



中國香港體適能總會
Physical Fitness Association of Hong Kong, China



2019
年報
Annual Report 20

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會長獻辭

President's Message



2019 冠狀病毒病(Coronavirus Disease, COVID-19)的陰霾正在縈繞全球，揮之不去。防疫抗疫變成了新常態，人類正在學習與病毒共存。

在過去一年，從事體適能行業的朋友們生計大受影響。不論是健身中心經營者，或是體適能教練，都無一幸免地停業或停工。儘管香港特別行政區政府就著體適能業界的需要，推出了多輪的「防疫抗疫基金」資助計劃，但始終未能完全紓解疫情所帶來的衝擊。

「逆境求存」和「轉危為機」常給予人老生常談之感。經此一「疫」後，人們不得不承認兩者卻是新常態下之金石良言。當四周瀰漫著因疫情而形成的「負能量」時，體適能業界卻為社會帶來「朝氣」 - 鼓勵市民多進行家居運動，「疫」境自「強」。

體適能是身體適應環境的一種能力，運動訓練是提升體適能的有效方法。因此，人類要「疫」境自「強」，必須先學習運動訓練的正確方法。由四月至今，中國香港體適能總會夥拍不同政府部門、大學、非政府機構和傳媒機構等，製作超過五十段運動影片，鼓勵市民大眾在「疫」境中以運動自「強」。讓體適能業界一同繼續發揮我們獨特的社會職能 - 運動教育！

黃平山 醫生

中國香港體適能總會會長
2020年12月19日



主席報告

Chairman's Report

根據世界衛生組織的統計，截至 2020 年 12 月 8 日為止，全球 2019 冠狀病毒病確診人數已超過六千六百萬，死亡人數亦超過了一百五十萬人。香港雖然在防疫抗疫工作上未能盡善盡美，但是憑着我們擁有的高質素醫療系統和萬眾一心的防疫抗疫精神，本地確診和死亡數字都能控制在相對低的水平，此乃不幸中之大幸。

社會為防疫抗疫工作付出了沉重的代價。以健身中心為例，於四至五月份和七至九月份期間，以配合政府的抗疫工作，業界經歷了兩度停運的厄運，以致損失慘重。本地各類康體設施和場所亦斷斷續續地關閉和重開，嚴重地影響了各類體育教練(包括體適能教練)的生計。過去半年，政府先後推出了兩輪「健身中心資助計劃」和「向註冊體育教練提供一筆過補助金計劃」。雖然補助金額不多，但寥勝於無，的確能為小部份經營者和教練排解燃眉之急。因此，中國香港體適能總會也盡點綿力，協助民政事務局執行「健身中心資助計劃」的前線行政工作。同時，本會亦因應康樂及文化事務署的要求，協助他們核實註冊體適能教練的資格。

與大多數的公營和非政府機構一樣，為盡量減低疫情對本身服務之影響，自二月份開始，採取了一系列的應變和防疫抗疫措施，包括實踐網上教學、制定社區服務防感染指引等。此外，本會與康樂及文化事務署和傳媒機構合作，著力提倡家居運動，製作多元化的運動影片，供市民在互聯網和社交平台上參閱。

我們盼望全球 2019 冠狀病毒病的陰霾盡快消散，祝願大家在疫情中能積極生活，確保身心健康！

鍾伯光 教授 JP

中國香港體適能總會主席

2020 年 12 月 19 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。

Physical Fitness Association of Hong Kong, China (PFA) 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 the Industry

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

為社會營造和諧氣氛 Promote Harmonious Environment for the 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

工作 Work

- 培訓本地健體導師人才為大眾市民提供優質服務
Educate fitness professionals to provide quality services to the general public
- 推動社區為本的健康體能測試計劃普及運動處方理念
Launch community-based physical fitness assessment scheme and spread concept of exercise prescription
- 廣泛建構社區脈絡合辦多元化的體能活動
Develop community networks and co-organize a wide variety of physical activities with partners
- 定期出版會訊及文宣刊物廣傳健康體適能資訊
Publish newsletters, bulletins and papers to promote health and fitness information

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

鍾伯光教授

Prof. P. K. Chung, JP

副主席

Vice-Chairman

周碧珠教授

Prof. Bik. C. Chow

沈劍威博士

Dr. Raymond K.W. Sum

阮伯仁先生

Mr Bryan P.Y. Yuen

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

張應明先生

Mr Ricky Y.M. Cheung

梁達強先生

Mr Kenneth T.K. Liang

王香生教授

Prof. Stephen H.S. Wong

楊顯智先生

Mr Edward H.C. Yeung

程偉健博士

Dr. Joe W.K. Ching

許世全教授

Prof. Stanley S.C. Hui

鄭毓全先生

Mr Joshua Y.C. Cheng

蕭明輝博士

Dr. Parco M.F. Siu

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

已故永遠榮譽會長 The Late Permanent Honorary President :

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

顧問 Advisors

區玉麟律師	執業律師
Mr Anthony Y.L. AU	Solicitor
陳啟明教授	香港中文大學矯型外科及創傷學系榮休教授
Prof. K.M. CHAN, OBE, JP	Emeritus Professor, Department of Orthopaedics & Traumatology, CUHK
陳炳祥博士	香港城市大學學生發展處副處長 (體育)
Dr. Patrick P.C. CHAN	Associate Director (P.E.), Student Development Office, CityU
馮煒權教授	北京體育大學教授
Prof. W.Q. FENG	Professor, Beijing Sport University
傅浩堅教授	香港浸會大學榮休教授
Prof. Frank FU, JP	Emeritus Professor, HKBU
夏秀禎教授	香港中文大學體育運動科學系教授
Prof. Amy S.C. HA	Professor, Department of Sports Science and Physical Education, CUHK
李本利先生	臺灣有氧體能運動協會秘書長
Mr Bonnie B. LEE	Secretary General, Aerobic Fitness & Health Association of Taiwan
李家暉先生	執業會計師
Mr K.F.LI	Accountant
麥耀光醫生	香港運動醫學及科學學會前會長
Dr. Gary Y.K. MAK	Former President, Hong Kong Association of Sports Medicine and Sports Science
楊錫讓教授	北京體育大學教授
Prof. X.R. YANG	Professor, Beijing Sport University
容樹恆教授	香港中文大學矯形外科及創傷學系教授兼學系主任
Prof. Patrick S.H. YUNG, JP	Professor and Chairman of Department of Orthopaedics & Traumatology, CUHK
謝敏豪教授	中國國家體育總局運動醫學研究所所長
Prof. M.H. XIE	Director, National Institute of Sports Medicine, China

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 advisors.

專責委員會及辦事處架構

Structures of Committees & Head Office

行政管理委員會 Administration & Management Committee		
主席 Chair	鍾伯光教授	Prof. P.K. CHUNG, JP
成員 Members*	江關煥園女士	Mrs Marriane W.Y. KONG
	黎培榮先生	Mr P.W. LAI, MH
	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
教育及專業發展委員會 Education and Professional Development Committee		
主席 Chair	阮伯仁先生	Mr Bryan P.Y. YUEN
成員 Members*	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
	沈劍威博士	Dr. Raymond K.W. SUM
	陳育輝先生	Mr Y.F. CHAN
	李致和博士	Dr. Daniel C.W. LEE
	陸子聰博士	Dr. Jim T.C. LUK
	程偉健博士	Dr. Joe W.K. CHING
黃安東先生	Mr O.T. WONG	
秘書 Secretary	黃永森先生	Mr Sam W.S. WONG
社區參與及服務委員會 Community Engagement and Services Committee		
主席 Chair	韓思思小姐	Miss S.S. HON
成員 Members*	江 峰先生	Mr F. KONG
	楊顯智先生	Mr Edward H.C. YEUNG
	魏鄒鳳卿女士	Mrs LORETTA F.H. NGAI
	陳國基醫生	Dr. K.K. CHAN
秘書 Secretary	黃詠珊小姐	Miss Jennifer W.S. WONG
	黃永森先生	Mr Sam W.S. WONG
	馬煒賢先生	Mr Terrence W.Y. MA
	梁家威先生	Mr Kelvin K.W. LEUNG

*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 Committees & Head Office

機構傳訊委員會 Corporate Relations Committee		
主席 Chair	沈劍威博士	Dr. Raymond K.W. SUM
成員 Members*	張應明先生	Mr Ricky Y.M. CHEUNG
	許世全教授	Prof. Stanley S.C. HUI
	江關煥園女士	Mrs Marriane W.Y. KONG
	黎培榮先生	Mr P.W. LAI, MH
	魏開義先生	Mr Roy H.Y. NGAI
	郭致偉博士	Dr. Ron C.W. KWOK
	廖允瑋先生	Mr Adrian W.Y. LIU
	蘇俊龍博士	Dr. Billy C.L. SO
秘書 Secretary	黃永森先生	Mr Sam W.S. WONG
	馬煒賢先生	Mr Terrence W.Y. MA
研究及出版委員會 Research & Publication Committee		
主席 Chair	周碧珠教授	Prof. Bik C. CHOW
成員 Members*	魏開義先生	Mr Roy H.Y. NGAI
	蕭明輝博士	Dr. Parco M.F. SIU
	王香生教授	Prof. Stephen H.S. WONG
	陳嘉威博士	Dr. Jacky K.W. CHAN
	黃雅君博士	Dr. Wendy Y.J. HUANG
秘書 Secretary	黃永森先生	Mr Sam W.S. WONG
	潘德賢小姐	Miss Carrie T.Y. POON
	馬煒賢先生	Mr Terrence W.Y. MA
辦事處 Head Office		
行政總監 Executive Director	黃永森先生	Mr Sam W.S. WONG
行政及會員事務主任 Administration & Member Affairs Officer	潘德賢小姐	Miss Carrie T.Y. POON
服務聯絡主任 Services Liaison Officer	梁家威先生	Mr Kelvin K.W. LEUNG
社區發展主任 Community Development Officer	馬煒賢先生	Mr Terrence W.Y. MA
教練培訓主任 Coach Education Officer	陳麗琪小姐	Miss Kissi L.K. CHAN
高級研究助理 Senior Research Assistant	吳啟賢先生	Mr Kenny K.Y. NG
教練培訓幹事 Executive (Coach Education)	杜柏林先生	Mr Leo P.L. TO
行政及會員事務幹事 Executive (Administration & Member Affairs)	吳振杰先生	Mr Mars C. K. NG
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.

課程架構

Course Structure

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 Physical Fitness Assessment Leader (Advanced Level) Certification	伸展訓練導師證書 Stretching Instructor Certification	團體有氧運動導師證書 Group Aerobic Exercise 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	兒童體育素養測試領袖證書 Childhood Physical Literacy Assessment 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 Education and Promotion 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	≥1,000 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審 Approval of Judging Panel 	4 年 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審 Approval of Judging Panel 	4 年 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」 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審 Approval of Judging Panel 	4 年 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 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 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' ✓ #持有本會「體適能導師證書」 Possessing "Fitness Instructor Certificate" from PFA #適用於「兒童體育素養測試領袖證書」 Applicable to 'Childhood Physical Literacy Assessment Leader Certification' 	永久 Permanent #4 年 years
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
證書的認受性 Recognition of Certifications				
<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 - 康樂及文化事務署 Leisure and Cultural Services Department, HKSAR ● 香港特別行政區 - 紀律部門 Disciplinary departments, HKSAR ● 本地各大專院校 Tertiary institutes in local areas ● 本地各大公營受私營機構 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. 				
***有關課程詳細資料，請瀏覽本會網頁 www.hkpf.org.hk ***				
***For more detailed information, please visit our website at www.hkpf.org.hk ***				

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。

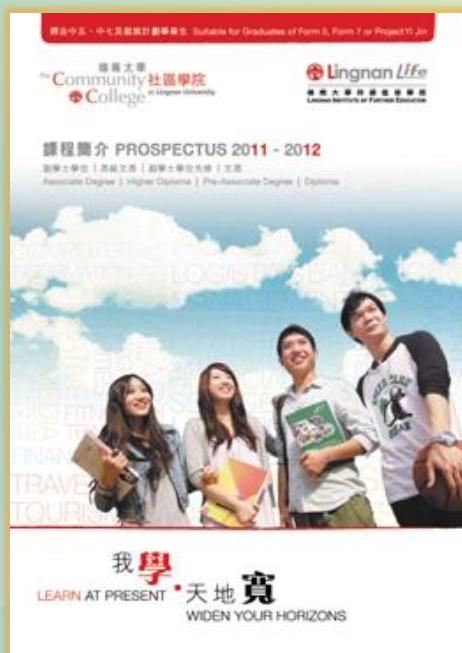
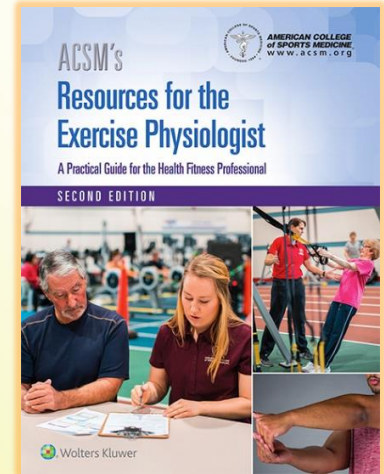
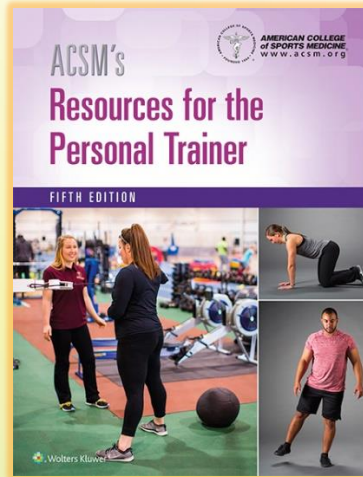
The above-mentioned credentials are recognized by the Leisure and Cultural Services Department (LCSD). Certificate holders are eligible to provide professional services in the community sports programmes organized by LCSD. This reflects our professional status.

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 健康體適能相關證書課程，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 Certification workshop in Hong Kong as early as 1998. This, again, positively reflects our professionalism and high standard in fitness professional training.



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 (2019-2020)

PFA Lecturers

委任講師 Appointed Lecturers

區永河先生 Mr W.H.AU	鄭毓全先生 Mr Joshua Y.C. CHENG	李致和博士 Dr. Daniel C.W. LEE	蕭明輝博士 Dr. Parco M.F. SIU
周碧珠教授 Prof. Bik B.C. CHOW	陳育輝先生 Mr. Y.F. CHAN	梁鳳蓮博士 Dr. Elean F.L. LEUNG	鄧樹麟先生 Mr Samson S.L. TANG
陳創羽先生 Mr Charles C.Y. CHAN	張應明先生 Mr Ricky Y.M. CHEUNG	林伏波博士 Dr Violette F.P. LIN	蔡慧欣小姐 Miss Jay W.Y. TSOI
陳大衛先生 Mr David CHAN	鍾演妮小姐 Miss Kinnie Y.N. CHUNG	盧徑遠先生 Mr Felix K.Y. LO	王香生教授 Prof. Stephen H.S. WONG
陳凱輝醫生 Dr. Raymond H.F. CHAN	陳玉儀小姐 Miss Kathy Y.Y. CHAN	黎培榮先生 Mr P.W. LAI MH	黃振僑先生 Mr J.K. WONG
陳漢雄先生 Mr H.H. CHAN	馮子漢先生 Mr Brian T.H. FUNG	梁兆文先生 Mr S.M. LEUNG	黃愛玲小姐 Miss O.L. WONG
陳國雄先生 Mr Terry K.H. CHAN	侯 爍小姐 Miss Angela Soek HAU	陸子聰博士 Dr. Jim T.C. LUK	黃安東先生 Mr O.T. WONG
陳國基醫生 Dr. K.K. CHAN	許世全教授 Prof. Stanley S.C. HUI	梁達強先生 Mr Kenneth T.K. LIANG	黃平山醫生 Dr John P.S. WONG
鄭鍵明先生 Mr K.M. CHENG	韓思思小姐 Miss S.S. HON	李亦愛小姐 Miss Y.O. LEE	黃思靈先生 Mr Sidney S.L. WONG
陳嘉寶小姐 Miss Katie K.P. CHAN	何偉強先生 Mr W.K. HO	魏鄒鳳卿女士 Mrs Loretta F.H. NGAI	黃永輝先生 Mr W.F. WONG
陳嘉威博士 Dr. Jacky K.W. CHAN	黃雅君博士 Dr. Wendy Y.J. HUANG	魏開義先生 Mr Roy H.Y. NGAI	黃永森先生 Mr Sam W.S. WONG
張文惠博士 Dr. William M.W. CHEUNG	何玉儀小姐 Miss Krista Y.Y. Ho	吳兆權博士 Dr. Robert S.K. NG	楊顯智先生 Mr Edward H.C. YEUNG
陳靄允小姐 Miss Karly O.W. CHAN	江 峰先生 Mr F. KONG	吳少彬醫生 Dr. Ben S.P. NG	葉 良先生 Mr L. YIP
鍾伯光教授 Prof. P.K. CHUNG, JP	鄺金榮先生 Mr K.W. KWONG	潘世顯先生 Mr Derek S.H. POON	阮伯仁先生 Mr Bryan P.Y. YUEN
程偉健博士 Dr. Joe W.K. CHING	江關煥園女士 Mrs Marriane W.Y. KONG	潘梓竣博士 Dr. T.C. POON	嚴 晉小姐 Ms T. YIM
陳偉德先生 Mr Roy W.T. CHAN	李本利先生 Mr Bonnie B.L. LEE	蘇俊龍博士 Dr. Billy C.L. SO	邱德民先生 Mr Gordis T.M. YAU
陳詠兒小姐 Miss W.Y. CHAN	李致機先生 Mr C.K. LI	沈劍威博士 Dr. Raymond K.W. SUM	

*按英文姓氏排序 ordered by surnames.

專業證書課程紀錄

Records of Professional Certification Courses

本會於二零一九至二零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 2019/20 were specified below.

課程 Course	開辦數目 Quantity	報讀人數 Enroiment	報考人數 (合格率)
體適能基礎證書課程 Physical Fitness Foundation Certification Course	19	691	
體適能基礎證書公開考試 Physical Fitness Foundation Certification Exam	38		1,075(70.3%)
體適能測試領袖證書課程 Physical Fitness Assessment Leader Certification Course	4	78	
體適能測試領袖證書考試 Physical Fitness Assessment Leader Certification Exam	4		80(76.3%)
器械健體導師證書課程 Resistance Training Instructor Certification Course	12	185	
器械健體導師證書考試 Resistance Training Instructor Certification Exam	9		203(52.2%)
老人健體導師證書課程 Elderly Fitness Instructor Certification Course	3	61	
老人健體導師證書考試 Elderly Fitness Instructor Certification Exam	3		74(67.6%)
兒童體適能導師證書課程 Children Fitness Instructor Certification Course	2	39	
兒童體適能導師證書考試 Children Fitness Instructor Certification Exam	2		40(92.5%)
水中健體導師證書課程 Hydro-Fitness Instructor Certification Course	0	0	
水中健體導師證書考試 Hydro-Fitness Instructor Certification Exam	1	4	4(100%)
伸展訓練導師證書課程 Stretching Instructor Certification Course	1	37	
伸展訓練導師證書考試 Stretching Instructor Certification Exam	1		42(88.1%)
團體有氧運動導師證書課程 Group Aerobic Exercise Instructor Certification Course	0	0	
團體有氧運動導師證書考試 Group Aerobic Exercise Instructor Certification Exam	1		17(41.2%)
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 Cardio-Pulmonary Course and Automated External Defibrillation Provider Course	7		117(100%)

延續教育工作坊紀錄

Records of Continuing Education Symposiums

本會於二零一九至二零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 2019/20 were specified below:

運動創傷處理及運動營養學系列 Sport Injury Management & Sports Nutrition Studies Series			
日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
4/11/2019	易筋經函義工作坊 Implication of Yi Jin Jing Workshop	1	21
6/11/2019	易筋經操工作坊 The Practice of Yi Jin Jing Workshop	1	24
29/11/2019	易筋經治療肌肉衰退症工作坊 Therapeutic Sarcopenia of Yi Jin Jing	1	24

社區為本健康體適能促進及教育系列 Community-based Health/ Fitness Promotion and Education			
日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
13/12/2019	雜耍暨扯鈴體驗工作坊 Juggling and Diabolo Experiencing	1	14

技能及技術增進系列 Skills & Techniques Enhancement Series			
日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
5/5/2019 & 25/2/2020	筋肌自我鬆弛按摩指導員訓練課程 Myofascial Self Relaxation Massage Practitioner	2	38
9/10/2019	姿勢評估及矯健技巧指導員訓練 Postural Assessment and Correctional Exercise Practitioner Training	1	16
29/11/2019	健身球及橡筋帶指導員訓練 Fitball and Elastic Band Practitioner Training	2	36

進階體適能訓練系列

Advanced Fitness Training Series

日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
15/6/2019	炮筒訓練入門工作坊 Introduction to Fitness Tube Training Workshop	1	21
23/6/2019	槓啞鈴(Free Weight)指導員系列(3)：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	21
29/6/2019	『氣動式健體訓練』工作坊 Pneumatic Fitness Training Workshop	1	17
13/7/2019	長者健體訓練法新知工作坊 New Training Methods in Elderly Fitness	1	23
21/7/2019	槓啞鈴(Free Weight)指導員系列(4)：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	20
3/8/2019	泰拳體驗工作坊 Experiencing Muaythai Workshop	1	20
18/9/2019	水中高強度間歇訓練工作坊 Aqua HIIT Exercises Workshop	1	15
24/11/2019	槓啞鈴(Free Weight)指導員系列(6)：動作鑑定技巧及各肌群訓練程序詳解 Free Weights Practitioner Series 6: Movement Analysis and Detailed Description of Training	1	19
1/12/2019	伸展訓練溫故知新工作坊 Revisiting Stretching Training	1	27
17/1/2020	團體有氧運動導師課先修班 Group Aerobic Exercise instructor Preparatory Workshop	1	22
18/2/2020	淺談肌筋膜舒展工作坊 Introduction to Myofascial Relaxation	1	20

出版書籍

Publication

《器械健體導師手冊》一書由本會執行委員、講師和職員合作籌備、製作和編校，歷時多年，並於 2017 年 6 月份順利出版，為本會「器械健體導師證書課程」的指定用書。內容圖文並茂，適合器械健體教練和器械健體愛好者閱讀及參考。

The materials covered in “Resistance Training Instructor Manual” were prepared and edited by PFA’s executive committee members, lecturers, and office staff for many years. The manual was successfully published in June 2017 and regarded as the required book for the “Resistance Training Instructor Certificate Course”. The content is well illustrated and suitable for resistance training instructors and fitness enthusiasts.



《體適能導師綜合理論》一書於 2017 年 9 月份出版，為本會「體適能基礎證書課程」的指定用書和各體適能導師證書課程的參考課本。內容涵蓋體適能概念、健康及身心康盛定義、基礎解剖和運動生理學、心肺耐力訓練原理、營養與健康、體重管理原則、阻力訓練原理、柔軟度訓練原理、運動安全原則、體適能測試方法，以及壓力處理概要。內容適合現職體適能教練、體育老師、修讀體育運動相關課程的學生，甚或熱愛健體運動的市民大眾閱讀。盼望《體適能導師綜合理論》一書能夠促進香港體適能教育工作的發展。

“Comprehensive Theories for Physical Fitness Instructor” was published in September 2017 and officially used as the required textbook for the “Physical Fitness Foundation Certificate Course” and the reference textbook for PFA’s Fitness Instructor Certificate course. The content covers concept of physical fitness, health and wellness, fundamental anatomy, exercise physiology, training principles of cardiorespiratory endurance, nutrition and health weight management, resistance training principles, flexibility training principles, exercise safety fitness assessments, as well as stress management. It is suitable for fitness instructors, physical education teachers, students who are pursuing sports-related qualifications, and fitness enthusiasts. It is believed this book could further promote the development of physical fitness education and training in Hong Kong.



水中健體運動自 80 年代初由本會引入香港，至今發展接近三十年。《水中健體導師手冊》是本會為裝備水中健體導師而於 2017 年 9 月份出版的。本書內容結合運動生理學家、體育工作者、物理治療師、以及體適能專家的智慧，深入淺出地展示水中健體導師應具備的專業知識和實務技巧，適合現職水中健體導師、體育教師、運動教練、物理治療師、醫護人員、以及水中健體愛好者閱讀。

Hydro-fitness exercise was firstly introduced to local industry by our association in the early 1980s and has been developing for more than 30 years in Hong Kong. To equip our hydro-fitness instructors, "Hydro-Fitness Instructor Manual" was published in September 2017. The content combined the wisdom of exercise physiologists, physical educators, physiotherapists, and fitness specialists. It includes essential knowledge and practical skills that should be possessed by professional hydro-fitness instructor. It is suitable for hydro-fitness instructors, physical education teachers, sports coaches, physiotherapists, health care workers, and hydro-fitness enthusiasts.



《長者健體導師手冊》是本會為裝備長者健體導師而於 2020 年 9 月份出版的，內容由長者健體導師教學團隊用心編寫而成，成員包括運動生理學家、體育工作者、物理治療師，以及體適能專家，強調理論與實踐並重。

To equip our elderly fitness instructors with necessary knowledge and skills, "Elderly Fitness Instructor Manual" was published in September 2020. It was written and edited by the Elderly Fitness teaching team being composed of exercise physiologists, physical educators, physiotherapist and fitness specialists. The new publication emphasizes on theoretical knowledge and practical skills in relation to elderly fitness.



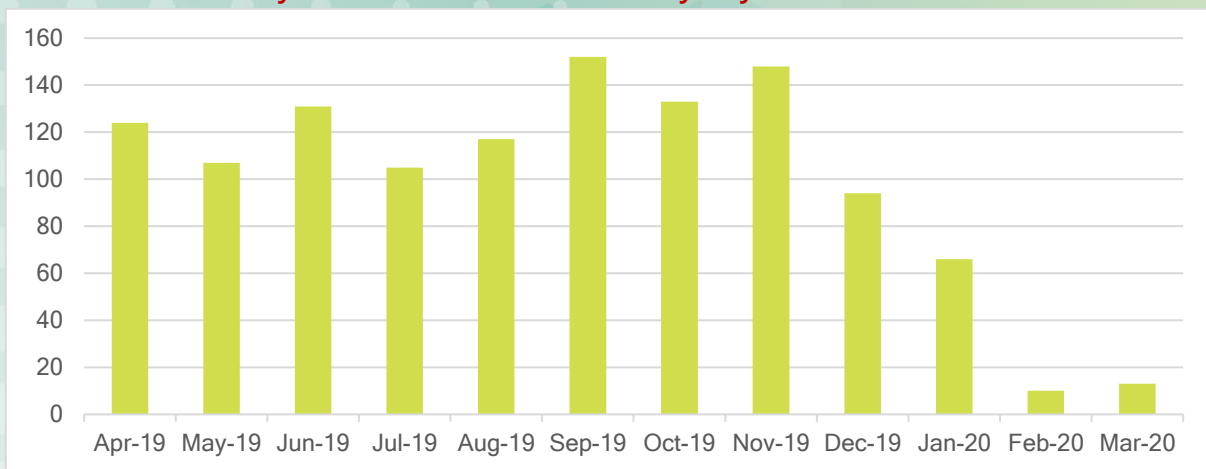
社區體適能服務紀錄

Records of Community Fitness Services

於二零一九至二零二零年度，本會與外間團體合作舉辦社區體適能服務的次數多達 1,200 次，服務人次超過 22,000 人。

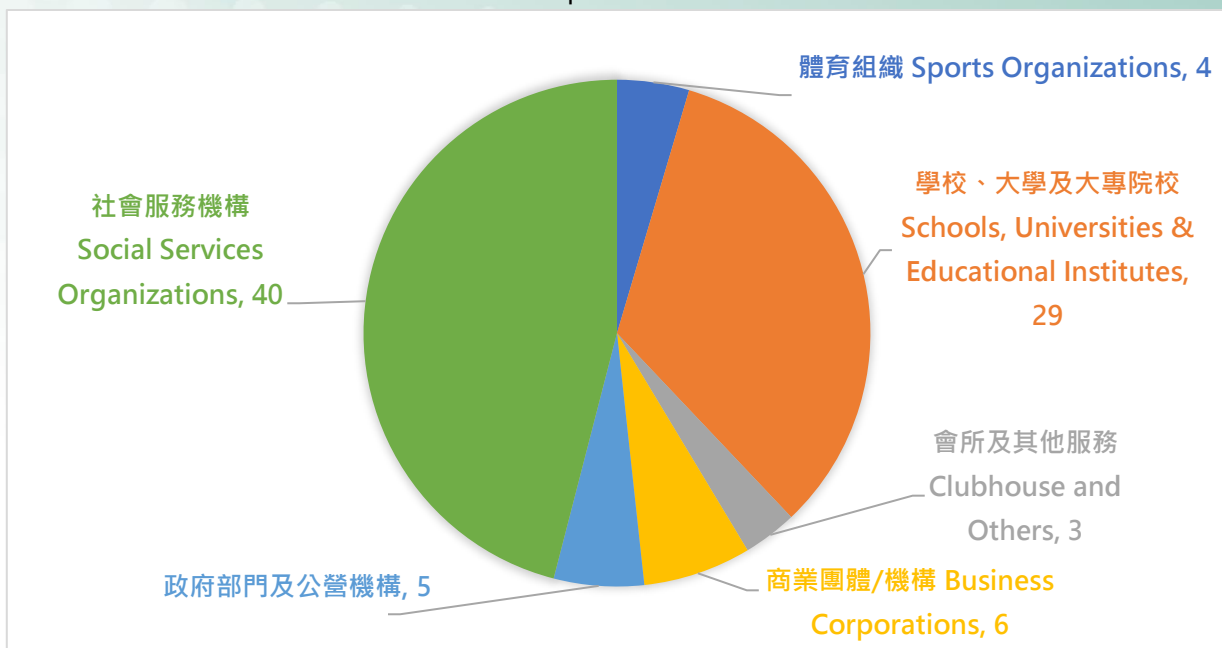
During the year of 2019/2020, PFA provided more than 1,200 community fitness services to different government departments, community organizations, schools and cooperates, over 22,000 people has been served.

二零一九至二零二零年度社區體適能服務每月記錄
Monthly statistics on the Community Physical Fitness Services



2020 年 1 至 3 月的社區體適能服務，因受冠狀病毒 2019 影響而取消。
Because of COVID-19, the community fitness services between Jan and Mar 2020 were cancelled.

根據統計顯示，本年度與本會合作的團體及機構多達 87 間。合作團體及機構業務及服務性質分佈：
According to statistical records, about 87 corporate bodies and organizations co-organized services with us. Their business and service nature were presented below.



本會於二零一九至二零二零年度的合作團體及機構名單：

Collaborative bodies and organizations in 2019/2020:

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)

香港金融管理局

漁護署

職業安全健康局

醫院管理局

體育組織 Sports Organizations

中國香港體育協會暨奧林匹克委員會

屯門獨木舟會

灣仔區文娛康樂體育會

灣仔體育總會

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

女青年會長青幼兒學校

香海正覺蓮社佛教梁植偉中學

天主教彩霞邨潔心幼稚園

香港中文大學

天主教慈幼會伍少梅中學

香港理工大學

可藝中學

香港道教聯合會圓玄學院第一中學

右思維幼稚園

基督教香港信義會元朗信義中學

伊斯蘭博愛幼稚園

救世軍幼稚園

全完中學

救世軍慶恩幼稚園

協恩中學附屬幼稚園

港青基信書院

協恩中學屬附幼稚園

聖公會深水埗基愛堂幼稚園

明愛元朗陳震夏中學

滬江小學

東莞工商總會劉百樂中學

漢華中學

東華三院李黃慶祥紀念幼稚園

蔚思幼稚園

東華三院郭一葦中學

嶺南大學

金巴崙長老會耀道中學

寶覺中學

香島中學

社區體適能服務紀錄

Records of Community Fitness Services

社會服務機構 Social Services Organizations

Hong Kong Water Race 2019	香港西區婦女福利會關啟明紀念松鶴老人中心
中國基督教播道會福安堂耆趣天地	香港基督教女青年會
仁愛堂吳金玉紀念長者鄰舍中心	香港基督教女青年會明儒松柏社區服務中心
仁濟醫院尹成紀念老人中心	香港傷健協會共融軒
仁濟醫院曾榮夫人長者鄰舍中心	香港聖公會慈光堂長者中心
佛光山佛香講堂羅陳楚思長者鄰舍中心	香港遊樂場協會
佛香講堂羅陳楚思長者鄰舍中心	香港癌症基金會
佛教沈馬瑞英護理安老院	香港醫藥援助會
汽車交通運輸業總工會	基督教家庭服務中心
防癆會林貝聿嘉健康中心	博愛醫院王東源夫人長者地區中心
兒童脊科基金	博愛醫院美孚荔灣街坊會梁之潛伉儷長者健康支援及進修中心
明愛元朗長者社區中心	循道愛華村服務中心社會福利部興華耆樂中心
明愛牛頭角長者中心	嗇色園可頤耆英鄰舍中心
明愛麗閣長者中心	新生精神復康會—新生農場
東華三院王少清長者中心	新界婦孺福利會社會服務部
東華三院賽馬會大角咀綜合服務中心	聖雅各福群會
建造業總工會	聖雅各福群會中西區長者地區中心
建造業關懷基金綜合服務中心	鄰舍輔導會東涌綜合服務中心
柏雨長者鄰舍中心	鄰舍輔導會雅研社鄰里康齡中心
香港中華基督教青年會	
香港仔賽馬會黃志強長者地區中心	

商業團體/機構 Business Corporations

CLP Power Hong Kong Limited	Kum Shing (K.F.) Construction Company Limited
Gammon Construction Limited	Social Investors Club Limited
Junior Achievement Hong Kong	飛昇嘉年華(香港)有限公司

會所及其他服務 Clubhouse and Others

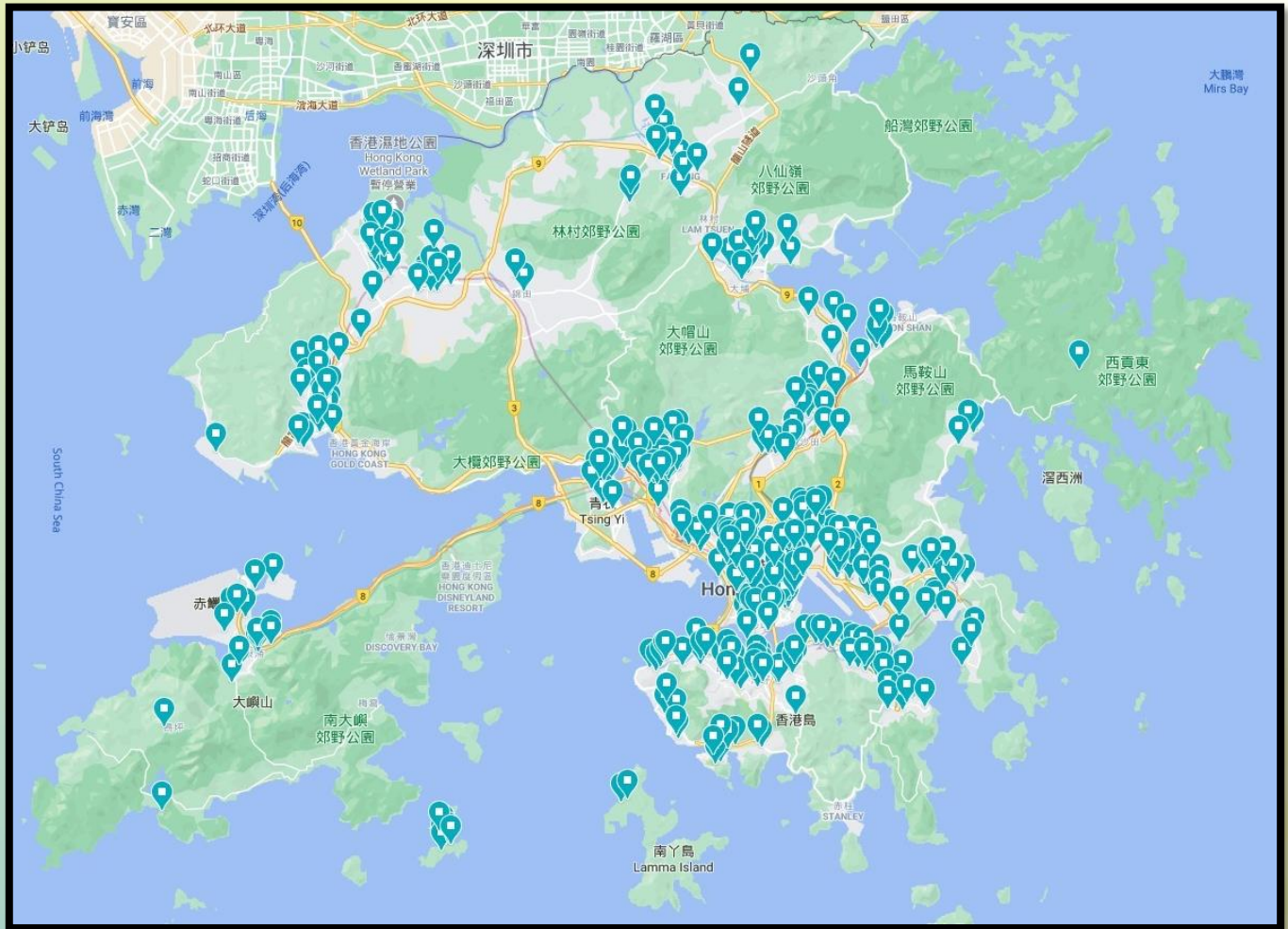
九龍塘會	中國海外物業服務有限公司 (歌賦嶺)
曼克頓山會所	

機構傳訊活動記錄

Records of Corporate Relations Activities

2018 年至 2020 年期間，本會社區體適能服務網絡遍佈港、九、新界及離島區。

Community fitness services network of PFA had been expanded to every corners of Hong Kong Island, Kowloon, the New Territories and Island districts in the past two years (2018-2020).



健康體適能社區期刊

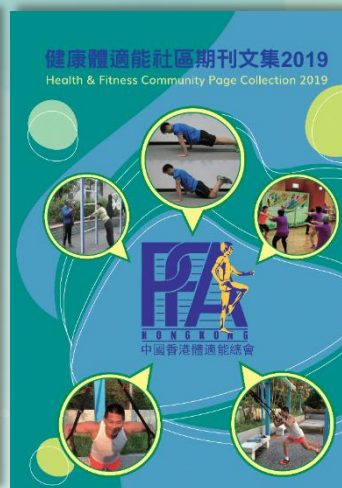
Health & Fitness Community Page

健康體適能社區期刊每三個月出版一次，每期藉不同的主題，將最新的體適能資訊帶給過千名會員、政府部門、學校、大專院校及各大公私營機構，歡迎各界人士登入本會網頁瀏覽。

Health Fitness Community Page is a quarterly periodical with specific theme in every issue, providing the latest information about physical fitness. The target readers are more than thousand exercise professionals and different stakeholders in the industry, including governmental departments, schools, tertiary education institutes, public organizations and private companies. Please browse our webpage for details.

期刊網頁 Website

QR Code :



健康體適能社區期刊文集
Health & Fitness Community Page Collection



健康體適能社區期刊
Health & Fitness Community Page

《健康體適能社區期刊》由 2019 年 4 月至 2020 年 3 月合共出版了 14 篇文章，感謝各位專家和學者們慷慨地投稿，為期刊讀者們提供豐富的知識寶藏。特此總結 2019/20 年度期刊季題、文章標題和作者芳名如下：

"Health Fitness Community Page" published a total of 14 articles from Apr 2019 to Mar 2020. Many thanks to all experts and scholars participated in the publication. Their articles enriched the knowledge collection of the periodical. The quarterly themes, titles of articles and names of authors in the year of 2019/20 were recorded as follows:

文章標題	作者姓名
2019 年夏季主題：長者健康體適能	
人口老化與一本好書—《去看小洋葱媽媽》	陳嘉威博士
社區長者健體公園的建造	魏開義先生
精彩的夕陽產業—退休後的精彩人生	蔡慧欣小姐
糖尿病的運動處方	魏開義先生
淺談提高長者持續運動的方法	盧振邦先生
2019 年秋季主題：簡易訓練法之小組訓練和自身體重訓練	
自身體重訓練	黃永輝先生
自身重量運動的藝術—將運動融合生活	黃詠珊小姐
長者自身體重訓練推介之懸吊式運動	魏開義先生
2019 年冬季主題：穿戴科技的應用	
可佩戴科技產品繼續領風騷	鍾伯光教授 JP
佩戴性活動追蹤裝置及校園推廣 EIM	廖允瑋先生
佩戴健體科技的應用	魏開義先生
2020 年春季主題：免疫力與體適能	
免疫力與運動、飲食和抒壓	魏開義先生
淺談養生、增強免疫力之道	陳漢雄先生
給長者及慢性疾病者的防疫忠告：體力活動與免疫功能衰老	黃永森先生

防疫抗疫期間的特別工作總覽(1/2020–10/2020)

Summary of Special Projects During Anti-Epidemic Period

由 2020 年 1 月至今，中國香港體適能總會與合作夥伴保持緊密聯繫，盼望為本地防疫抗疫盡點綿力之餘，亦為社會注入「體適能」正能量。以下列表總結了本會於防疫抗疫期間進行的特別工作項目，總數達五十多項。如有需要，歡迎大家向社會各界廣傳：

Since January of 2020, Physical Fitness Association of Hong Kong, China has been staying in touch with community partners. We are eager to participate in anti-epidemic related tasks and add positive power to the community through the promotion of physical fitness. We would like to summarize our accomplishment during the anti-epidemic period as follows. There were more than 50 special projects. If appropriate, you are welcome to share the following deliverables with your community partners.

項目	月份	類別	內容	QR 碼	合作夥伴
1	10/2020-12/2020	影片	第八屆全港運動會 – 活力操 (製作中)	不適用	康樂及文化事務署
2	10/2020– 12/2020	影片	殘疾人士體育訓練計劃 – 身心有氧運動 (製作中)	不適用	康樂及文化事務署
3	10/2020 – 2/2021	行政	防疫抗疫基金 3.0 - 健身中心資助計劃 連接： https://rb.gy/l2n1bv		民政事務局
4	10/2020	影片	賽馬會家校幼兒體適能學堂：幼兒體適能評估及介入中心 連接： https://youtu.be/O_4Biq3K9vI		香港賽馬會 慈善信託基金
5	8/2020	訪問	抗疫減少戶外活動易引爆腰痛 唔想久坐出事 3 招伸展運動你要識 連接： https://rb.gy/y4h4ks		蘋果日報
6-12	8/2020 – 9/2020	影片	賽馬會家校幼兒體適能學堂：幼兒家居體適能訓練 1–7 連接： https://rb.gy/dwbqcw		香港賽馬會 慈善信託基金
13	8/2020	影片	賽馬會家校幼兒體適能學堂： 體你 Q (第 1 集) - 什麼是幼兒體適能？ 連接： https://youtu.be/rKkl5ijPvIU		香港賽馬會 慈善信託基金
14	7/2020 – 8/2020	影片	全民運動日 2020 網上運動課程 連接： https://www.lcsd.gov.hk/tc/sfad/2020/index.html		康樂及文化事務署
15-20	7/2020 – 8/2020	影片	賽馬會家校幼兒體適能學堂：伸展舞蹈 1–6 連接： https://rb.gy/elh3kx		香港賽馬會 慈善信託基金
21	6/2020 – 8/2020	影片	殘疾人士體育訓練計劃 - 家居健體運動 連接： https://www.lcsd.gov.hk/tc/dlso/homefitness.html		康樂及文化事務署
22-26	6/2020 – 8/2020	影片	賽馬會「運動無界限」青少年展翅高飛計劃 「健怡起居體適能運動系列」 連接： https://youtu.be/RC8ysWagBv4		香港中文大學

項目	月份	類別	內容	QR 碼	合作夥伴
27	6/2020	影片	賽馬會家校幼兒體適能學堂： 舞動起來親子樂 連接： https://youtu.be/hgki0aa7fS8		香港賽馬會 慈善信託基金
28	6/2020	撰文	在家運動防退化：八式基礎訓練 話咁易 連接： https://trgt.ai/n3tpn		松柏之聲
29	6/2020	新聞	民政事務局局長到訪中國香港體適能總會 連接： https://trgt.ai/u7cnc		政府新聞公報
30	5/2020 – 7/2020	行政	防疫抗疫基金 2.0 - 健身中心資助計劃 連接： https://trgt.ai/30f9o		民政事務局
31-36	5/2020 – 9/2020	影片	賽馬會家校幼兒體適能學堂：小遊戲系列 1 - 6 連接： https://rb.gy/wa4bvf		香港賽馬會 慈善信託基金
37	5/2020	撰文	親子齊起「飛」 連接： https://www.parentsdaily.com.hk/all/1935		Parents Daily
38	5/2020	撰文	培養年幼子女運動習慣的第一步 連接： https://www.parentsdaily.com.hk/all/1930		Parents Daily
39	4/2020	訪問	教育局短片教宅家健體操 連接： https://trgt.ai/j7beu		大公報
40-46	4/2020 – 6/2020	專輯	在家運動 1 - 7 連接： https://trgt.ai/wg2td		明報 OL 網
47	4/2020	專輯	在家運動：家居就地取材七物品 隨時健身毋須器材 連接： https://trgt.ai/ezheq		明報 OL 網
48	4/2020	訪問	在家運動也要熱身 連接： https://trgt.ai/bp8fw		明報
49	4/2020	訪問	簡易啞鈴操 連接： https://trgt.ai/qtgjx		明報
50	4/2020	訪問	留家抗疫變相增肥？家用健身器材 甩走脂肪 連接： https://trgt.ai/ikvrt		明報
51	4/2020	影片	賽馬會家校幼兒體適能學堂：洗手 Challenge 連接： https://trgt.ai/23sxs		香港賽馬會 慈善信託基金
52	1/2020 – 3/2020	影片	發展活躍及健康的校園計劃 (體適能活動) 連接： https://trgt.ai/9y64r		教育局
53	12/2019 – 3/2020	影片	發展活躍及健康的校園計劃 (健體舞) 連接： https://trgt.ai/wrt6g		教育局

(只提供中文版本 Only Chinese version is available)

賽馬會家校幼兒體適能學堂

Jockey Club Home-school Physical Fitness Academy for Kindergarteners

中國香港體適能總會承蒙香港賽馬會慈善信託基金的捐助，承接「賽馬會學童 Keep-Fit 方程式」計劃，推出一項為期三年之「賽馬會家校幼兒體適能學堂」計劃，為全港 150 所幼稚園和有需要之家庭提供體適能支援，倡議有益於幼兒體能與健康發展的家校活動，推動幼兒體適能方面的親職教育。

With donation from the Hong Kong Jockey Club Charities Trust, "Jockey Club Keep-Fit Formula for Children" had been organized successfully. Jockey Club Home-school Children Physical Fitness and Health Academy is a home-school physical fitness and health programme beneficial to young children, their parents and kindergarten educators for 150 kindergartens in Hong Kong.

計劃內容

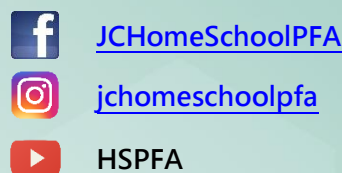
1. 伙伴學校
 - 幼師體適能培訓工作坊
 - 親子體適能同樂日及家長講座
 - 親子體適能獎勵計劃
2. 年度活動
 - 全港家庭運動日
 - 知識傳承工作坊
 - 知識傳承研討會
3. 親子體適能大使訓練課程
4. 親子學堂服務
 - 體適能與健康評估及分析
 - 親子體適能與健康介入課程
5. 研究計劃

Content

1. Collaborating Kindergartens
 - Teachers' Physical Fitness Training Workshops
 - Parent-child Physical Fitness Fun Day and Parents Talk
 - Parent-Child Home Gym Award Scheme
2. Annual Activities
 - Family Fitness Festival
 - Knowledge Transfer Workshops
 - Knowledge Transfer Seminars
3. Family Fitness Ambassador Training Course
4. Family Physical Fitness and Health Centre
 - Physical Fitness and Health Assessment
 - Family- Based Physical Fitness and Health Intervention
5. Research Study

聯絡我們 Contact Us

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Address : Unit F, 15/F, Billion Plaza, 8 Cheung Yue Street,
Cheung Sha Wan, Kowloon, Hong Kong
電話 Tel : 852-2728 2800
傳真 Fax : 852-2728 3337
電郵 Email : homeschool@hkpfa.org.hk



職員名單 Staffs	項目總監 Programme Director	葉佩芬女士 Ms Momie P.F. IP
	項目主任 Programme Officer	羅寶儀小姐 Miss Clara P.Y. LAW
	項目主任 Programme Officer	朱嘉文小姐 Miss Carmen K.M. CHU
	行政助理 Administrative Assistant	黎凱欣小姐 Miss Lemon H.Y. LAI
	項目助理 Programme Assistant	李國強先生 Mr Shadow K.K. LI
	項目助理 Programme Assistant	余嘉寶先生 Mr Adrian K.P. YEE





賽馬會家校幼兒體適能學堂

Jockey Club Home-school Physical Fitness Academy for Kindergarteners

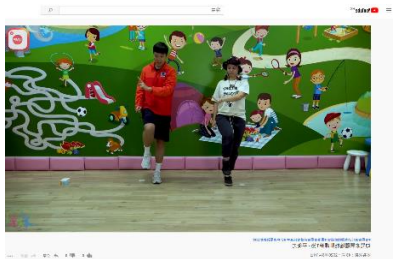
宣傳和活動花絮

Promotion and Activity Highlights



幼兒家居體適能訓練

Educational Sessions for parent via Zoom Live



伸展舞蹈

Educational Sessions for teacher via Zoom Live



賽馬會家校幼兒體適能學堂

Jockey Club Home-school Physical Fitness Academy for Kindergartners

小遊戲系列

Parenting Games



體你 Q

Educational video



活動花絮

Activity Highlights

第三十三屆周年晚會暨聚餐

The 33rd Annual General Meeting and Dinner Gathering



第三十三屆周年晚會暨聚餐會已於富臨皇宮 皇室①號酒樓舉行，本會一共筵開二十席，超過百位嘉賓及會員朋友聚首一堂。除了年度晚宴外，還有幸運抽獎和舞蹈表演。

The 33rd Annual General Meeting cum Dinner Gathering was held at the Fulum Group (Royal One) Restaurant on 4 Oct 2019. There were twenty tables in total, and more than a hundred members and guests attended the meeting and banquet. Apart from the dinner, there were lucky draw and dance show activity.

活動花絮

Activity Highlights



防疫抗疫基金 2.0 健身中心資助計劃

Anti-Epidemic Fund: Fitness Centre Subsidy Scheme



為協助健身中心營運者紓緩疫情帶來的影響，政府推出第二輪「防疫抗疫基金」下「健身中心資助計劃」(計劃)，並向合資格健身中心提供一次性 10 萬元的津貼。中國香港體適能總會有幸被民政事務局委託協助推行計劃。是次計劃總共收到 1,920 份申請，其中 1,635 份成功獲民政事務局批出資助。

The Government launched the "Fitness Centre Subsidy Scheme" (the Scheme) under the second phase of the "Anti-epidemic Fund" to assist fitness center operators to overcome their financial difficulties caused by the epidemic. A one-off subsidy of \$100,000 was provided to eligible fitness centers. PFA was very pleased to be invited by Home Affairs Bureau to assist in implementing the scheme. A total of 1,920 applications were received for this scheme, of which 1,635 applications were approved by the Home Affairs Bureau.

活動花絮

Activity Highlights

殘疾人士體育訓練計劃 - 健體教練專業研討會

Sports Training Programme for Persons with Disabilities - Physical Fitness Instructor Professional Seminar

由中國香港體適能總會主辦、康樂及文化事務署資助之「殘疾人士體育訓練計劃 - 健體教練專業研討會暨實務工作坊 2019」，已於 2019 年 11 月至 2020 年 1 月期間完成。該專業培訓活動吸引了多達 230 位康樂及文化事務署的註冊體適能教練參與，完成十小時培訓(包括研討會和實務工作坊兩部份)的教練，可獲發修業證書。研討會暨實務工作坊得以順利舉行，全賴多個來自本地大學的學系、專業組織、體育機構和社福機構所提供的鼎力協助。

The "Sports Training Programme for Persons with Disabilities - Physical Fitness Instructor Professional Seminar & Practical Workshops" was organized by the Physical Fitness Association of Hong Kong, China (PFA), and sponsored by the Leisure and Cultural Services Department (LCSD). The professional training had been implemented successfully between November 2019 and January 2020. As many as 230 LCSD-registered fitness coaches participated in the training programme. Those participants who fully attended the 10-hour training were eligible for receiving certificates of proficiency. PFA would like to thank for the generous support rendered by a number of relevant departments of local universities, professional bodies, sports organizations and social services organizations.





社區及機構體適能活動

Fitness activities in Communities and Organizations



聖雅各福群會賽馬會「入伍登陸·快閃動」計劃活動花絮

Highlights of Jockey Club project of St. James' Settlement

本會獲聖雅各福群會邀請，參與賽馬會「入伍登陸·快閃動」計劃，為一眾剛退休人士進行運動大使培訓。培訓後，大使們將到訪不同長者中心，教授長者有關運動鍛鍊的知識及技巧。

PFA was invited by St. James' Settlement in their Jockey Club project to provide a series of fitness ambassador training programme to the retired people. After the training, the ambassadors were able to teach the elderly about physical fitness exercises in different elderly centers voluntarily.

世界脊骨日 2019

World Spine Day 2019

本會獲兒童脊科基金邀請，於 2019 年 10 月 20 日假愉景新城參與其主辦的「全城動動脊」護脊全運會暨世界脊骨日 2019。當中體能活動區，本會設計了一系列體能遊戲，並由一眾體適能導師帶領小朋友進行遊戲。

PFA was invited by Children Chiropractic Foundation to participate in the event of 'Get your spine active' of 'World Spine Day 2019'. The event was held on the 20th October 2019 at the D-PARK. In physical activity zone, PFA had designed a series of fitness games for children. Under the guidance of our instructors, children were having fun in the games.



健康博覽 2019 Health Expo 2019

還記得上年本會舉辦了「全城體測日 2018」嗎？還記得「你有中央肥胖嗎？你夠柔軟度嗎？」這個問題嗎？相隔一年，大家還有繼續運動，保持健康有活力的身體嗎？

為推動全城體適能的發展及喚醒市民對自己體適能健康狀況的關注。是次健康博覽 2019，本會繼續開設攤位為廣大市民進行健康體適能測試，包括身體組成份測試、關節靈活度評估及健體諮詢等。為期三天的活動吸引了一眾市民參與，服務人次超過 550 人。

Do you remember PFA had held a major event 'PFA Day 2018' last year? Do you recognize these questions, 'Do you have central obesity?' and 'Do you have sufficient flexibility?' Throughout the past year, have you kept doing exercise to maintain healthy and vitality?

In order to promote the development of physical fitness in Hong Kong and raise citizens' awareness to pay attention on their health status. PFA joined Health Expo 2019 at Hong Kong Convention and Exhibition Centre, providing several assessments at our counters such as body compositions and range of motion and fitness consultation. Over 550 people participated in the assessment in the 3-day event.



社區及機構體適能活動

Fitness activities in Communities and Organizations

學校體育推廣計劃 (特殊學校)

School Sports Programme (Special School)

「學校體育推廣計劃 (特殊學校)」由康樂及文化事務署主辦。計劃是希望在配合學校的運作下，為特殊學生提供一個接觸多元化體育運動的機會。

康文署邀請了本會的導師為多所特殊學校的學生進行體適能運動訓練，如健體律動、椅上伸展運動、徒手健體運動及體能運動訓練等。透過不同形式的體能遊戲及運動，改善他們的身體穩定性及協調能力，促進平衡力、身體協調及敏捷度，提升日常生活的素質及功能。



The programme was held by LCSD which aimed to provide an opportunity of doing exercise for those students who have special needs. LCSD invited our instructors to carry out fitness training for students with special needs, Activities included physical fitness exercises, stretching exercises, and bodyweight exercises. Through engaging in different games and exercises, it was believed that their abilities of stability, balance and coordination could be strengthened. As a result, their functions of daily living could be enhanced.

南區體適能同樂日 2020

Physical Fitness Fun Day of Southern District

康樂及文化事務署於 2020 年 1 月 10 日假黃竹坑遊樂場舉行南區體適能同樂日 2020，當日更邀請了本會進行多項體適能遊戲及體適能測試，如手握力測試、坐前伸測試及來回跑測試。

LCSD organized Physical Fitness Fun Day of Southern District on 10th January 2020 at Wong Chuk Hang playground. LCSD invited PFA to provide fitness games and different physical fitness assessments for citizens, such as hand-grip test, sit and reach test and running test.



「我智 Fit」健體計劃—學童體適能測試

'iSmart' Fitness Scheme

「我智 Fit」健體計劃—體適能測試自 2018 年 10 月 20 日開始展開。活動目的是讓學生更了解自身的體能狀況及提供一個標準讓參加者更有動力去做運動。

本會獲康樂及文化事務署邀請，委派導師為學童進行一連串的體適能測試，其中包括手握力測試、坐前伸測試、立定跳遠等測試。此外，當日亦舉辦了家長健康講座，讓家長透過活動提升對子女健康的關注，避免子女出現過重或過輕的情況。



Since 20th October 2018, LCSD has been launching "iSmart" Fitness Scheme – Fitness Testing. This programme aims to raise participants' awareness on their physical fitness status and motivate them to do more fitness exercises.

PFA was glad to receive an invitation from LCSD. We assigned instructors to conduct a series of physical fitness assessments, including strength of gripping, sit-and-reach etc. Also, there was a parent talk on physical fitness. It was expected that parents could increase their awareness on children's health so as to get rid of weight problem of their children.

「發展活躍及健康的校園計劃」影片製作

Video production for 'Physical Fitness Activities in Developing an Active and Healthy School Campus'

教育局委託本會製作發展活躍及健康的校園計劃影片，分別有體能活動影片及健體舞影片，計劃旨在透過一系列的教資源支援中小學體育教師，以協助學生建立恆常參與體能活動的習慣。



Education Bureau invited PFA to design and produce a series of exercise videos for the scheme, 'Physical Fitness Activities in Developing an Active and Healthy School Campus'. The videos are about physical activity and fitness dance. This scheme aims to support the physical education teachers in primary and secondary schools through a series of teaching resources and to help students keep doing physical activities regularly.

社區及機構體適能活動

Fitness activities in Communities and Organizations

全民運動日 2020—健體運動示範影片網上播放

Sports for All Day 2020—Online Broadcast of Physical Fitness Exercise Demonstration Video

由康樂及文化事務署主辦的「全民運動日 2020」，因受冠狀病毒 2019 及限聚令措施等影響下，本年度全民運動日的活動形式有別於歷屆，改為網上播放健體運動示範影片。為宣揚全民運動，本會作為活動的協辦機構，更誠邀一眾資深導師設計了多段適合不同年齡人士參與的運動及就運動示範進行拍攝。有關影片已於 2020 年 8 月 2 日在康文署網頁上公佈，歡迎各有興趣之人士瀏覽影片，一起參與做運動。



LCSD organized the 'Sport for All Day 2020'. Under the impact of COVID-19, the operational mode of Sport for All Day was changed to 'Online broadcast of Physical Fitness Exercise Demonstration Video'. To promote 'sport for all', PFA as one of the co-organizers, we invited our experienced instructors to design a series of exercises for people of different age groups and

performed the exercises for video shooting. A series of physical fitness exercises had broadcasted through LCSD's webpage on 2nd August 2020. Please take a look and make use of the materials.



財務報告(2019-2020)

Financial Report (2019-2020)

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)

OPINION

We have audited the financial statements of Physical Fitness Association of Hong Kong, China Limited ("the Association") set out on pages 6 to 29, which comprise the statement of financial position as at 31 March 2020, and the statement of comprehensive income, statement of changes in funds and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Association as at 31 March 2020, and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards ("HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

BASIS FOR OPINION

We conducted our audit in accordance with Hong Kong Standards on Auditing ("HKSA") issued by the HKICPA. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Association in accordance with the HKICPA's Code of Ethics for Professional Accountants ("the Code"), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

OTHER INFORMATION

The executive committee members are responsible for the other information. The other information comprises the information included in the report of the executive committee, but does not include the financial statements and our auditor's report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

RESPONSIBILITIES OF EXECUTIVE COMMITTEE MEMBERS FOR THE FINANCIAL STATEMENTS

The executive committee members are responsible for the preparation of the financial statements that give a true and fair view in accordance with HKFRSs issued by the HKICPA 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.

In preparing the financial statements, the executive committee members are responsible for assessing the Association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the executive committee members either intend to liquidate the Association or to cease operations, or have no realistic alternative but to do so.

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. This report is made 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.

Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with HKSAAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit 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 Association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the executive committee members.
- Conclude on the appropriateness of the executive committee members' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation. We communicate with the executive committee members regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Li, Tang, Chen & Co.
Certified Public Accountants (Practising)

PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED
STATEMENT OF FINANCIAL POSITION AS AT 31 MARCH 2020

	HK\$	<u>2020</u> HK\$	<u>2019</u> HK\$
NON-CURRENT ASSETS			
Property, plant and equipment		254,253	341,390
Right-of-use assets		1,257,709	-
		<u>1,511,962</u>	<u>341,390</u>
CURRENT ASSETS			
Inventories	36,322		36,322
Accounts receivable, other receivables, deposits and prepayments	606,464		2,265,954
Tax recoverable	-		19,074
Cash and cash equivalents	7,667,104		4,186,169
	<u>8,309,890</u>		<u>6,507,519</u>
CURRENT LIABILITIES			
Contract liabilities	711,887		802,207
Accounts payable and accrued expenses	2,000,899		1,100,341
Temporary receipt	9,452		9,452
Provision for profits tax	55,321		-
Lease liabilities	549,709		-
	<u>3,327,268</u>		<u>1,912,000</u>
NET CURRENT ASSETS		<u>4,982,622</u>	<u>4,595,519</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>6,494,584</u>	<u>4,936,909</u>
NON-CURRENT LIABILITIES			
Lease liabilities		<u>716,326</u>	-
NET ASSETS		<u>5,778,258</u>	<u>4,936,909</u>
Representing:			
ENDOWMENT FUND		444,603	44,603
ACCUMULATED FUND		<u>5,333,655</u>	<u>4,492,306</u>
		<u>5,778,258</u>	<u>4,936,909</u>

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 31 MARCH 2020

	2020 HK\$	2019 HK\$
MEMBERSHIP FEE	232,422	252,120
SURPLUS FROM ACTIVITIES	4,276,004	3,320,915
SPONSORSHIP INCOME	-	211,757
SUNDRY INCOME	70,990	103,931
WRITTEN BACK OF LONG OUTSTANDING ACCRUALS	253,236	-
FINANCE COST	(25,502)	-
OTHER OPERATING EXPENSES	(3,910,480)	(3,655,645)
SURPLUS BEFORE TAXATION	896,670	233,078
INCOME TAX EXPENSE	(55,321)	-
SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR	841,349	233,078



中國香港體適能總會

Physical Fitness Association of Hong Kong, China

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