

## 伸展訓練導師證書 Stretching Instructor Certification

| <b>目標</b><br>Objectives  | <ul style="list-style-type: none"> <li>■ 培訓合資格的伸展訓練導師</li> <li>■ 伸展訓練導師應具備的運動科學知識</li> <li>■ 教授學員策劃、設計及帶領組式伸展訓練運動課堂的技巧</li> </ul>  |                |           |                |   |              |              |                       |            |            |                          |            |            |
|--|--|----------------|-----------|----------------|---|--------------|--------------|-----------------------|------------|------------|--------------------------|------------|------------|
| <b>課程內容</b><br>Course contents   | <ul style="list-style-type: none"> <li>■ 伸展的理論綱要及執行要點</li> <li>■ 實地肌肉長度檢查</li> <li>■ 身心整合概念在體適能訓練中的應用</li> <li>■ 功能訓練的概念</li> <li>■ 身體構圖</li> <li>■ 動作意圖/身體使用</li> <li>■ 呼吸的體認與探索</li> <li>■ 功能性伸展及肌肉鍛鍊</li> <li>■ 身心整合與運動治療</li> </ul>  |                |           |                |   |              |              |                       |            |            |                          |            |            |
| <b>應試者資料</b><br>Candidate Profile  | <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 studying P.E., health or exercise science related degrees</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 other health and fitness professionals</li> <li>■ 現職運動/康樂管理及體適能/健體中心從業員 Individuals 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 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> |                |           |                |   |              |              |                       |            |            |                          |            |            |
| <b>工作環境</b><br>Typical Work Environment                                    | <ul style="list-style-type: none"> <li>■ 康樂及文化事務署、非政府機構、社區中心、會所及健體中心<br/>L.C.S.D., non-government organizations, community settings, club houses and fitness centres</li> </ul>  |                |           |                |   |              |              |                       |            |            |                          |            |            |
| <b>資歷要求</b><br>Eligibility Requirements                                    | <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 體適能綜合能力評核計劃」 Passing PFA Integrated Physical Fitness Abilities Assessment from PFA</li> </ul>   |                |           |                |   |              |              |                       |            |            |                          |            |            |
| <b>考試詳述</b><br>Exam Specifications   | <ul style="list-style-type: none"> <li>■ 兩小時筆試(選擇題)及實習試考核 2-hours Written (multiple choice questions) and Practical Exam.</li> </ul>   |                |           |                |   |              |              |                       |            |            |                          |            |            |
| <b>課程詳述</b><br>Course Specifications                                       | <ul style="list-style-type: none"> <li>■ 理論及實習及相應實習時數 Theoretical and Practical, and related-hourly placement</li> </ul>   |                |           |                |   |              |              |                       |            |            |                          |            |            |
| <b>PFA 體適能綜合評核</b><br>PFA Integrated Physical Fitness Abilities Assessment | <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、通過本會的「PFA 體適能綜合能力評核計劃」成績單正本及兩年內完成六小時實習證明文件正本 Students have to present a current Adult CPR or equivalent, a valid "PFA Integrated Physical Fitness Abilities Assessment Scheme" result slip, and completion of 6-hours placement (within two years) certified document(s) <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>■ 評核要求之詳情請參閱本網站 Please refer to PFA website for the details of assessment criteria.</li> </ul>  |                |           |                |   |              |              |                       |            |            |                          |            |            |
| <b>語言</b><br>Medium of instruction   | <ul style="list-style-type: none"> <li>■ 粵語及國語 (按需要輔以英語) Cantonese and Mandarin (English as supplementary)</li> </ul>  |                |           |                |   |              |              |                       |            |            |                          |            |            |
| <b>費用</b><br>Costs   | <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.<br/>(包括講義費用 Handout included)</td> <td>HK\$4,200.00</td> <td>HK\$4,500.00</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.<br>(包括講義費用 Handout included) | HK\$4,200.00 | HK\$4,500.00 | 筆試 Written Exam. Only | HK\$540.00 | HK\$630.00 | 實習試 Practical Exam. Only | HK\$800.00 | HK\$900.00 |
|  | 會員 Member  | 非會員 Non-member |           |                |   |              |              |                       |            |            |                          |            |            |
| 課程 + 考試 Course + Exam.<br>(包括講義費用 Handout included)                        | HK\$4,200.00   | HK\$4,500.00   |           |                |   |              |              |                       |            |            |                          |            |            |
| 筆試 Written Exam. Only  | HK\$540.00   | HK\$630.00     |           |                |   |              |              |                       |            |            |                          |            |            |
| 實習試 Practical Exam. Only   | HK\$800.00   | HK\$900.00     |           |                |   |              |              |                       |            |            |                          |            |            |
| <b>證書有效期</b><br>Validation Period  | <ul style="list-style-type: none"> <li>■ 四年 (證書有效期由成績發佈日起計) 4 years (Certificate validation will be started from the exam released date)</li> </ul>  |                |           |                |   |              |              |                       |            |            |                          |            |            |
| <b>教學團隊</b><br>Teaching Team   | <ul style="list-style-type: none"> <li>■ 中國香港體適能總會委任講師<br/>Appointed lecturers of Physical Fitness Association of Hong Kong, China</li> </ul>  |                |           |                |   |              |              |                       |            |            |                          |            |            |

**\*備註：此課程之取錄非先報先得，建議有伸展訓練經驗者報讀**

- 此課程全以理論及實習課模式上課。
- 本會將因應任何特殊情況而改變或調整上課模式及內容編排。
- 本會保留修訂上課/考試模式及內容編排之權利。
- 由成績發出日期起，本會只保存閣下之證書兩年，逾期之證書會被銷毀。如需補發證書，請按本會補發文件申請並繳付相關行政費處理。