


水中健體導師證書 Hydro-Fitness Instructor Certification

目標 Objectives	<ul style="list-style-type: none"> ■ 培訓合資格的水中健體導師 Train qualified hydro-fitness instructor ■ 教授有關水中健體導師應具備的水中運動科學知識 Educate the knowledge of exercise science relevant to hydro-fitness ■ 指導學員帶領水中 aerobic 運動及肌肉鍛鍊的方法 Instruct—the methodologies of leading aerobic exercise and muscle conditioning in water ■ 教授學員策劃、設計及帶領水中健體運動班的技巧 Educate the techniques in planning, designing and leading hydro-fitness exercise classes
課程內容 Course Contents	<ul style="list-style-type: none"> ■ 水中健體運動基礎：安全守則、場地、設備、器材的準備及程序 Foundation on hydro-fitness exercise: safety guidelines, venue, facilities and equipment ■ 進階解剖及運動生理學：肌肉解剖、關節活動形態及水中的生理反應 Advanced anatomy and exercise physiology: muscle anatomy, movement of joints and physiological reaction in water ■ 基本的音樂編排 Basic music phasing ■ 步伐及基本動作 Basic moves ■ 綜合動作 Integrated moves ■ 水中健體教學編排及技巧 Arrangement and techniques in teaching hydro-fitness class ■ 上肢/下肢/脊椎關節疾病及基礎水中復康運動：肩周炎、骨關節炎及腰痛 Basic hydro therapy exercises for joint diseases in upper limbs/ lower limbs/ lumber: frozen shoulder, osteoarthritis and low back pain
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 ■ 體育教師 P.E. teachers ■ 游泳教練 Swimming teachers ■ 各類運動專項教練 Sports coaches ■ 修讀體育、健康或運動科學大學學位的學生 Students of bachelor degree programmes who are studying P.E., health or exercise science
工作環境 Typical Work Environment	<ul style="list-style-type: none"> ■ 康樂及文化事務署、會所、健體中心及游泳會 LCSD, Club Houses, Fitness Centres and Swimming Clubs
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 ■ 指導健康社群進行水中健體運動 Instruct healthy populations to do aquatic fitness exercise ■ 設計及帶領群組形式的水中健體班組 Design and operate group aquatic fitness classes
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 ■ 拯溺銅章或同等資歷 Life-saving Certificate 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「甄別試」Passing Screening Test from PFA
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.
考試範圍 Scope of Exam	<p><u>筆試 Written Exam</u></p> <ul style="list-style-type: none"> ■ 水中健體運動基礎及進階解剖及運動生理學 (50%) The foundation on hydro-fitness exercise, advanced anatomy and exercise physiology (50%) ■ 基本的音樂編排、步伐及基本動作、綜合動作及水中健體教學編排及技巧 (30%) Basic music phasing, basic moves, integrated moves and arrangement and techniques of teaching hydro-fitness class (30%) ■ 上肢/下肢/脊椎關節疾病及基礎水中復康運動 (20%) Basic hydro therapy exercises for joint diseases in upper limbs/ lower limbs/ lumber (20%) <p><u>實習試 Practical Exam</u></p> <ul style="list-style-type: none"> ■ 熱身及整理 (20%) Warm up and cool down (20%) ■ 有氧健體舞教學 (50%) Aerobic dance instruction (50%) ■ 肌肉鍛鍊教學 (50%) Muscle conditioning instruction (50%)
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)

<p>PFA 體適能綜合評核 PFA Integrated Physical Fitness Abilities Assessment</p>	<ul style="list-style-type: none"> ■ 學員須於領取證書時出示成人心肺復甦法證書或同等資歷、有效之「PFA 體適能綜合能力評核」成績單正本和拯溺銅章或同等資歷 Students have to present a current Adult CPR or equivalent , a valid “PFA Integrated Physical Fitness Abilities Assessment Scheme” result slip when collecting the certificate and Life-saving Certificate or equivalent when collecting certification. ■ 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 7. 1 分鐘自我介紹 1-minute Self Introduction 8. 跟節拍跳舞 3 分鐘 ■ 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>費用 Costs</p>	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 50%;"></th> <th style="width: 25%;">會員 Member</th> <th style="width: 25%;">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>建議參考課本 Recommended Study Materials</p>	<ul style="list-style-type: none"> ■ 水中健體導師手冊 Hydro-Fitness Instructor Manual 中國香港體適能總會編著及出版 香港 2017 年 [會員價 HK\$130；非會員價 HK\$150] (ISBN : 978-962-85378-5-3) <div style="text-align: right;">  </div>												
<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 												