


專業證書 Professional Certification

器械健體導師證書 Resistance Training Instructor Certification

目標 Objectives	<ul style="list-style-type: none"> ■ 培訓合資格的器械健體導師 Train qualified resistance training instructor ■ 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 ■ 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 ■ 指導學員使用健體器械的正確方法 Instruct students to use resistance training machines correctly ■ 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
課程內容 Course Contents	<ul style="list-style-type: none"> ■ 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 ■ 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 ■ 肌肉圓周量度、肌力及肌耐力測試 Grith measurement of muscles, muscular strength and endurance assessments ■ 肌肉適能的不同的訓練原則及方法 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
應試者資料 Candidate Profile	<ul style="list-style-type: none"> ■ 大專畢業生 Graduates of tertiary institutes ■ 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 ■ 體育教師 P.E. teachers ■ 各類運動專項教練 Sports coaches ■ 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 ■ 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 ■ 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 ■ 有志投身體適能行業的人士 Individuals targeting to develop career in fitness industry
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、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
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 ■ 指導健康社群進行器械健體運動 Instruct healthy populations to do fitness exercise in fitness room settings ■ 設計及帶領群組形式的器械健體班組 Design and operate group resistance training classes
資歷要求 Eligibility Requirements	<ul style="list-style-type: none"> ■ 年滿十八歲 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 ■ 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 (100 選擇題) 及實習試考核 2-hour Written Exam (100 multiple choice questions) & Practical Exam.
考試範圍 Scope of Exam	<p>筆試 Written Exam</p> <ul style="list-style-type: none"> ■ 進階解剖及運動生理學 Advanced anatomy and exercise physiology (20%) ■ 基礎運動營養學 Basic sports nutrition (10%) ■ 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 (30%) ■ 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 (20%) ■ 器械健體班的策劃、組織及教學方法 Planning, organizing and teaching resistance training classes (20%) <p>實習試 Practical Exam</p> <ul style="list-style-type: none"> ■ 有氧器械教學 Aerobic machine instruction (30%) ■ 重量訓練器械教學 Weight training machine instruction (30%) ■ 槓/啞鈴及其他肌肉鍛鍊方法教學 Free-weights and other muscle training instruction (40%)
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"> 學員須於領取證書時出示有效之評核成績 Students have to present valid assessment result 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"> 皮摺厚度 Skinfold Measurement 漸進式來回跑測試 Progressive Aerobic Cardiovascular Endurance Run (PACER) 節奏式仰臥捲腹 Cadence Curl Up 掌上壓 Push Up 立定跳高 Vertical Jump 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\$3,420.00</td> <td style="text-align: center;">HK\$3,650.00</td> </tr> <tr> <td style="text-align: center;">筆試 Written Exam. Only</td> <td style="text-align: center;">HK\$490.00</td> <td style="text-align: center;">HK\$580.00</td> </tr> <tr> <td style="text-align: center;">實習試 Practical Exam. Only</td> <td style="text-align: center;">HK\$730.00</td> <td style="text-align: center;">HK\$820.00</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\$3,420.00	HK\$3,650.00	筆試 Written Exam. Only	HK\$490.00	HK\$580.00	實習試 Practical Exam. Only	HK\$730.00	HK\$820.00
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建議參考課本 Recommended Study Materials	<ul style="list-style-type: none"> 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 													
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 													