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會長獻辭

President's Message

「玩」就是愉悅內心；「玩」是集行動言表於肢體的一種表達方式。根據人類學專家的論點，現代體育都是由「玩」和「遊戲」演變出來的。難怪奧林匹克運動會的英文名稱是「Olympic Games」！



根據聯合國《兒童權利公約》第31條，兒童有權享有休息和閒暇，從事與兒童年齡配合的遊戲和娛樂活動，以及自由參加文化生活和藝術活動。遊戲對兒童發展尤其重要，「體能遊戲 (Fitness Games)」實在是培育兒童德、智、體、群、美五大範疇的良策。

在香港賽馬會的鼎力支持下，本會即將於幼稚園及小學學界推展「賽馬會學童Keep-Fit方程式」。該計畫為期三年，旨在塑造學童的體育素養，為下一代創建更有利於體能與健康發展的環境和氣氛。本會正密謀緊鼓地籌備計畫的前期工作，並積極建立跨專業的顧問及執行團隊。讓我們全力以赴，為社會的未來棟樑打拼！

轉眼間，2012至2015年度執行委員會的三年任期已屆滿。本人謹此向眾勞苦功高的執行委員致謝。在座各位會員及各方友好機構的配合更是功不可沒。在此祝願新一屆的執行委員會工作事事順利，各嘉賓及會員身心康泰！

黃平山 醫生

中國香港體適能總會 會長

2015年10月3日

只提供中文版本 (Chinese version only)



時光飛逝，2012至2015年度執行委員會的任期將屆滿。本人特此向共事的執行委員、講師、服務統籌、友好機構代表、會員及職員們表示謝意。沒有你們的耕耘和配合，會務必定不能長足發展。本人謹代表執行委員會扼要總結過去一年（即去年4月至本年3月）各範疇的工作：

行政管理方面

彭一迪先生、葉振東先生、邵健朗先生及陳祉冰小姐先後於本年度加入辦事處團隊；而張瑞琪先生、張凱媚小姐及蕭少航小姐則應個人發展因由離職。會務日益繁重，對辦事處人力資源帶來挑戰。幸得香港中文大學體育運動科學系及公共衛生學院的暑期實習生幫助，有效減輕前線職員的工作壓力。

培訓及教育方面

本會在過去一年重點發展身心伸展項目。在台東劉美珠教授一手栽培下，首屆30多名伸展訓練導師完滿畢業，並已開展社區內的班組教學。

社區服務方面

本會與香港浸會大學體育系合作，為一項長者功能性體適能狀況調查進行數據收集工作。此外，優質教育基金贊助的親子愛運動計畫亦已告終。該計畫為兒童體適能工作打開新一頁，本會積極尋索社區資源，進一步推廣家庭體育理念。

傳訊及發展方面

在過去一年，本會於各大媒體的曝光率大幅提升，知名度與日俱增。儘管因社會大型政治運動影響下，未能成功續辦PFA PACER健康體適能挑戰賽，但本會從未放棄過PACER的發展，並一直密切尋找多方面的合作機會。此外，本會正式與美國運動醫學學院簽訂合作備忘，聯同其餘7個本地專業團體籌劃「運動是良藥·香港」網頁。

其他方面

本會一直積極參與大型教研項目。自去年9月始，本會承辦教育局的“中學生體適能狀況及體育態度調查”，前赴接近40所中學，收集超過6500個數據，並進行統計分析。此外，本會協辦由香港中文大學體育運動科學系統籌的“體育教師暑期學校”項目。去年10月，本會亦派出代表，擔任澳門全民運動會水中健體比賽的裁判工作。

動向及展望

2015年，本會投放心力及人力資源於以下項目：

- 2015全民運動日：全民健體操設計及推廣
- PFA 2015 PACER健康體適能挑戰賽：籌備工作
- 2015全城游泳日：水中健體推廣
- 賽馬會學童Keep-Fit方程式：計畫籌備及學校招募
- 運動是良藥·香港：網頁製作
- 第2屆伸展訓練導師證書課程：籌備工作

本會力求精益求精，需要各會員朋友及友好機構繼續鼎力支持。讓我們攜手工作，各盡其職，迎接創會三十周年的誌慶。

許世全 教授

中國香港體適能總會 主席

2015年10月3日

總會簡介

About us



中國香港體適能總會成立於1986年，屬於非牟利的體育總會。本會獲香港特區政府及中國香港體育協會暨奧林匹克委員會認可，致力推動香港體適能專業發展。

The Physical Fitness Association of Hong Kong, China is a non-profit making national sports association which has been established since 1986. We are recognized by the Hong Kong S.A.R. Government and the Sports Federation and Olympic Committee of Hong Kong, China, and committed to professional development of physical fitness in Hong Kong.

願景 Vision

為業界建立專業地位 **Develop Professionalism for Industry**

為市民創建健康生活 **Create Healthy Life for General Public**

為社會凝造和諧氣氛 **Cohere Harmony for Community**

使命 Mission

- 倡導健康體適能及運動安全的概念
Advocate concepts of health, physical fitness and exercise safety
- 推動健康體適能的專業教育及社區教育工作
Advance professional and community education of health and physical fitness
- 促進大眾參與體能活動的平等機會
Promote equal opportunities for general public to participate in physical activities
- 發展健康體適能大型活動及社區服務
Develop major events and community services that relate to health and physical fitness

組織架構 Organization Structure



執行委員會

Executive Committee

會長
President
黃平山醫生
Dr. John P.S. Wong

副會長
Vice-President
陳大衛先生
Mr David Chan
魏開義先生
Mr Roy H.Y. Ngai
江峰先生
Mr F. Kong

主席
Chairman
許世全教授
Prof. Stanley S.C. HUI

副主席
Vice-Chair
周碧珠教授
Prof. Bik C. Chow
沈劍威博士
Dr. Raymond K.W. Sum
張應明先生
Mr Ricky Y.M. Cheung
韓思思小姐
Miss S.S. Hon

秘書
Secretary
江關煥園女士
Mrs Marriane W.Y. Kong

司庫
Treasurer
魏鄒鳳卿女士
Mrs Loretta F.H. Ngai

執行委員
Executive Committee Members
黎培榮先生
Mr P.W. LAI, MH
阮伯仁先生
Mr Bryan P.Y. Yuen
梁達強先生
Mr Kenneth T.K. Liang
蕭明輝博士
Dr. Parco M.F. SIU
鍾伯光教授
Prof. P.K. Chung
楊顯智先生
Mr Edward H.C. Yeung
程偉健博士
Dr. Joe W.K. Ching
王香生教授
Prof. Stephen H.S. WONG
鄭毓全先生
Mr Joshua Y.C. Cheng
陳凱輝醫生
Dr. Raymond H.F. Chan

執行委員會是由本地的醫生、體育學者、本地大專院校體育系教職員、高級體育行政人員、社福機構高級行政人員及資深體適能工作者所組成。

Executive Committee is composed of medical doctors, scholars of Physical Education and Exercise Science, senior officials in tertiary institutes, sports or non-governmental organizations, and experienced fitness professionals in the industry.

顧問名單

List of Advisors

永遠榮譽會長 Permanent Honorary President :

蔡德培先生 Mr T. B. Tsai	中國香港體適能總會創辦人 Founder, Physical Fitness Association of Hong Kong, China
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顧問 Advisors

區玉麟律師 Mr Anthony Y. L. Au	執業律師 Solicitor
陳啟明教授 Prof. K. M. Chan	香港中文大學矯型外科及創傷學系教授 Professor, Department of Orthopaedics & Traumatology, The Chinese University of Hong Kong
陳炳祥博士 Dr. Patrick P. C. Chan	澳門大學體育事務處總監 Director, Office of Sports Affairs, University of Macau
錢銘佳博士 Dr. M. K. Chin	Vice President, Global Affairs & Research, HOPSports, Inc., U.S.A
戴王嘉瑤女士 Mrs. Dorothy DAVIES	香港城市大學學生發展處副處長 (體育) Associate Director (Physical Education), Student Development Services, The City University of Hong Kong
馮煒權教授 Prof. W. Q. Feng	北京體育大學教授 Professor, Beijing Sport University
傅浩堅教授 Prof. Frank Fu	香港浸會大學協理副校長 Associate Vice-President, Hong Kong Baptist University
夏秀禎教授 Prof. Amy S. C. HA	香港中文大學體育運動科學系教授 Professor, Department of Sports Science and Physical Education, Faculty of Education, The Chinese University of Hong Kong
李本利先生 Mr Bonnie B. L. LEE	中國香港體適能總會創會主席 Founding Chairman, Physical Fitness Association of Hong Kong, China
李麗晶教授 Prof. Melody L. C. LEE	臺灣有氧體能運動協會秘書長 Secretary General, Aerobic Fitness & Health Association of Taiwan
李家暉先生 Mr K. F. Li	執業會計師 Accountant
楊錫讓教授 Prof. X. R. Yang	北京體育大學教授 Professor, Beijing Sport University

執行委員會按實際需要，邀請權威及知名人士擔任義務「顧問」一職。

Based on actual needs, Executive Committee invites famous and authoritative expert to be Honorary Adviser.

專責委員會及辦事處架構

Structures of Sub-Committees (2014-2015) & Head Office

行政管理委員會 Administration & Management Committee

主席 Chair	許世全教授	Prof. Stanley S.C. HUI
成員 Members*	鍾伯光教授	Prof. P.K. CHUNG
	江關煥園女士	Mrs Marriane W.Y. KONG
	魏鄒鳳卿女士	Mrs Loretta F.H. NGAI
	王香生教授	Prof. Stephen H.S. WONG
秘書 Secretary	黃永森先生	Mr Sam W.S. WONG

培訓及教育委員會 Training & Education Committee

主席 Chair	阮伯仁先生	Mr Bryan P.Y. YUEN
成員 Members*	陳凱輝醫生	Dr. Raymond H.F. CHAN
	陳育輝先生	Mr Y.F. CHAN
	鄭毓全先生	Mr Joshua Y.C. CHENG
	程偉健博士	Dr. Joe W.K. CHING
	江 峰先生	Mr F. KONG
	梁達強先生	Mr Kenneth T.K. LIANG
	陸子聰博士	Dr. Jim T.C. LUK
	蕭明輝博士	Dr. Parco M.F. SIU
	沈劍威博士	Dr. Raymond K.W. SUM
	黃安東先生	Mr O. T. WONG
黃永森先生	Mr Sam W.S. WONG	
秘書 Secretary	馬焯賢先生	Mr Terrence W.Y. MA

社區服務委員會 Community Services Committee

主席 Chair	韓思思小姐	Miss S.S. HON
成員 Members*	陳大衛先生	Mr David CHAN
	許世全教授	Prof. Stanley S.C. HUI
	楊顯智先生	Mr Edward H.C. YEUNG
	葉振東先生	Mr Justin C.T. YIP
秘書 Secretary	梁家威先生 代任	Mr Kelvin K.W. LEUNG (Deputy)

*成員名單按英文姓氏排序 List of members is ordered by surnames.

專責委員會及辦事處架構

Structures of Sub-Committees (2014-2015) & Head Office

發展及傳訊委員會 Development & Promotion Committee

主席 Chair	張應明先生	Mr Ricky Y.M. CHEUNG
成員 Members*	周碧珠教授	Prof. Bik C. CHOW
	郭致偉教授	Prof. Ron C.W KWOK
	魏開義先生	Mr Roy H.Y. NGAI
	黎培榮先生	Mr P.W. LAI, MH
	葉振東先生	Mr Justin C.T YIP
秘書 Secretary	潘德賢小姐	Miss Carrie T.Y. POON

辦事處 Head Office

行政總監 Executive Director	黃永森先生	Mr Sam W.S. WONG
發展經理 Development Manager	葉振東先生	Mr Justin C.T YIP
助理教育主任 Assistant Education Officer	馬煒賢先生	Mr Terrence W.Y. MA
助理行政主任 Assistant Administration Officer	潘德賢小姐	Miss Carrie T.Y. POON
助理發展主任 Assistant Development Officer	梁家威先生	Mr Kelvin K.W. LEUNG
行政助理 Administrative Assistant	邵健朗先生	Mr Eric K.L SIU
	陳祉冰小姐	Miss Ice T.P. CHAN
研究助理 Research Assistant	彭一迪先生	Mr Aden Y.T PANG
清潔助理 Cleaning Assistant	葉鳳葵女士	Ms F.K YIP

*成員名單按英文姓氏排序 List of members is ordered by surnames.

為了廣傳健康體適能的理念，本會自創會以來致力營辦各種體適能專業證書課程和考試，以培育充足的本地健體導師，服務普羅大眾。

In order to promote concepts of health and physical fitness, we have been organizing a wide variety of fitness professional certification courses and examinations since our establishment. This ensures that a steady and sufficient supply of instructors to satisfy the service demand of general public.

專業證書課程 Professional Certification Courses

專業級別VII

PFA健康體適能專家證書
PFA Health Fitness Specialist Certification

專業級別VI

PFA資深體適能教練證書
PFA Senior Fitness Trainer Certification

專業級別V

一級PFA私人體適能教練證書
PFA Personal Fitness Trainer (I) Certification

專業級別IV

二級PFA私人體適能教練證書
PFA Personal Fitness Trainer (II) Certification

專業級別III

高級體適能測試領袖證書
Physical Fitness Assessment Leader (Advanced Level) Certification

伸展訓練導師證書
Stretching Instructor Certification

器械健體導師證書
Resistance Training Instructor Certification

健體舞導師證書
Aerobic Dance Instructor Certification

兒童體適能導師證書
Children Fitness Instructor Certification

老人健體導師證書
Elderly Fitness Instructor Certification

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

壓力處理及鬆弛技巧導師證書
Stress Management & Relaxation
Techniques Instructor Certification

專業級別II

體適能測試領袖證書
Physical Fitness Assessment Leader Certification

優質健行領袖證書
Quali-Walk Leader Certification

專業級別I

體適能基礎證書
Physical Fitness Foundation Certification

延續教育工作坊 Continuing Education Symposiums

運動創傷處理及運動營養學系列
Sports Injury Management & Sports Nutrition
Studies Series

進階體適能訓練系列
Advanced Fitness Training Series

社區為本健康體適能促進及教育系列
Community-Based Health / Fitness Promotion
and Education Series

技能及技術增進系列
Skills & Techniques Enhancement Series

課程架構

Course Structure

各證書級別的資歷要求 Eligibility requirements of different certification levels

專業級別 Level	類別名稱 Type	培訓時數 Training hours	獲取資格 Requirements	證書有效期 Certification Valid period
VII	專家證書 Specialist Certification	≥ 1000 小時 Hours	<ul style="list-style-type: none"> ✓持有由本地或國內外認可學術機構頒發的體育、運動科學、運動醫學、醫學、康復科學及其他健康體適能相關專業的學士或以上學位 Possess Bachelor or above qualification in Physical Education, Exercise Science, Sports Medicine, Medicine, Rehabilitation Science or other health-fitness related professions from local or overseas recognized academic institutes ✓已持有「資深體適能教練證書」資歷 Possess 'Senior Fitness Trainer Certification' qualification ✓持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓順利通過評審委員會的批准 Approval of Judging Panel 	4年 4 years
VI	資深教練證書 Senior Fitness Trainer Certification	≥ 216 小時 Hours	<ul style="list-style-type: none"> ✓持有有效的「一級私人體適能教練證書」 Possess PFA valid 'Personal Fitness Trainer (I) Certification' ✓於取得「一級私人體適能教練證書」後，累積兩年或以上的體適能及運動教學經驗（不少於100小時相應的實務經驗） Accumulate 2 year or above teaching experience in physical fitness and sports after obtaining 'Personal Fitness Trainer (I) Certification' (No less than 100 hours of relevant practical experiences) ✓持本會認可有效的「高級體適能測試領袖證書」或同等資歷 Possess PFA valid 'Physical Fitness Assessment Leader (Advanced level) Certification' ✓持最少三項本會認可有效的「導師證書」資格 Possess 3 or above 'Instructor Certification' qualifications ✓持最少兩項本會認可「延續教育系列或指導員證書」 Possess 2 or above 'Continuing Education Series or Practitioner Certification' ✓持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓順利通過評審委員會的批准 Approval of Judging Panel 	4年 4 years
V	一級私人教練證書 Personal Fitness Trainer (I) Certification	≥ 132 小時 Hours	<ul style="list-style-type: none"> ✓持本會認可有效的「二級私人體適能教練證書」 Possess PFA valid 'Personal Fitness Trainer (II) Certification' ✓於取得「二級私人體適能教練證書」後，累積一年或以上的體適能及運動教學經驗（不少於100小時相應的實務經驗） Accumulate 1 year or above teaching experience in physical fitness and sports after obtaining 'Personal Fitness Trainer (II) Certification' (No less than 100 hours of relevant practical experiences) ✓持最少兩項本會認可有效的「導師證書」資格 Possess 2 or above 'Instructor Certification' qualifications ✓持最少一項本會認可「延續教育系列或指導員證書」 Possess 1 or above 'Continuing Education Series or Practitioner Certification' ✓持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓順利通過評審委員會的批准 Approval of Judging Panel 	4年 4 years
IV	二級私人教練證書 Personal Fitness Trainer (II) Certification	≥ 84 小時 Hours	<ul style="list-style-type: none"> ✓持本會認可有效的「器械健體導師證書」資格 Possess PFA valid 'Resistance Training Instructor Certification' ✓持本會認可的「體適能測試領袖證書」 Possess PFA 'Physical Fitness Assessment Leader Certification' ✓持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓順利通過「二級私人體適能教練證書」培訓及考核 Passed the training and assessment of 'Personal Fitness Trainer (II) Certification' 	4年 4 years
III	導師證書 Instructor Certification	≥ 60 小時 Hours	<ul style="list-style-type: none"> ✓持「基礎證書」資格 Possess 'Foundation Certification' qualification ✓持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓順利完成「導師證書」培訓及考核 Passed the training and assessment of 'Instructor Certification' 	4年 4 years
II	領袖證書 Leader Certification	36 小時 Hours	<ul style="list-style-type: none"> ✓18歲或以上 Aged 18 years old or above ✓持「基礎證書」資格 Possess 'Foundation Certification' qualification ✓順利完成「領袖證書」培訓及考核 Passed the training and assessment of 'Leader Certification' 	永久 Permanent
I	基礎證書 Foundation Certification	24 小時 Hours	<ul style="list-style-type: none"> ✓17歲或以上 Aged 17 years old or above ✓中五或以上教育程度 Form 5 or above Education Level ✓順利完成「基礎證書」培訓及考核 Passed the training and assessment of 'Foundation Certification' 	永久 Permanent
<p>證書的認受性 Recognition of Certifications :</p> <ul style="list-style-type: none"> • 中國香港體育協會暨奧林匹克委員會 Sports Federation & Olympic Committee of Hong Kong, China • 香港特別行政區政府－康樂及文化事務署 Leisure and Cultural Services Department, HKSAR • 香港特別行政區政府－紀律部門 Disciplinary departments, HKSAR • 本地各大專院校 Tertiary institutes in local areas • 本地各大公營及私營機構 Different public and private organizations in local areas • 中小學及社區內非政府機構 Schools and non-governmental organizations in community • 美國運動醫學學院 American College of Sports Medicine • 美國春田大學 Springfield College, U.S <p>***有關課程詳細資料，請瀏覽本會網頁 www.hkpa.org.hk***</p> <p>***For more detailed information, please visit our website at www.hkpa.org.hk***</p>				

該等資歷獲康樂及文化事務署認可，證書持有人可執教由該署舉辦的相關康體訓練班，特顯本會的專業地位。
The above-mentioned credentials are recognized by the Leisure and Cultural Services Department (LCS D). Certificate holders are eligible to provide professional services in the community sports programmes organized by LCS D. This reflects our professional status.

其他證書課程

Other Certification Programmes



1998年始，本會獲全球首屈一指的運動醫學組織——美國運動醫學學院認可，授權於香港地區開辦ACSM健康體適能專家及私人教練證書課程，充見本會專業教育工作獲高度的肯定。

We have been authorized by the American College of Sports Medicine (ACSM), which is one of the most famous sports medicine institutes worldwide, to operate their ACSM Health Fitness Specialist and Personal Trainer Certification workshop in Hong Kong as early as 1998. This, again, positively reflects our professionalism and high standard in fitness professional training.



嶺南大學持續進修學院 LINGNAN INSTITUTE OF FURTHER EDUCATION

自2010年始，本會更加正式與嶺南大學持續進修學院合辦全日制「體適能培訓及管理高級文憑」課程，為有志投身體適能行業的青少年，提供專上教育服務。

In order to assist teenagers in developing career in the fitness industry, we have also been co-organizing "Higher Diploma in Fitness Training and Management" programme, with the Lingnan Institute of Further Education since 2010.

本會講師 (2014-2015)

PFA Lecturers

區永河先生
Mr W.H.AU
陳劍羽先生
Mr Charles C.Y. CHAN
陳大衛先生
Mr David CHAN
陳國雄先生
Mr Terry K.H. CHAN
陳凱輝醫生
Dr. Raymond H.F. CHAN
陳國基醫生
Dr. K.K. CHAN
陳嘉寶小姐
Miss Katie K.P. CHAN
陳嘉威先生
Mr Jacky K.W. CHAN
陳藹允小姐
Miss Karly O.W. CHAN
陳偉德先生
Mr Roy W.T. CHAN
陳育輝先生
Mr. Y.F. CHAN
鄭毓全先生
Mr Joshua Y.C. CHENG
張文惠博士
Dr. William M.W. CHEUNG
張應明先生
Mr Ricky Y.M. CHEUNG
程偉健博士
Dr. Joe W.K. CHING
周碧珠教授
Prof. Bik B.C. CHOW
鍾伯光教授
Prof. P.K. CHUNG
鍾演妮小姐
Miss Kinnie Y.N. CHUNG
馮子漢先生
Mr Brian T.H. FUNG
侯燦小姐
Miss Angela Soek HAU

韓思思小姐
Miss S.S. HON
黃雅君博士
Dr. Wendy Y.J. HUANG
許世全教授
Prof. Stanley S.C. HUI
江 峰先生
Mr F. KONG
江關煥園女士
Mrs Marriane W.Y. KONG
鄭金榮先生
Mr K.W. KWONG
黎培榮先生MH
Mr P.W. LAI MH
李本利先生
Mr Bonnie B.L. LEE
梁鳳蓮博士
Dr. Elean F.L. LEUNG
梁兆文先生
Mr S.M. LEUNG
梁達強先生
Mr Kenneth T.K. LIANG
林伏波博士
Dr. Violette F.P. LIN
盧徑遠先生
Mr Felix K.Y. LO
陸子聰博士
Dr. Jim T.C. LUK
吳兆權博士
Dr. Robert S.K. NG
吳少彬醫生
Dr. Ben S.P. NG
魏鄒鳳卿女士
Mrs Loretta F.H. NGAI
魏開義先生
Mr Roy H.Y. NGAI
潘世顯先生
Mr Derek S.H. POON
蕭明輝博士
Dr. Parco M.F. SIU

沈劍威博士
Dr. Raymond K.W. SUM
鄧樹麟先生
Mr Samson S.L. TANG
王香生教授
Prof. Stephen H.S. WONG
黃振橋先生
Mr J.K. WONG
黃愛玲小姐
Miss O.L. WONG
黃安東先生
Mr O.T. WONG
黃平山醫生
Dr. John P.S. WONG
黃思靈先生
Mr Sidney S.L. WONG
黃永森先生
Mr Sam W.S. WONG
邱德民先生
Mr Gordis T.M. YAU
楊顯智先生
Mr Edward H.C. YEUNG
嚴 晉小姐
Ms T. YIM
葉 良先生
Mr L. YIP
阮伯仁先生
Mr Bryan P.Y. YUEN

助理講師

Assistant Lecturer

陳詠兒小姐
Miss W.Y. CHAN
何偉強先生
Mr W.K. HO
何玉儀小姐
Miss Krista Y.Y. Ho
李致和先生
Mr Daniel C.W. LEE

*按英文姓氏排序ordered by surnames.

本會於二零一四至二零一五年度期間所舉辦的專業證書課程及考試紀錄如下：

Records of professional certification courses and examinations organized during the year of 2014/15 were specified below:

課程 Course	開辦數目 Quantity	報讀人數 Enrolment	合格率 Passing rate
體適能基礎證書課程 Physical Fitness Foundation Certification	15	446	/
體適能基礎證書公開考試 Physical Fitness Foundation Certification Exam	14	520	93%
體適能測試領袖證書課程及考試 Physical Fitness Assessment Leader Certification/ Exam	6	157	88%
優質健行領袖證書課程及考試 Quali-walk Leader Certification/ Exam	1	22	95%
器械健體導師證書課程及考試 Resistance Training Instructor Certification/ Exam	4	142	67%
兒童體適能導師證書課程及考試 Children Fitness Instructor Certification/ Exam	2	39	63%
老人健體導師證書課程及考試 Elderly Fitness Instructor Certification/ Exam	2	48	98%
水中健體導師證書課程及考試 Hydro-Fitness Instructor Certification/ Exam	1	22	77%
健體舞導師證書課程及考試 Aerobic Dance Instructor Certification/ Exam	1	14	71%
伸展訓練導師證書課程及考試 Stretching Instructor Certification/ Exam	1	41	93%
二級PFA私人體適能教練證書課程及考試 PFA Personal Fitness Trainer (Level II) Certification/ Exam	1	13	85%
成人心肺復甦法及自動體外心臟去纖維性顫動法證書課程 Adult C.P.R. & A.E.D. Certification Course	9	142	100%
高級體適能測試領袖證書課程及考試 Physical Fitness Assessment Leader(Advanced Level) Certification/ Exam	1	18	83%
總計 Total	58	1624	85%

延續教育工作坊記錄

Records of Continuing Education Symposiums

本會於二零一四至一五年度期間所舉辦的延續教育工作坊紀錄如下：

Records of continuing education symposiums organized during the year of 2014/15 were specified below:

運動創傷處理及運動營養學系列 Sport Injury Management & Sports Nutrition Studies Series

課題 Topics	節數 Session	報讀人數 Enrolment	日期 Date
觸發點(Trigger Point)與運動創傷的關係 The Relationship between Sports Injury and Trigger Point	1	27	8/7/2014
長跑運動所引致的常見創傷之分析、治療及預防 The Analysis, Therapy and Prevention of Common injuries caused by Distance Running	1	27	24/7/2014
運動補液：從理論到應用 Rehydration for Exercise: From theory to practical use	1	20	30/7/2014
預防及治療性的肌肉效貼法 Introduction to Kinesio-taping Techniques	1	21	17/11/2014
能量飲品、咖啡因與運動表現 The Expression between Physical Fitness, Energetic Drink & Caffeine	1	21	29/12/2014
總計 Total	5	116	

社區為本健康體適能促進及教育系列 Community-based Health/Fitness Promotion and Education Series

課題 Topics	節數 Session	報讀人數 Enrolment	日期 Date
唐氏綜合症人士的運動鍛鍊計劃 Exercise Programming for People with Down Syndrome	1	22	9/4/2014
中風康復者的家居運動鍛鍊 Home-Based Exercise Practices for Stroke Survivors	1	28	16/4/2014
「運動心理學」應用：建立個人的心理流程 Applying Sport Psychology: Develop Your Own Mental Routine	1	14	11/7/2014
職場健身運動 Health promotion at workplace	1	15	12/8/2014
長跑運動的心理學 Sport Psychology of Long-distance Running	1	25	13/1/2015
詠春奧秘 - 健體教練的增值 Personal Trainer Appreciation - Wing Chun Mysteries	1	17	31/3/2015
總計 Total	6	121	

進階體適能訓練系列 Advanced Fitness Training Series

課題 Topics	開辦數目 Quantity	報讀人數 Enrolment	日期 Date
壺鈴體能訓練 (俄羅斯人的傳統方法) Kettlebell for fitness (The traditional Russian method)	1	20	3/10/2014
Boot Camp訓練新趨勢 Tendency of Boot Camp Training	1	22	8/8/2014
詠春拳養生保健之探索 Exploration of Ving Tsun for Health and Regimen	1	10	22/7/2014
TRX懸掛式訓練研習 Introduction to TRX Suspension Training	1	22	22/8/2014
七分鐘體能訓練大揭秘! ? 利用體重作高強度的循環式訓練 Secret of 7-Minute Physical Fitness Training: High-Intensity Circuit Training Using Body Weight	1	39	25/11/2014
為不同年齡的人士制定安全及有效的平衡訓練方案 A safe & effective Balance training for all ages	1	16	26/9/2014
伸展技巧的理論綱要與實務指導 Theoretical and Practical Essence of Flexibility Training	1	31	30/3/2015
進階游泳與體適能訓練 Advanced Swimming and Physical Training	1	13	30/5/2014
槓啞鈴(Free Weight)指導員系列(一): 傳統入門運動與胸大肌訓練詳解 Free Weights Practitioner Series 1: Specific Training for Pectorals	1	16	8/2/2015
槓啞鈴(Free Weight)指導員系列(二): 徒手及負載式肱三頭肌訓練詳解 Free Weights Practitioner Series 2: Specific Training for Triceps and Abdominal Muscles	1	22	13/4/2014
槓啞鈴(Free Weight)指導員系列(三): 肩旋肌群及三角肌訓練詳解 Free Weights Practitioner Series 3: Specific Training for Deltoid and Rotator Cuff Muscles	1	20	22/6/2014
槓啞鈴(Free Weight)指導員系列(四): 肱二頭肌及大腿肌群訓練詳解 Free Weights Practitioner Series 4: specific Training for Biceps and Thigh Muscles	1	22	27/7/2014
槓啞鈴(Free Weight)指導員系列(五): 背肌群及肱二頭肌訓練詳解 Free Weights Practitioner Series 5: Specific Training for Biceps and Back Brachii Muscles	1	18	26/10/2014
槓啞鈴(Free Weight)指導員系列(六): 動作鑑定技巧及各肌群訓練程序詳解 Free Weights Practitioner Series 6: Essentials on Movement Analysis and Effective Instruction	1	17	23/11/2014
總計 Total	14	288	

技能及技術增進系列 Skills & Techniques Enhancement Series

課題 Topics	開辦數目 Quantity	報讀人數 Enrolment	日期 Date
姿勢評估及矯健技巧訓練 Postural Assessment and Correctional Exercise Practitioner Training	1	16	18/10/2014
綜合性運動按摩應用訓練 Integrated Sport Massage practitioner Training	1	12	23/9/2014
健身球及橡筋帶指導員訓練 Fitball and Elastic Band Practitioner Training	3	49	11/4/2014, 2/8/2014, 5/3/2015
職場肌肉骨骼健身訓練 Workplace Musculoskeletal Fitness Practitioner Training	1	15	13/11/2014
初級普拉提運動(Mat Work)指導員訓練 Elementary Pilates (Matwork) Practitioner Training	1	14	26/7/2014
總計 Total	7	106	

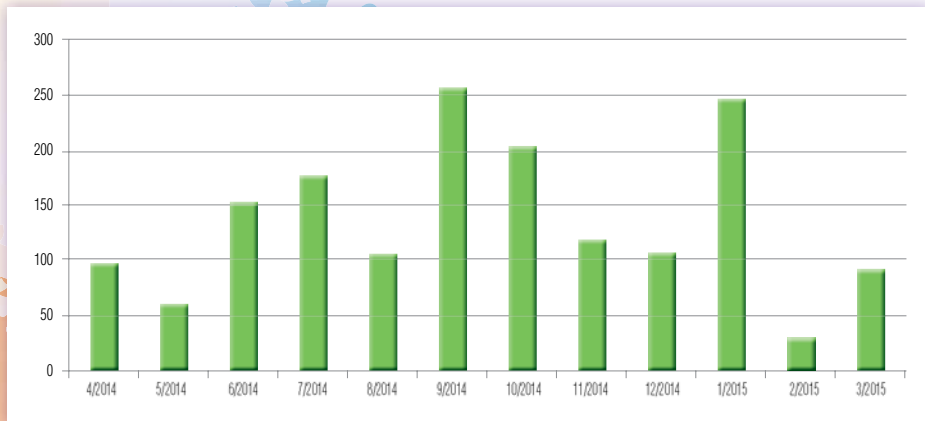
社區體適能服務記錄

Records of Community Fitness Services

於二零一四至二零一五年度，本會與外間團體合作舉辦體適能服務的次數共為1647次，服務人次共74298。During the year of 2014/2015, PFA provided more than 1647 community fitness services to different government departments, community organizations, schools and cooperates, nearly 74,298 people has been served.

二零一四至二零一五年度社區體適能服務及活動每月記錄：

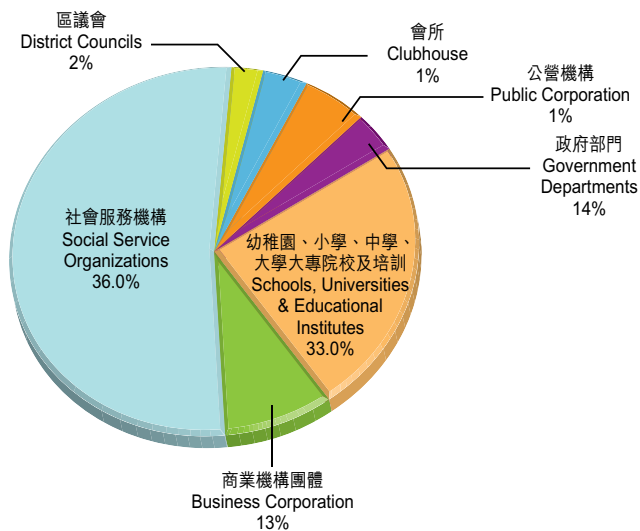
Monthly statistics on the Community Physical Fitness Services and Activities:



根據統計顯示，本年度與本會合作的團體及機構多達131間。

合作團體及機構業務及服務性質分佈：

According to statistical records, about 131 corporate bodies and organizations co-organized services with us. Their business and service nature were presented below.



社區體適能服務記錄

Records of Community Fitness Services

本會於二零一四至二零一五年度的合作團體及機構名單：
Collaborative bodies and organizations in 2014/2015:

政府部門及公營機構 Governmental Departments & Public Corporation

康樂及文化事務署(包括總部、各區辦事處、香港太空館及香港公共圖書館)
香港管理專業協會 職業安全健康局 教育局
葵青安全社區及健康城市協會 葵青區議會安健社區工作小組 民政事務處
衛生署 香港金融管理局

區議會 District Councils

深水埗區議會

體育組織 Sports Organizations

香港體育學院 中國香港體育協會暨奧林匹克委員會
灣仔區文娛康樂體育會 九龍城區康樂體育促進會 灣仔區文娛康樂體育會

學校、大學及大專院校 Schools, Universities & Educational Institutes

偉思幼稚園 香港聖公會麥理浩夫人中心幼稚園
救世軍梨木樹幼兒學校 將軍澳宣道幼稚園 荃灣商會邱健峰幼稚園
大埔浸信會幼稚園(天澤邨分校) 東華三院馬陳景霞幼稚園 基督教康山中英文幼稚園
東華三院李黃慶祥紀念幼稚園 世佛會觀自在幼兒學校 滬江小學
基督教宣道會天頌幼兒學校 香島中學 啟思幼稚園(帝堡城)
香港東區婦女福利會幼兒園 台山商會中學 香港高等科技教育學院
東華三院捷和鄭氏幼兒園 東華三院郭一葦中學 宣道會陳朱素華紀念中學
聖文嘉中英文幼稚園(荃灣) 東華三院方譚遠良幼兒園 天主教霞邨潔心幼稚園
宏福幼稚園(分校) 樂善堂文吳泳沂幼稚園 孫方中書院
香港真光中學 聖巴拿巴堂幼稚園 啟思幼稚園幼兒園(杏花)
荃威幼稚園 油麻地天主教小學 香港大學
五邑工商總會幼兒園幼稚園 英揚樂兒中英文幼稚園 香港中文大學
竹園區神召會太和康樂幼兒學校 香港理工大學 地利亞修女紀念學校
太陽島幼稚園 香港浸會大學 天水圍循道衛理中學
聖文嘉中英文幼稚園 香港科技大學

社區體適能服務記錄

Records of Community Fitness Services

社會服務機構 Social Service Organizations

循道衛理楊震社會服務處	扶康會順利成人訓練中心	建設健康九龍城協會
旺角街坊會陳慶社會服務中心	香港傷殘青年協會	莊重文敬老中心
香港癌症基金會	汽車交通運輸業總工會	香港傷殘青年協會
博愛醫院	明愛賽馬會赤柱青少年綜合服務	博愛醫院慧研雅集新Teen地
健樂社	香港青少年服務處	成長希望基金會
基督教香港信義會深信學校	聖公會聖馬太長者鄰舍中心	東華三院 平和坊
中華傳道會基石社會服務中心	香港西區浸信會老人中心	樂安「深」
防癆會林貝聿嘉健康中心	葵青安全社區及健康城市協會	香港青暉社
嚮色園主辦可健耆英地區中心	竹園區神召會	莊重文敬老中心
東華三院王澤森長者地區中心	東華三院 - 越峰成長中心	鄰舍輔導會(深水埗)
香港心理衛生會 賽馬會恆悅坊	新界社團聯會婦女中心	新生精神康復會
鐘聲慈善社	博愛醫院	世界癌症研究基金會(香港)
Christian Action DMW Programme	路德會青彩中心	港九工團聯合總會
香港台灣工商協會	華員會	建造業總工會
慧洪康護診所		

商業團體/機構 Business Corporations

NOW寬頻電視	中國建設銀行	太古飲料有限公司
電視廣播有限公司(無綫電視)	席夢思床褥	A Point Production
Junior Achievement Hong Kong	Aviva Life Insurance Company Limited	
Gammon Construction Ltd.	Freudenberg & Vilene International Ltd.	
Wharf Staff Recreation Committee		

會所及其他服務 Clubhouse

中國海外物業服務有限公司 - 歌賦嶺	九龍塘會	曼克頓山
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2014年4月3日

第57屆體育節 — 體適能專題講座：身心整合與動作療療

由中國香港體育協會暨奧林匹克委員會主辦、中國香港體適能總會及香港理工大學學生事務處體育組協辦之Samsung第57屆體育節體適能專題講座，已於2014年4月3日假香港理工大學圓滿結束。我們很榮幸邀請到來自臺灣台東大學身心整合與運動休閒產業學系劉美珠教授帶給我們有關身心學的精彩演說及知識。

**Samsung 57th Festival of Sports – Physical Fitness Seminar: Integration of Body-mind and Therapy**

It was glad to invite Professor M. C. Liu, from the department of Somatics and Sport Leisure Industry in National Taitung University, to have an excellent speech of Integration of Body-mind and Therapy for Samsung 57th Festival of Sports - Physical Fitness seminar on 3 Apr 2014 at Chiang Chen Studio Theatre. She shared a lot of body-mind and stretching knowledge to us. This seminar was organized by SF&OC and co-organized by the Hong Kong Polytechnic University (Physical Education Section, S.A.O), and PFA.



2014年6月19日

FIT到Lou友。茶聚 2014年6月19日

茶聚由許世全主席及張應明副主席帶領，辦事處代表及三十多名會員朋友出席當晚的活動。茶聚的目的是增加會員間的溝通，聽取會員意見，以及共商會務發展的方案。

Tea Reception (19 Jun 2014)

The tea reception was moderated by Prof. Stanley HUI (Chairman) and Mr Ricky CHEUNG (Vice-Chairman). Representatives of PFA office and more than 30 members attended the gathering. The tea reception gathering aimed at among members, listening to opinions and discussing how to develop PFA services in the future.



活動花絮

Activity Highlights

2014年10月11日



第二十八屆周年大會暨聚餐晚會 2014年10月11日
第二十八屆周年大會暨聚餐晚會於長沙灣麗閣邨君好海鮮酒家舉行。大會筵開二十席，超過二百位嘉賓及會員朋友出席，場面熱鬧。

The 28 th Annual General Meeting and Banquet (11 Oct 2014)

The meeting was held at the Kwan Ho Seafood Restaurant in Lai Kok Estate, Cheung Sha Wan. There were twenty tables in total. Over 200 members and guests attended the meeting and banquet.



2015年3月8日

新春行運一條龍一日遊 2015年3月8日

本會舉行新春行運一條龍一日遊，藉以希望加強會員之間的互動性。誠邀會員及親屬朋友參與，共渡一個愉快的周末。當天多達116名會員朋友參與。盼望未來繼續獲得您們的支持，日後舉辦更多會員活動！



Lunar New Year Day Trip (8 Mar 2015)

This activity aimed to strengthen the bonding and interaction between members. There were 116 members and their friends joining the day trip. Hope the participation will keep rising in the future!



社區及機構體適能活動

Fitness Activities in Communities and Organizations



官立嘉道理爵士中學（西九龍）見習兒童健體體適能導師證書課程
Children Fitness Instructor Trainee Certification Course of Sir Ellis Kadoorie Secondary School (West Kowloon)

本會因應「生涯規劃」的需要，特意在本年向高中學生推出「見習兒童」、「見習器械」及「見習老人」健體體適能導師證書課程。學員完成課程之後，不但有一技之長，更有助本會推廣普及健體訊息。

In response to the need of "Life Planning", PFA launched the "Children Fitness Instructor Trainee", "Resistance Training Instructor Trainee" and the "Elderly Fitness Instructor Trainee" certification courses to senior secondary school students in this year. After completing the courses, students not only improved their knowledge and skills, but also helped PFA to promote "Exercise for All" message.

本會運用體適能專業測試及訓練，協助初中學生建立「正向人生觀」，推出「Fit嘜計劃 2015」也收到良好的效果。

By means of professional fitness testing and training, PFA launched "Fit Mark Program" aiming to help junior secondary school students build up 'positive life'.



天水圍循道衛理中學活動情況
Activity in Tin Shui Wai Methodist College

社區及機構體適能活動

Fitness Activities in Communities and Organizations



癌症基金會
訓練班實況
Training course in
Cancer Fund

針對復康人士，本會今年聯同癌症基金會，設計一系列有助癌症患者復康的體適能訓練課程，為受眾提供更適切服務。
For people with needs of rehabilitation, PFA collaborated with Cancer Fund and designed a series of fitness training courses for cancer survivors to further meet their service needs.

始創中心
體適能
服務實況
Fitness services
in Pioneer Centre



本會今年為多個商業機構進行社區體適能測試及運動示範。
PFA conducted fitness testing activities and exercise demonstration sessions for different commercial companies this year.

社區及機構體適能活動

Fitness Activities in Communities and Organizations



全民運動日：香港公園體育館狀況
Sport for All Day:
Activities in Hong Kong Park Sports Centre

一年一度的「全民運動日」，本會一如以往全力支持，並派出超過200名教練到全港18區，與民同享運動的樂趣，達到推廣普及體育的目的。今年本會還特別設計了一套「全民健體操」，與民同樂。

For the "Sport for All Day", PFA gave the continuous support and sent more than 200 fitness instructors to the 18 districts around Hong Kong to promote physical fitness. This year, PFA specially designed "Easy Fitness Exercise for All" and shared the joyfulness of exercise with the general public.

本會得到賽馬會支持，將在未來三年，向全港100所幼稚園及6所小學，推行一項名為《賽馬會學童Keep Fit方程式》的計劃。

With the support and funding from the Hong Kong Jockey Club, PFA will implement a scheme called "Jockey Club Keep-Fit Formula for Children" in the coming 3 years. Over 100 kindergartens and 6 primary schools will take part in the scheme.



賽馬會學童
Keep Fit方程式
Jockey Club
Keep-Fit Formula
for Children

其他活動

Others

2014 – 2015年度中學生體適能及其對體育和體能活動態度狀況研究

總結

教育局於去年度開展了中學生體適能及其對體育和體能活動態度狀況研究，此研究分為兩部份，包括「中學生體適能狀況研究」（體適能研究）和「針對中學生於體育和體能活動態度方面的問卷調查」（問卷調查）。

「體適能研究」目的是：（一）為香港中學生建立一個有關體適能狀況的常模基準；（二）調查年齡和性別在體適能力上的差異；及（三）比較近年的體適能研究，追溯中學生體適能狀況的改變。

「問卷調查」旨在（一）調查學生參與體能活動的普遍度、對於體育的態度以及與健康相關的生活習慣；（二）分適各因素對中學生參與體能活動的影響；及（三）探索體能活動或生活習慣對體適能的影響。

在此，本會衷心感謝教育局代表、38間中學的老師和同學們，以及曾經提供過專業服務的會員朋友。在未來，本會仍會精益求精，致力推廣學校體適能工作。



“Survey Study of Students’ Physical Fitness and Their Attitudes toward Physical Education (Secondary Schools, 2014/15)”

Summary

Education Bureau (EDB) launched the “Survey Study on Students’ Physical Fitness and Their Attitudes toward Physical Education (Secondary Schools)” last year. PFA participated in the data collection and analysis. The study was divided into two parts: (1) Normative Study on Secondary School Students’ Physical Fitness (Physical Fitness Survey), and (2) Questionnaire Survey on Secondary School Students’ Attitudes toward Sport, Physical Activity, Physical Education and Healthy Lifestyle (Questionnaire Survey)

The Physical Fitness Survey aimed to (1) develop the normal values for different physical fitness parameters of secondary school students in accordance with age and sex; (2) investigate age and sex differences in physical fitness of secondary school students, and (3) trace the trend of changes in and compare physical fitness of secondary school students among the surveys conducted in the past and the present study.

The Questionnaire Survey aimed to (1) understand the diet, sleep, screen time, level of physical activity participation and attitudes toward P.E. among secondary school students; (2) analyze the factors affecting the participation of sport and physical activities among secondary school students, and (3) explore how physical activity pattern or health-related lifestyles influence on physical fitness.

PFA would like to express our gratitude to the EDB’s representatives, the teachers and students of the 38 sampled schools as well as the members who endeavored to provide professional services throughout the study. In the future, PFA will continue our good work and dedicate our full effort in school physical fitness promotion.

李湯陳會計師事務所

LI, TANG, CHEN & CO.

Certified Public Accountants (Practising)

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED

(incorporated in Hong Kong and limited by guarantee)

We have audited the financial statements of Physical Fitness Association of HONG KONG, China Limited ("the Association") set out on pages 5 to 21, which comprise the statement of financial position as at 31st March, 2015, and the statement of comprehensive income, the statement of changes in funds and the statement of cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

EXECUTIVE COMMITTEE MEMBERS' RESPONSIBILITY FOR THE FINANCIAL STATEMENTS

The executive committee members are responsible for the preparation of financial statements that give a true and fair view in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants and the Hong Kong Companies Ordinance, and for such internal control as the executive committee members determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

AUDITOR'S RESPONSIBILITY

Our responsibility is to express an opinion on these financial statements based on our audit and to report our opinion solely to you, as a body, in accordance with Section 405 of the Hong Kong Companies Ordinance and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report.

We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial statements, whether due to

財務報告(2014-2015)

Financial Report (2014-2015)

fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation of the financial statements that give a true and fair view in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the executive committee members, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

OPINION

In our opinion, the financial statements give a true and fair view of the financial position of the Association as at 31st March, 2015 and of its financial performance and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

Li, Tang, Chen & Co.

Chartered Public Accountants (Practising)

財務報告(2014-2015)

Financial Report (2014-2015)

李湯陳會計師事務所

LI, TANG, CHEN & CO.

Certified Public Accountants (Practising)

PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED BALANCE SHEET AS AT 31ST MARCH, 2015

<u>Analytical Review</u>			
	HK\$	2015 HK\$	2014 HK\$
NON-CURRENT ASSETS			
Property, plant and equipment		117,006	208,156
CURRENT ASSETS			
Inventories	21,892		36,302
Account receivable, deposit and prepayment	1,378,194		554,887
Tax recoverable	91,496		-
Cash and bank balance	3,701,840		3,682,245
	<u>5,193,422</u>		<u>4,273,434</u>
CURRENT LIABILITIES			
Receipts in advance	166,472		507,107
Account payable and accrued expenses	1,587,381		496,735
Tax payable	-		100,471
	<u>1,753,853</u>		<u>1,104,313</u>
NET CURRENT ASSETS		3,439,569	3,169,121
NET ASSETS		<u>3,556,575</u>	<u>3,377,277</u>
Representing:			
ENDOWMENT FUND		444,603	444,603
ACCUMULATED FUND		3,111,972	2,932,674
		<u>3,556,575</u>	<u>3,377,277</u>

財務報告(2014-2015)

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李湯陳會計師事務所

LI, TANG, CHEN & CO.

Certified Public Accountants (Practising)

PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 31ST MARCH, 2015

	2015 HK\$	2014 HK\$
MEMBERSHIP FEE	277,109	269,717
SURPLUS FROM ACTIVITIES	3,037,780	2,815,546
SUNDRY INCOME	186,368	115,789
STAFF COSTS	(2,100,942)	(1,449,938)
DEPRECIATION	(141,051)	(133,648)
OTHER OPERATING EXPENSES	<u>(1,054,270)</u>	<u>(977,476)</u>
SURPLUS BEFORE TAXATION	204,994	639,990
TAXATION	<u>(25,696)</u>	<u>(100,471)</u>
SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR	<u>179,298</u>	<u>539,519</u>