合評核 PFA Integrated Physical Fitness Abilities Assessment	<ul style="list-style-type: none"> ■ 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 Abilities Assessment Scheme” result slip 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. 修改式護脊坐前伸 Modified back-saver 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. 												
費用 Costs	<table border="1" 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 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\$3,750.00</td> <td style="text-align: center;">HK\$4,000.00</td> </tr> <tr> <td style="text-align: center;">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 style="text-align: center;">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\$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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證書有效期 Validation Period	<ul style="list-style-type: none"> ■ 四年 4 years 												
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 												