

# 專業證書 Professional Certification

## 器械健體導師證書 Resistance Training Instructor Certification

<p><b>目標</b> Objectives</p>	<ul style="list-style-type: none"> <li>■ 培訓合資格的器械健體導師 Train qualified resistance training instructor</li> <li>■ 提供器械健體導師應具備的運動科學知識 Provide the knowledge of exercise science relevant to resistance training</li> <li>■ 教授學員有關器械健體運動的基礎理論 Educate the basic theories of resistance training exercise</li> <li>■ 指導學員使用健體器械的正確方法 Instruct students to use resistance training machines correctly</li> <li>■ 教授學員策劃、設計及帶領器械健體班的技巧 Educate students the techniques to plan, design and lead resistance training classes</li> </ul>
<p><b>課程內容</b> Course contents</p>	<ul style="list-style-type: none"> <li>■ 進階解剖及運動生理學：肌肉解剖、肌絲滑動學說及神經肌肉連繫 Advanced anatomy and exercise physiology: muscle anatomy, sliding filament theory and neuromuscular connection</li> <li>■ 基礎運動營養學：糖及脂肪代謝、蛋白質攝取及強力營養補劑 Basic sports nutrition: metabolism of glycogen and fats, protein intake and ergogenic aids</li> <li>■ 肌肉圓周量度、肌力及肌耐力測試 Grith measurement of muscles, muscular strength and endurance assessments</li> <li>■ 肌肉適能的不同的訓練原則及方法 Different training principles and programmes for muscular fitness</li> <li>■ 伸展運動、有氧器械、重量訓練器械及槓啞鈴的使用及教學法 The use of stretching, aerobic machines, weight training machines and free-weights and teaching methodologies</li> <li>■ 器械健體班的策劃、組織及教學方法 Planning, organizing and teaching resistance training classes</li> </ul>
<p><b>應試者資料</b> Candidate Profile</p>	<ul style="list-style-type: none"> <li>■ 大專畢業生 Graduates of tertiary institutes</li> <li>■ 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</li> <li>■ 體育教師 P.E. teachers</li> <li>■ 各類運動專項教練 Sports coaches</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 health fitness professionals</li> <li>■ 現職運動/康樂管理及體適能/健體中心從業員 Individuals who are 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 who are 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> </ul>
<p><b>工作環境</b> Typical Work Environment</p>	<ul style="list-style-type: none"> <li>■ 康樂及文化事務署、非政府機構、學校、社區中心、會所、健體中心及體能訓練部門 L.C.S.D., Non-Government Organizations, Schools, Community settings, Club Houses, Fitness Centres and Physical Training Sections</li> </ul>
<p><b>工作範圍</b> Scope of Practice</p>	<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>■ 指導健康社群進行器械健體運動 Instruct healthy populations to do fitness exercise in fitness room settings</li> <li>■ 設計及帶領群組形式的器械健體班組 Design and operate group resistance training classes</li> </ul>
<p><b>資歷要求</b> Eligibility Requirements</p>	<ul style="list-style-type: none"> <li>■ 年齡十八歲或以上 Aged 18 years old or above</li> <li>■ 持有本會「體適能基礎證書」Possessing “Physical Fitness Foundation Certificate” from PFA</li> <li>■ 成人心肺復甦法證書或同等資歷 Current Adult CPR or equivalent</li> <li>■ 通過本會的「PFA 體適能綜合評核」Passing PFA Integrated Physical Fitness Abilities Assessment</li> </ul>
<p><b>考試詳述</b> Exam Specifications</p>	<ul style="list-style-type: none"> <li>■ 筆試 Written Exam 進階解剖及運動生理學 Advanced anatomy and exercise physiology 基礎運動營養學 Basic sports nutrition 肌肉圓周量度、肌力及肌耐力測試、肌肉適能的不同的訓練原則及方法 Grith measurement of muscles, muscular strength and endurance assessments, different training principles and programmes for muscular fitness 伸展運動、有氧器械、重量訓練器械及槓啞鈴的使用及教學法 The use of stretching, aerobic machines, weight training machines and free-weights and teaching methodologies 器械健體班的策劃、組織及教學方法 Planning, organizing and teaching resistance training classes</li> <li>■ 實習試 Practical Exam 有氧器械教學 Aerobic machine instruction 重量訓練器械教學 Weight training machine instruction 槓啞鈴及其他肌肉鍛鍊方法教學 Free-weights and other muscle training instruction</li> </ul>
<p><b>課程詳述</b> Course Specifications</p>	<ul style="list-style-type: none"> <li>■ 三十六小時理論、實習及教學課堂 36-hour Theoretical, Practical and Teaching Lessons</li> </ul>
<p><b>語言</b> Medium of Instruction</p>	<ul style="list-style-type: none"> <li>■ 粵語 (按需要輔以英語) Cantonese (English as supplementary)</li> </ul>

<p><b>PFA 體適能綜合評核</b> <b>PFA Integrated Physical Fitness Abilities Assessment</b></p>	<ul style="list-style-type: none"> <li>■ 學員於<b>領取證書時</b>，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 <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>													
<p><b>費用</b> <b>Costs</b></p>	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 40%;"></th> <th style="width: 30%;">會員 Member</th> <th style="width: 30%;">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><b>建議參考課本</b> <b>Recommended Study Materials</b></p>	<ul style="list-style-type: none"> <li>■ 器械健體導師手冊 Resistance Training Instructor Manual 中國香港體適能總會編著及出版，2017 年) [ \$130 (會員) ; \$150 (非會員) ] ISBN : 978-962-853-784-6</li> </ul>													
<p><b>證書有效期</b> <b>Validation Period</b></p>	<ul style="list-style-type: none"> <li>■ 四年 4 years</li> </ul>													
<p><b>教學團隊</b> <b>Teaching Team</b></p>	<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>													

