



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



2020 21

年報

Annual Report

目錄

Content

03 會長獻辭

President's Message

04 主席報告

Chairman's Report

05 總會簡介

About Us

06 執行委員會

Executive Committee

07 顧問名單

List of Advisors

08 專責委員會及辦事處架構

Structures of Committees & Head Office

11 課程架構

Course Structure

13 其他證書課程

Other Certification Programmes

14 本會講師(2020-21)

PFA Lecturers

15 專業證書課程記錄

Records of Professional Certification Courses

16 延續教育工作坊記錄

Records of Continuing Education Symposiums

17 出版書籍

Publication

19 社區體適能服務記錄

Records of Community Physical Fitness Services and Activities

21 機構傳訊活動記錄

Records of Corporate Relations Activities

22 健康體適能社區期刊

Health & Fitness Community Page

24 賽馬會家校幼兒體適能學堂

Jockey Club Home-School Physical Fitness Academy for Kindergartens

32 計劃花絮

Programme Highlights

37 會員活動花絮

Members' Activity Highlights

38 社區及機構體適能活動

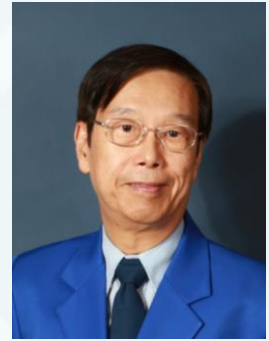
Fitness Activities in Communities and Organizations

42 財務報告(2020-2021)

Financial Report (2020-2021)

會長獻辭

President's Message



現屆執行委員會的任期在今天屆滿，本人衷心感謝由鍾伯光教授帶領的執行委員會在過去六年對本會所立下的汗馬功勞。特別在新冠病毒病的陰霾下，會務並沒有受到太嚴重的影響，足見本會的雄厚實力。

剛才，本會在特別會員大會內通過了會章修訂的動議。由即日起，本會在管治架構上進行了改變 – 在「執行委員會」架構之上，加設了「董事局」，藉以鞏固本會的優良傳統，同時廣納更多青年才俊參與日常的會務管理，促進本會的可持續發展。

不知不覺間，本會已創立三十五年。明年首季開始，本會將陸續舉行誌慶活動，期望屆時「社交距離」能拉近多一點，為三十五週年誌慶倍添溫暖。祝願中國香港體適能總會在來年更進一步，會員人數節節攀升。

黃平山 醫生

中國香港體適能總會會長

2021年12月2日



主席報告

Chairman's Report

六年前的週年大會裡，在會長黃平山醫生的見證下，本人獲選為執行委員會主席。當時一席「上任宣言」，仍然言猶在耳。我分享了「創業難，守業更難」這訊息。

六年後的今天，經過社會運動和新冠病毒疫情的洗刷，我體會到原來最好的守業模式，就是不斷的創業。過去兩年，本會在時代夾縫之中繼續營運，我們不但需要快速地應變，也需要不斷地創新，才得以順利渡過，繼而逐步推動會務向前。

過去幾年，民政事務局和康樂及文化事務署積極地推動各體育總會檢視管治制度。本會借鑑本地或國際體育組織的一些良好做法後，促成了剛剛通過的會章修訂。在新管治架構下，董事局和執行委員會將會扮演不同的管治角色；董事局秘書長（即執行委員會主席）的責任更為舉足輕重。

我相信即將組成的「新班子」在本會辦事處全體人員的輔助下，必定能夠讓中國香港體適能總會在會務發展上再創高峰。祝願我們三十五週年慶祝活動事事順利！

鍾伯光 教授 JP

中國香港體適能總會主席

2021年12月2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 Government of Hong Kong S.A.R. and the Sports Federation and Olympic Committee of Hong Kong, China, committing 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	工作 Work
<ul style="list-style-type: none">● 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	<ul style="list-style-type: none">● 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

容樹恆教授

Prof. Patrick S.H.Yung, JP

主席

Chairman

鍾伯光教授

Prof. P. K. Chung, JP

副主席

Vice-Chairperson

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

韓思思博士

Dr. 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	中國香港體適能總會創會主席
Mr Bonnie B. L. LEE	Founding Chairman, The Physical Fitness Association of Hong Kong, China
李麗晶博士	臺灣有氧體能運動協會秘書長
Dr. Melody L.C. 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	心臟科專科醫生
Dr. Gary Y.K. MAK	Cardiologist
楊錫讓教授	北京體育大學教授
Prof. X.R. YANG	Professor, Beijing Sport University
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 Chairperson	鍾伯光教授	Prof. P.K. CHUNG, JP
成員 Members*	江關煥園女士 黎培榮先生 魏鄒鳳卿女士 王香生教授	Mrs Marriane W.Y. KONG Mr P.W. LAI, MH Mrs Loretta F.H. NGAI 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 Chairperson	阮伯仁先生	Mr Bryan P.Y. YUEN
成員 Members*	鄭毓全先生 程偉健博士 江 峰先生 梁達強先生 沈劍威博士 陳育輝先生 李致和博士 陸子聰博士 程偉健博士 黃安東先生	Mr Joshua Y.C. CHENG Dr. Joe W.K. CHING Mr F. KONG Mr Kenneth T.K. LIANG Dr. Raymond K.W. SUM Mr Y.F. CHAN (Resigned since 17June21) Dr. Daniel C.W. LEE Dr. Jim T.C. LUK Dr. Joe W.K. CHING 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 Chairperson	韓思思博士	Dr. S.S. HON
成員 Members*	江 峰先生 楊顯智先生 魏鄒鳳卿女士 陳國基醫生 黃詠珊小姐	Mr F. KONG Mr Edward H.C. YEUNG Mrs LORETTA F.H. NGAI Dr. K.K. CHAN Miss Jennifer W.S. WONG
秘書 Secretary	黃永森先生 馬煒賢先生 梁家威先生 葉佩芬女士	Mr Sam W.S. WONG Mr Terrence W.Y. MA Mr Kelvin K.W. LEUNG Ms Momie P.F. IP

*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 Chairperson	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
	袁慧儀博士	Dr. Yvonne W.Y. YUAN
秘書 Secretary	黃永森先生 馬煒賢先生	Mr Sam W.S. WONG Mr Terrence W.Y. MA
研究及出版委員會 Research & Publication Committee		
主席 Chairperson	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 潘德賢小姐 馬煒賢先生	Mr Sam W.S. WONG Miss Carrie T.Y. POON Mr Terrence W.Y. MA

*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

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
教練培訓幹事 Executive (Coach Education)	朱健華先生	Mr. Calvin K. W. CHU
教練培訓幹事 Executive (Coach Education)	胡凱駿先生	Mr. Anton H. C. WOO
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
特別項目執行處 Special Project Office		
項目主任 Programme Officer	張德倫先生	Mr Alvin T.L. CHEUNG
助理項目主任 Assistant Programme Officer	張兆聰先生	Mr Chad S.C. CHEUNG
助理項目主任 Assistant Programme Officer	陳昊彤小姐	Ms Mortasha H.T CHAN
助理項目主任 Assistant Programme Officer	李曉嵐小姐	Ms Bella H.L. LEE
賽馬會項目執行處 Operation Office, JC Project		
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

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 the 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
長者健體導師證書 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

- 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.hkqfa.org.hk

For more detailed information, please visit our website at www.hkqfa.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。

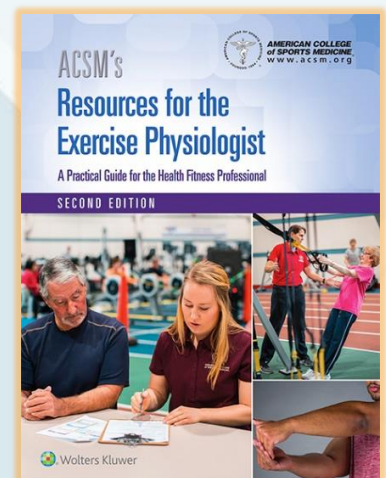
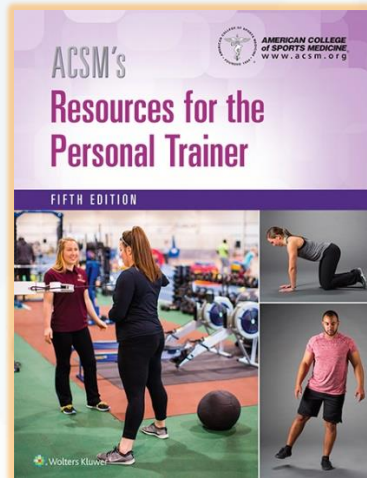
The above-mentioned credentials are recognized by the Leisure and Cultural Services Department (LCSD). Certificate holders are eligible to provide professional services in the community sports programmes organized by LCSD. This reflects our professional status.

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 (2020-2021)

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 燦小姐 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	韓思思博士 Dr 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	

助理講師 Assistant Lecturer

賴清濤先生
Mr Lawrence C.W. LAI

*按英文姓氏排序 ordered by surnames.

專業證書課程記錄

Records of Professional Certification Courses

本會於二零二零至二一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 2020/21 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及考試 Physical Fitness Foundation Certification Course & Exam	17	643	70%
體適能測試領袖證書課程及考試 Physical Fitness Assessment Leader Certification Course & Exam	3	44	N.A.*
器械健體導師證書課程及考試 Resistance Training Instructor Certification Course & Exam	13	189	72%
二級 PFA 私人體適能教練證書課程及考試 PFA Personal Fitness Trainer (II) Certification Course & Exam	1	11	90%
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及考試 Adult Cardio-Pulmonary Course and Automated External Defibrillation Provider Course & Exam	1	20	100%
總數 Total:	35	887	

*尚未完成 Not Completed yet

延續教育工作坊記錄

Records of Continuing Education Symposiums

本會於二零二零至二一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 2020/21 were specified below:

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
17/7/2020	職場骨骼肌肉健體指導員訓練課程 Workplace Musculoskeletal Fitness Practitioner Training Course	1	22

跨行業學習課程系列 Cross-Industry Learning Programmes Series			
日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
3/8/2020	健身設施管理應用證書 (網上課程) Certificate of Proficiency in Fitness Facilities Management (Online Course)	1	9
30/11/2020	身體組成份分析應用證書 (網上課程) Certificate of Proficiency in Body Composition Analysis (Online Course)	1	17

美國運動醫學學院專業證書工作坊系列 ACSM's Professional Certification Workshop Series			
日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
7/9/2020	美國運動醫學學院健康體適能證書系列工作坊 Health Fitness Certifications Learning Series Workshop	1	15

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 enthusiasm. 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。

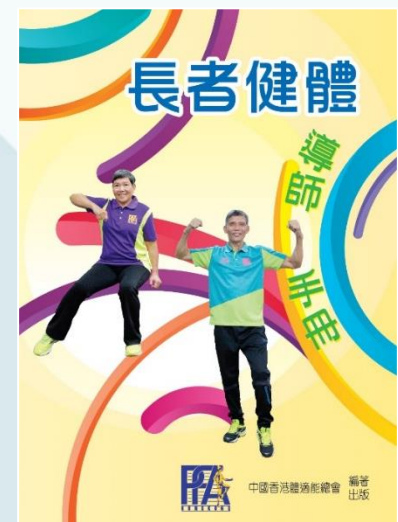
《水中健體導師手冊》是本會為裝備水中健體導師而於 2017 年 9 月份出版的。本書內容結合運動生理學家、體育工作者、物理治療師、以及體適能專家的智慧，深入淺出地展示水中健體導師應具備的專業知識和實務技巧，適合現職水中健體導師、體育教師、運動教練、物理治療師、醫護人員、以及水中健體愛好者閱讀。

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 comprising exercise physiologists, physical educators, physiotherapist and fitness specialists. The new publication emphasizes on theoretical knowledge and practical skills in relation to elderly fitness.



社區體適能服務記錄

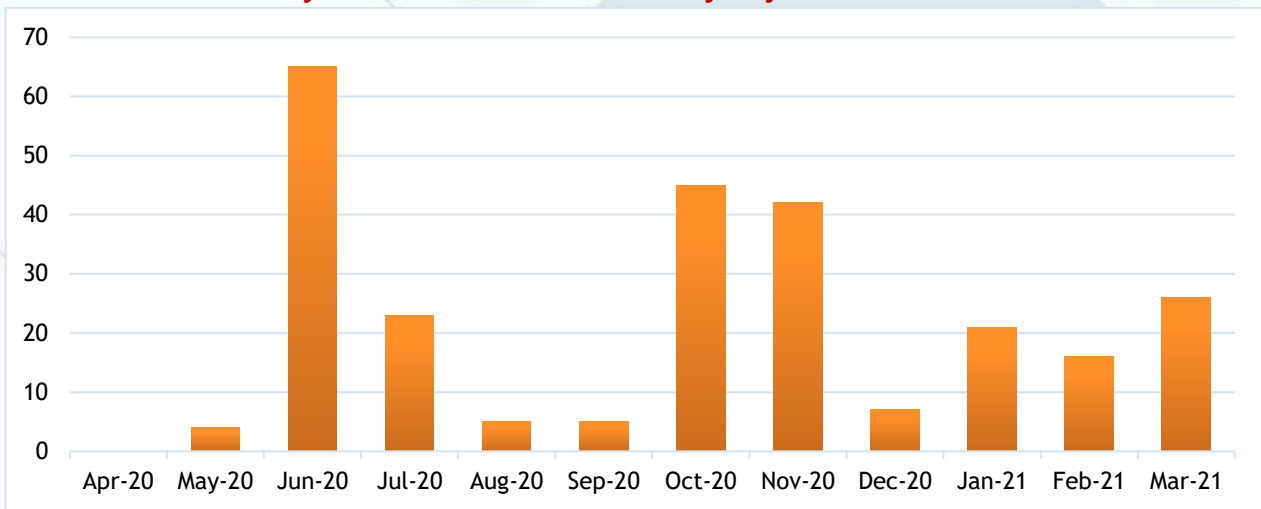
Records of Community Fitness Services

於二零二零至二零二一年度，本會與外間團體合作舉辦社區體適能服務的次數多達 259 次，服務人次超過 4,447 人。

During the year of 2020/2021, PFA provided more than 259 community fitness services to different government departments, community organizations, schools and cooperates, over 4,447 people has been served.

二零二零至二零二一年度社區體適能服務每月記錄

Monthly statistics on the Community Physical Fitness Services

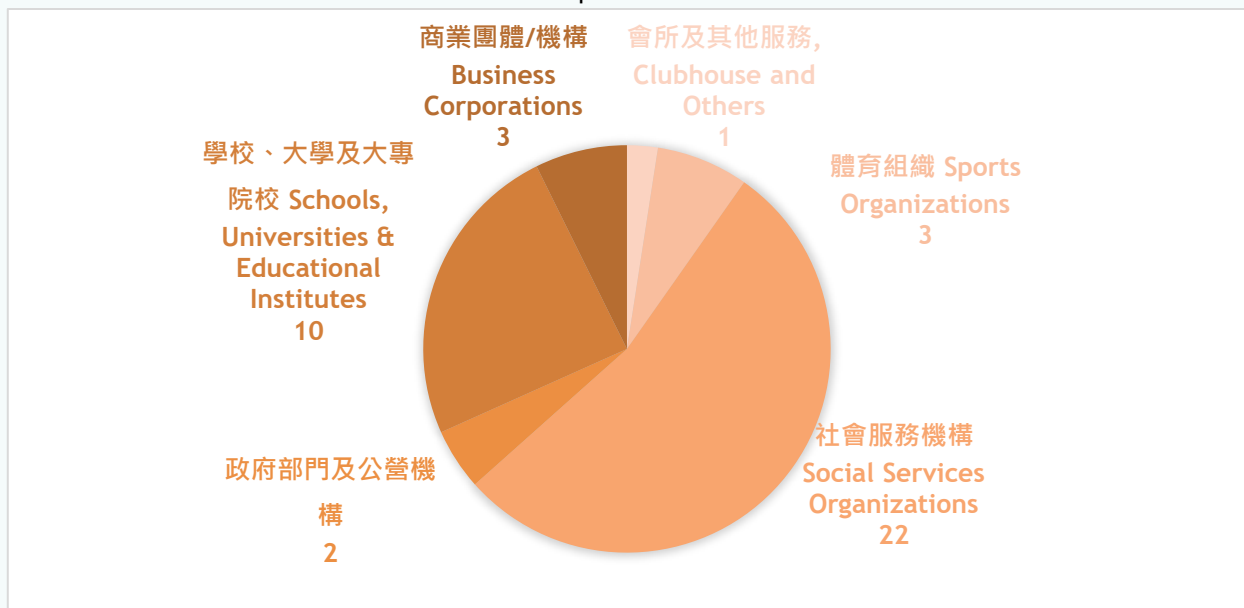


2020 年 4 月至 2021 年 3 月的社區體適能服務的數量及服務人次，因受冠狀病毒 2019 影響而減少。

Because of the impact of COVID-19, the quantity of community services and number of participant between 1st Apr 2020 and 31st Mar 2021 decreased.

根據統計顯示，本年度與本會合作的團體及機構多達 41 間。合作團體及機構業務及服務性質分佈：

According to statistical records, about 41 corporate bodies and organizations co-organized services with us. Their business and service nature were presented below.



本會於二零二零至二零二一年度的合作團體及機構名單：
Collaborative bodies and organizations in 2020/2021:

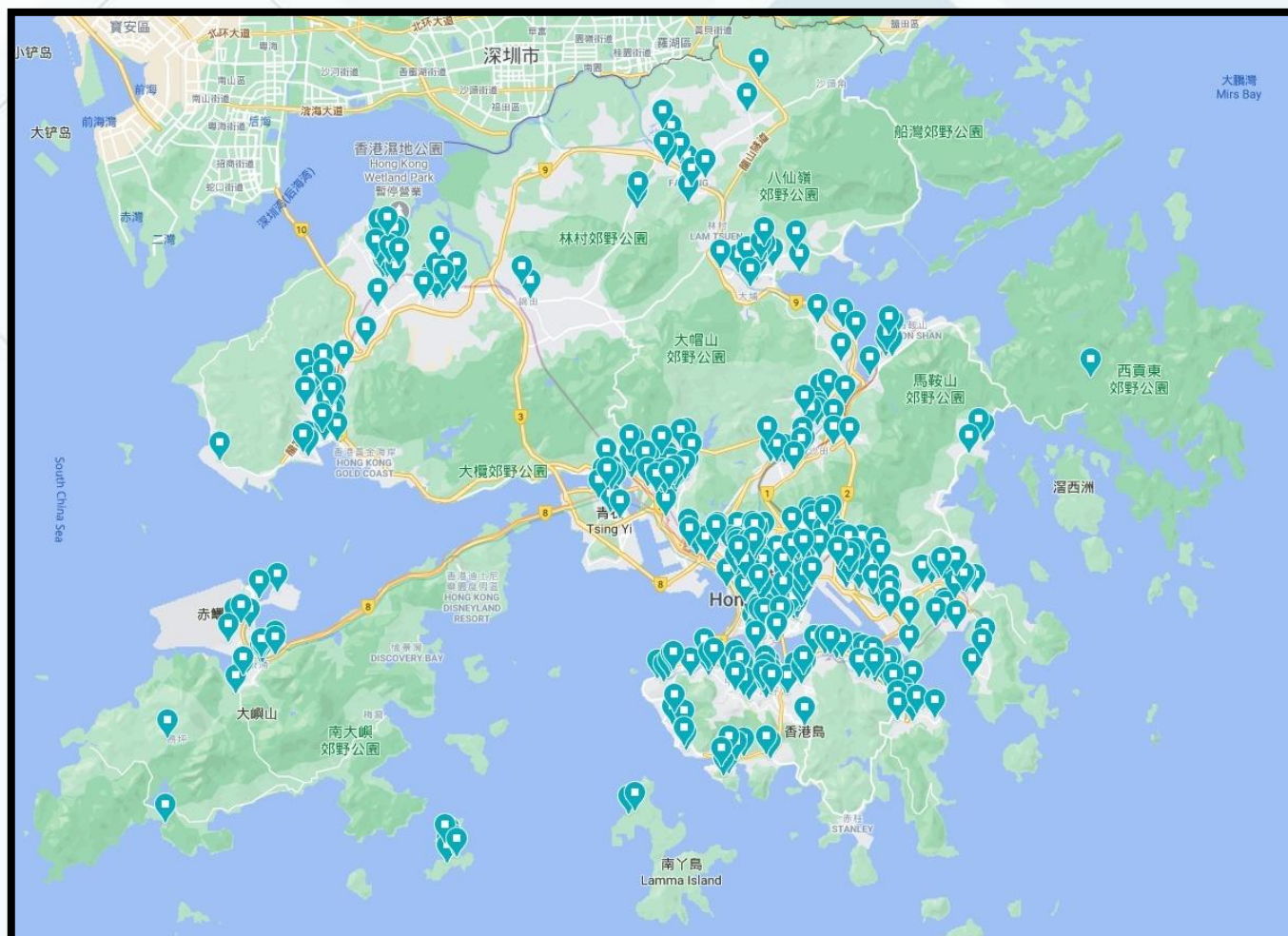
政府部門及公營機構 Governmental Departments & Public Corporation	
康樂及文化事務署	職業安全健康局
體育組織 Sports Organizations	
香港特殊奧運會	灣仔體育總會
香港智障人士體育協會	
學校、大學及大專院校 Schools, Universities & Educational Institutes	
東莞工商總會劉百樂中學	香港道教聯合會圓玄學院第一中學
東華三院郭一葦中學	荃灣公立何傳耀紀念中學
青松侯寶垣小學	喬色園主辦可藝中學
香港中文大學	嶺南大學
香港仔工業學校	賽馬會體藝中學
社會服務機構 Social Services Organizations	
仁濟醫院尹成紀念老人中心	救世軍大埔長者綜合服務
仁濟醫院曾榮夫人長者鄰舍中心	循道衛理觀塘社會服務處
協康會海富家長資源中心	新生精神康復會新生會大樓宿舍(II)
明愛鄭承峰長者社區中心	新生精神康復會—頤悅軒
明愛麗閣長者中心	聖公會聖馬太長者鄰舍中心
東華三院黃祖棠長者地區中心	聖雅各福群會雅聚天地 ~ 地區支援中心
香港公教婚姻輔導會	聖雅各福群會翠逸居及翠逸綜合服務隊
香港西區婦女福利會關啟明紀念松鶴老人中心	鄰舍輔導會東涌綜合服務中心
香港聖公會麥理浩夫人中心	鄰舍輔導會雅研社鄰里康齡中心
香港醫藥援助會	興華耆樂中心
基督教家庭服務中心	賽馬會黃志強長者地區中心
商業團體/機構 Business Corporations	
Archon Wellness Ltd	Sportsoho
Madbox Communications	
會所及其他服務 Clubhouse and Others	
中國海外物業服務有限公司 (歌賦嶺)	

機構傳訊活動記錄

Records of Corporate Relations Activities

2018 年至 2021 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 (2018-2021).



健康體適能社區期刊

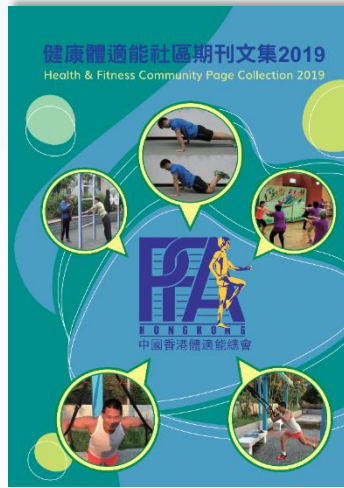
Health & Fitness Community Page

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 2020 年 4 月至 2021 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 2020/21 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 2020 to Mar 2021. 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 2020/21 were recorded as follows:

文章標題	作者姓名
2020 年夏季主題：青少年健體運動	
HIIT 校園動感單車訓練研究	潘梓竣博士
青少年健體訓練之成敗關鍵	陳國雄先生
兒童及青少年阻力訓練的問與答	黃永森先生
2020 年秋季主題：戶外健體	
疫情下看戶外健體設施	何偉強先生
A Walkable City for Health and Sustainability	Dr. HON Sze Sze
行山如抗疫：心態、狀態，缺一不可！	邱德民先生
適合大眾的戶外健體運動—步行	劉軒宇先生
2020 年冬季主題：私人教練	
社區為本的私人體適能教練	黃永森先生
私人教練生涯的點滴	李佩怡小姐、 黃永森先生
功能訓練的啟示	魏開義先生
2021 年春季主題：疫情中的衛生標準和網上健體訓練	
虛擬教練系統：一套提高運動參與度和工作效率的工具	許世全教授、 郭致偉博士
網上互動體育訓練課程—教練感言	黃永森先生
健身中心防疫規定·業界同心靈活變通	黃永森先生
「疫」境自強「容運動·保健康」	容樹恆教授 JP

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

地址 長沙灣長裕街 8 號億京廣場 1507 室
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

 [JCHomeSchoolPFA](https://www.facebook.com/JCHomeSchoolPFA)

 [jchomeschoolpfa](https://www.instagram.com/jchomeschoolpfa)

 HSPFA





2019年12月至2021年8月
Dec 2019 to Aug 2021

活動 Activity	服務人數/活 動次數 Beneficiaries/ Output	備註 Remarks
1. 親子體適能獎勵計劃 Parent-Child Home Gym Award Scheme		
學校數量 No. of Kindergarten	113	學校 Schools: 85
學生人數 No. of Children	18,744	豆袋派送 Bean bags sent: 13,507 套 sets
2. 伙伴學校親子活動 School-based Family Fitness Education		
2.1. 家長講座 Parent talks	8	瀏覽次數 Viewers: 8,511
學生人數 No. of children	8,704	學生 Children: 143
家長人數 No. of parents	8,704	家長 Parent: 143
2.2. 親子體適能同樂日 Fun days	14	
學生人數 No. of children	2,870	
家長人數 No. of parents	3,290	
3. 親子學堂服務 Focused Physical Fitness Assessment and Intervention		
3.1. 體適能與健康評估及分析 Assessment Sessions	130	
參加人數 No. of participants	674	
3.2. 親子體適能與健康介入課程 Intervention Sessions	129	
參加人數 No. of participants	1,015	
4. 全港家庭運動日 Family Fitness Community Engagement		
活動數量 No. of activities	1	
參加人數 No. of participants	5,240	瀏覽次數 Viewers: 4,543
5. 親子體適能大使訓練課程 Family Fitness Youth Ambassador Courses		
課程數量 No. of courses	6	
參加人數 No. of participants	94	
6. 幼師體適能培訓工作坊 Teachers Training		
活動節數 No. of sessions	33	
參加人數 No. of participants	3,244	幼師 Teachers: 263 瀏覽次數 Viewers: 2,724



2019 年 12 月至 2021 年 8 月

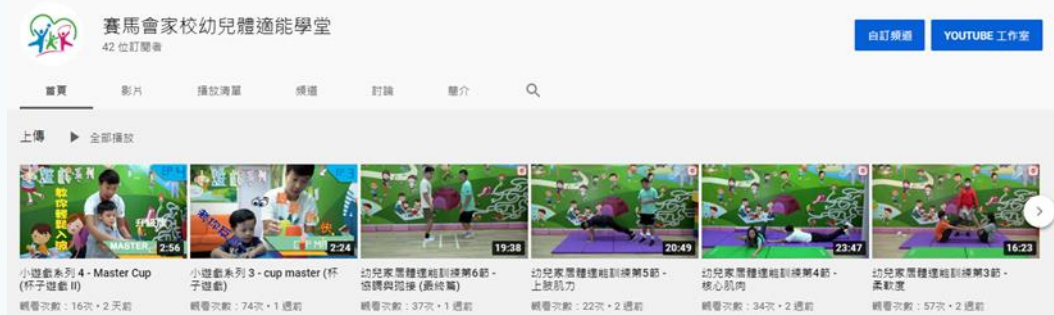
Dec 2019 to Aug 2021

活動 Activity	活動 Activity	活動 Activity
7. 幼師跨學科培訓 On-board Training		
活動節數 No. of sessions	27	
參加人數 No. of participants	402	
8. 知識傳承工作坊暨研討會 Knowledge Sharing Workshops and Seminars		
活動節數 No. of sessions	3	典禮參加人數 Ceremony participants: 295 瀏覽次數 Viewers: 4,882
參加人數 No. of participants	1,498	家長工作坊瀏覽次數 Parent Workshop viewers: 999 幼師工作坊瀏覽次數 Teacher Workshop viewers: 638
9. 電子平台 Digital channels		
登記手機程式 Mobile Apps registered	2,100	
帖子數量 Number of post	592	直播 Live Events: 15 參加人數 Participants: 487
讚好/意見人數 Number of like & comment	3,075	分享 Share: 224 瀏覽次數 Viewers: 191,21
追蹤者 Number of fans	2,465	
網頁瀏覽次數 Website viewers	29,489	



宣傳和活動花絮

Promotion and Activity Highlights



過往活動的通訊及照片

Activities Photography



全港家庭運動日 Family Fitness Festival



知識傳承工作坊暨研討會 Knowledge Transfer Workshops and Seminars





親子體適能大使訓練課程
Family Fitness Youth Ambassador Course



親子學堂服務
Focused Physical Fitness Assessment and Intervention



伙伴學校親子活動 - 幼師培訓/家長講座/同樂日
On-site Service - Teacher Training/ Parent Talk/ Fun Day



暑期活動
Summer Programme



未來活動宣傳

Further Activity Promotion



年度活動 Annual Event

1. 全港家庭運動日 Family Fitness Festival
日期 Date : 12-13/3/2022
地點 Venue : 鑽石山荷里活廣場 Plaza Hollywood
2. 知識傳承工作坊暨研討會 Knowledge Transfer Workshops and Seminars
日期 Date : (TBC)
地點 Venue : (TBC)

親子學堂服務 Focused Physical Fitness Assessment and Intervention

1. 體適能與健康評估及分析 Assessment Sessions
歡迎伙伴學校安排外展評估包班服務，每節內容為 3 小時共 20 個家庭，詳情可與本會職員聯絡。
Self-contained assessment session of collaborating kindergartens, target for 20 families per 3-hour session.
後測將於 2021 年下學期開始 Post-test will start at next semester
2. 親子體適能與健康介入課程 Intervention Sessions
親子介入課程包括親子體適能、親子舞蹈、親子瑜珈、親子拳擊、親子籃球、親子足球。
Contents of parent-child course included physical fitness exercise, dance, yoga, boxing, basketball and soccer.

親子體適能獎勵計劃 Parent-Child Home Gym Award Scheme

獎勵計劃希望能以獎勵形式鼓勵幼兒建立持續的運動習慣，讓運動成為恆常生活的一部分，從而改善幼兒體重及整體健康，並加強智能發展。除此之外，本計劃亦希望在親子體適能活動過程中能促進親子關係。

挑戰內容：11 月~ 家居小遊戲、1 月~ 海綿球、3 月~ 待定

Parent-Child Home Gym Award Scheme aims at encouraging children to move more and develop the habit of doing exercise, to improve the parent-child relationship through physical activities. Family will be awarded physically related gift for finishing family exercise.

Challenge : Nov~ Parent-child games, Jan~ Sponge ball, Mar~ TBC

伙伴學校 Collaborating Kindergarten

1. 2021-2022 學校支援服務開始接受申請，內容包括幼師體適能培訓工作坊、家長講座、親子體適能同樂日，請伙伴學校儘快提交有關申請表格。
Professional supporting service 2021-2022 for collaborating kindergartens, included teachers' physical fitness training workshops, parents talk and parent-child physical fitness fun day.
2. 招募 2021-2022 年新伙伴學校 Recruitment of new collaborating kindergarten

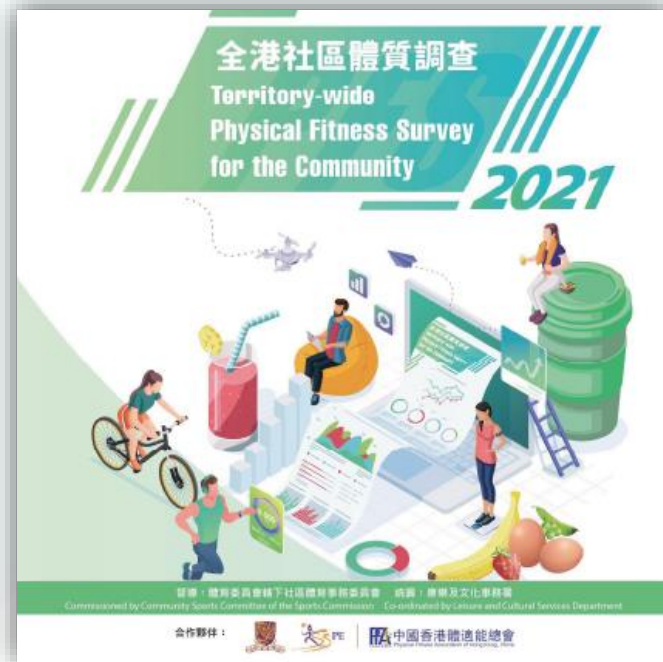
各項詳情請聯絡 For details, please contact :

電話 Tel : 852-27282800 電郵 Email : homeschool@hkpfa.org.hk

或留意 or subscribe Facebook : 賽馬會家校幼兒體適能學堂 / JCHomeSchoolPFA

全港社區體質調查

Territory-Wide Physical Fitness Survey for the Community



「全港社區體質調查」旨於瞭解市民體能活動習慣和體質狀況，以助政府釐訂社區體育發展優次，提升市民健康和生質素。本會受康樂及文化事務署委託，擔任專業服務機構，負責向該調查提供體適能測試及體能活動問卷調查數據收集服務。項目詳情可參閱：

“Territory-Wide Physical Fitness Survey for the Community” aims at understanding the physical activity patterns and physical fitness status of people in Hong Kong. Such information are beneficial to prioritizing problems and policy making in relation to community sports development, warranting better health outcomes and quality of life in the community. Our association has been commissioned by the Leisure and Cultural Services Department to act as a professional service agency responsible for collecting data for the survey by means of conducting physical fitness tests and questionnaire surveys. About the details of the survey, please browse: <https://pfs2021.com.hk/>



SCAN ME

全港社區調查網頁

香港學生體適能狀況調查(中學)

Survey Study of Students' Physical Fitness (Secondary Schools)



本會受教育局課程發展處體育組委託，擔任「香港學生體適能狀況調查(中學)」研究機構，為調查提供專業顧問服務，並負責派遣人員到校執行體適能測試及問卷調查。上述調查已經於 2019/20 學年上學期和 2020/21 學年下學期分兩階段順利完成，合共收取了 5,064 個中學生的體適能及問卷調查數據。主要的調查目標是了解年齡和性別如何影響體適能發展，比較 2014/2015 年與今次調查期間，中學生體適能狀況的改變，以及探索體能活動或生活習慣對體適能的影響。

疫情爆發後，全港停止實體課，數據收集被迫停止。在復課後，為符合防疫措施，學生必須在體適能測試過程中戴口罩。原定的體適能測試項目亦由十項減至五項，只保留身高量度、體重量度、生物電子抗阻分析、坐前伸和立定跳遠，取消了皮摺厚度、掌上壓、一分鐘仰臥起坐、九分鐘耐力跑和十五米漸進式心肺耐力跑。

本會行政總監黃永森先生於 2021 年 11 月 4 日出席了 2021 年學校體適能獎勵計劃頒獎禮暨研討會，向過百名赴會嘉賓及體育教師分享上述調查結果。現附上照片及簡報作參考之用。



「香港青少年的體能和體育活動狀況簡報」



PFA was commissioned by the Physical Education Section of Curriculum Development Institute of the Education Bureau to serve as the research agency of the captioned survey responsible for the overall data collection and the provision of consultancy service. A total of 5,064 students participated in the survey and the two-phase data collection process was successfully conducted in the first term of 2019/20 and the second term of 2020/21. The objectives of the survey included understanding of the effects of age and gender on physical fitness development, comparing the changes in physical fitness between 2015 and 2021, and investigating the influences of physical activity participation or living patterns on physical fitness development.

School closure policy was resulted in light of the COVID-19 pandemic, the data collection of the survey was disturbed. Echoing the anti-epidemic measures, students needed to wear surgical masks when they participated in the physical fitness tests after the school resumption. The original 10-component fitness testing protocol was converted to 5-component protocol retaining height, weight, bioimpedance analysis, sit-and-reach and standing long jump tests only, but excluding skinfold, push up, sit up, 9-minute endurance run and 15-meter progressive cardiovascular endurance run tests.

Our Executive Director, Mr Sam Wong represented us to attend the Seminar on School Physical Fitness Award Scheme cum Annual Prize Presentation Ceremony (2020/21) disseminating the key findings of the survey to more than 100 distinguished guests and physical educators. Some of the photography and the presentation slides were highlighted.

跨行業學習課程

Cross-Industry Learning Programmes



隨著市民大眾的健康及恆常運動意識提高，他們對優質的健康運動服務及產品需求殷切。健康與體適能相關知識及實務技巧的學習活動已趨向「跨行業化」。除了體適能教練之外，各類運動專項教練、醫護人員、物理治療師、營養師及體育教師等，都希望汲取最新的健康與體適能資訊和實務技巧，延續學習，提升專業水平。「跨行業學習課程」以健康與體適能培訓為主體，適合現職於大型健身中心、康樂會所、體能訓練中心、體育會、公私型醫院、康復診所、營養顧問中心、健康護理院舍，以及相關教育機構等的在職人士報讀。課程以提升相關行業在職人士於健康與體適能範疇方面的知識及實務技巧為目標，並與行業內相關服務或產品企業合作。學員於報讀課程時需出示相關工作證明或僱主推薦文件。

現正恆常開辦的課程包括：

- 水中復健及深水健體訓練應用證書
- 身體組成份分析應用證書
- 健身設施管理應用證書
- 功能動作訓練應用證書



The health and exercise consciousness of the general public have been raised. People demand for quality services and products of health and exercise. The learning activities in relation to knowledge and practical skills of health and fitness become more and more “cross-industrial”. Not only fitness professionals, but also sports coaches, healthcare professionals, physiotherapists, nutritionist or dietitians, as well as physical educators, intend to advance their knowledge and practical skills of health and physical fitness by which they are able to continue their education and enhance their professional levels. Cross-industry Learning Programmes focus on health and fitness training. They are suitable for people who are currently working in mass fitness centres, recreational clubhouses, fitness studios, sports clubs, hospitals, rehabilitation clinics, nutritional consultancy centres, hospice care units, as well as educational institutes. The programmes aim to advance the knowledge and practical skills of health and physical fitness of the working people in relevant industries. Relevant enterprises of services and products in the industries will be collaborated. Candidates will be requested for documentary proofs of employment and employers’ recommendations during admission. The currently operating courses are listed as follows:

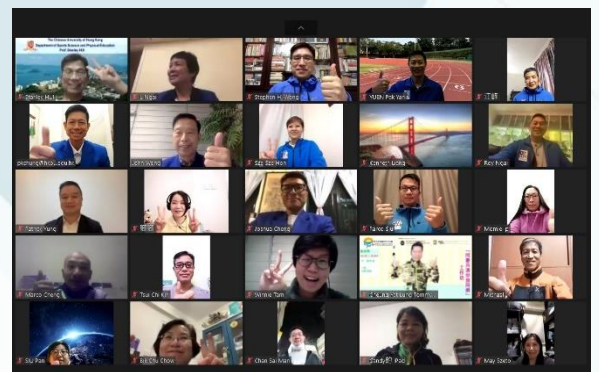
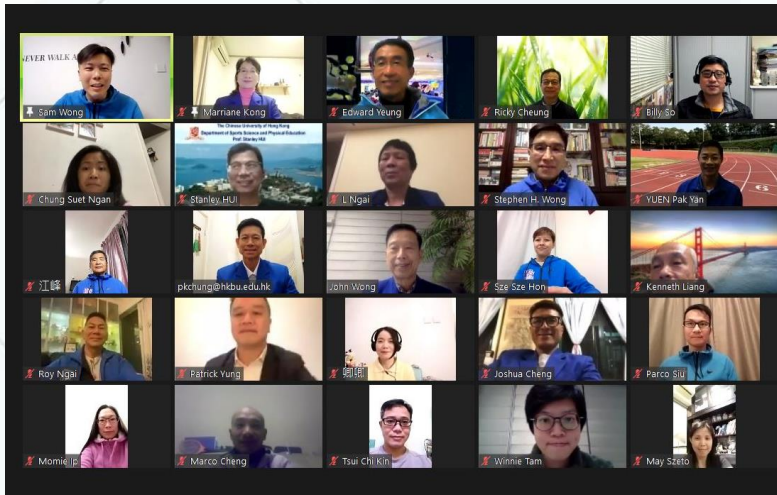
- Certificate of Proficiency in Aquatic Exercises and Deep Water Workouts for Rehabilitation and Training
- Certificate of Proficiency in Body Composition Analysis
- Certificate of Proficiency in Fitness Facilities Management
- Certificate of Proficiency in Functional Movement Training

會員活動花絮

Members' activity Highlights

第三十四屆周年晚會

The 34th Annual General Meeting



第三十四屆周年大會已於 2020 年 12 月 19 日完滿結束，超過數十位嘉賓和會員出席。受疫情影響這次大會改為網上直播形式進行，但無阻各位會員的熱情參與，十分感謝。

The 34th Annual General Meeting was held on 19 Dec 2020. In light of the COVID-19 pandemic, the meeting was conducted by live streaming. More than hundred PFA members attended the online meeting. Thanks a lot.

社區及機構體適能活動

Fitness activities in Communities and Organizations

網上互動體育訓練課程

Online Interactive Sports Training Programmes



因冠狀病毒 2019 疫情影響，康樂及文化事務署從 2021 年初推出了「網上互動體育訓練課程」，分別提供健體舞、徒手健體、身心伸展、親子健體、兒童健體、健體瑜伽和嘻哈舞等活動，並委託本會參與並提供導師作網上運動教學指導，讓市民在疫情期間能夠留在家中，透過網上平台，以互動形式學習及進行體能運動，同時建立健康的生活方式。

Because of the COVID-19 pandemic, LCSD launched 'Online Interactive Sports Training Programmes' at the beginning of 2021. It provided various exercise programmes such as aerobic dance, fitness exercise, body-mind stretch exercise, parent-child fitness exercise, children fitness exercise, fitness yoga and hip-hop dance. LCSD invited PFA to assign instructors to provide exercise instruction for the online training programmes. During the epidemic, citizens were able to join the sports training programmes interactively at home through the online platform.

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 to take part in their Jockey Club project, providing 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.



全港運動會「人人起勁活力操」

Hong Kong Game Fitness Exercise

為推廣「普及體育」，康樂及文化事務署以全港運動會主題曲「人人起勁」為背景音樂，邀請了本會參與設計了三套適合不同群組及體能人士參與的「人人起勁活力操」，包括「親子篇」、「普及篇」及「型格篇」，並由港運會體育大使及精英運動員聯同港運會吉祥物「啦啦仔」參與製作示範短片。請掃瞄二維碼以瀏覽有關影片。特別鳴謝參與活力操設計之教練(排名不分先後)：陳展基教練、蔡慧欣教練及盧麗明教練。

To promote "Sport for All", LCSD invited PFA to design three sets of "Hong Kong Games(HKG) Fitness Exercise", including "Exercises for Parents and Children", "Exercises for All" and "Exercises to Stay in Shape" were designed for participation by different groups and people with different physical abilities using the HKG theme song as background music. HKG sports ambassadors and elite athletes were engaged in the production of demonstration videos with HKG Mascot, "Cheering Larry". Please scan the QR code to explore these three videos. Special thanks to the instructors participated in the production: Mr. CHAN Chin Kei, Ms. LO Lai Ming, and Ms. TSOI Wai Yan.



普及健體運動示範影片

Video of Exercise Demonstration of Healthy Exercise for All Campaign

康樂及文化事務署邀請本會「普及健體運動」設計及拍攝一系列全新的運動示範短片，包括兒童運動技能挑戰及健身舞、進階婦女健體操、長者健體操—預防跌倒健體訓練及工作間鬆弛運動等。拍攝過程署方更邀請到明星運動員參與拍攝，令影片內容更添吸引力。特別鳴謝參與「普及健體運動」設計之教練(排名不分先後)：陳展基教練、陳玉儀教練、鄭鍵明教練、李亦愛教練、黃永輝教練及劉軒宇教練。

LCSD invited PFA to design a new series of exercise demonstration videos for Healthy Exercise for All Campaign, including Movement Skills Challenge & Rhythmic Fitness Dance (Children), Fitness Training for Women – Intermediate Level, Fitness Exercise for the Elderly – Fall Prevention Fitness Training, and Physical Relaxation Exercises in the Workplace, etc. The professional athletes were also invited to take part in the video shooting. Special thanks to the instructors who designed the fitness exercises: Mr. CHAN Chin Kei, Ms. CHAN Yuk Yee, Mr. CHENG Kin Ming, Ms. LEE Yik Oi, Mr. WONG Wing Fai, and Mr. LAU Hin Yu.



全民運動日 2021 及運動示範網上直播

Sports for All Day 2021 and Live Webcast of Sports Demonstration



「全民運動日」已於 2021 年 8 月 1 日(日)在康樂及文化事務署轄下多區體育館順利進行，本會作為協辦機構派出超過 150 名導師協助提供不同形式的體適能服務。是次活動乃一年一度的運動盛事，旨在以免費提供康體活動及設施的方式鼓勵全港市民參與各式各樣的運動項目，養成每日至少運動三十分鐘的良好習慣。加上本年度康文署的口號，令市民將運動融入生活的意識大大提升，有效地推廣香港普及運動。

此外，「全民運動日 2021」同時更以舞蹈為主題，透過互聯網進行運動示範網上直播，讓家庭觀眾都能一同感受全民運動日氣氛。活動中，本會邀請到嘻哈舞導師劉綺婷教練為活動設計健體舞及進行示範。

“Sport For All Day” was successfully held on 1st of August 2021 in various districts of the territory. PFA served as one of the co-organizers, assigning over 150 instructors to help providing different physical fitness services. This event is an important annual event, which aims to encourage all the citizens to participate more sport activities and cultivate the habit of doing sports everyday through providing free-of-charge activities and facilities. In addition, LCSD created a slogan this year addressing the importance of combining sports with life. The event should be able to popularize sports in our society.

“Sport For All Day 2021” comprised the ‘Live Webcast of Sports Demonstration’ at the same time so that the family audiences were able to enjoy the atmosphere of Sports for All Day at home. ‘Dance’ was the theme of the sports demonstration. PFA invited a hip-hop instructor, Ms. Yanny LAU, to design and demonstrate the fitness dance.

財務報告(2020-2021)

Financial Report (2020-2021)

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 28, which comprise the statement of financial position as at 31 March 2021, 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 2021, 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 HKSA's 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 HKSA's, 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.

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

PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED
STATEMENT OF FINANCIAL POSITION AS AT 31 MARCH 2021

	HK\$	<u>2021</u> HK\$	<u>2020</u> HK\$
NON-CURRENT ASSETS			
Property, plant and equipment		152,743	254,253
Right-of-use assets		1,076,071	1,257,709
		<u>1,228,814</u>	<u>1,511,962</u>
CURRENT ASSETS			
Inventories	36,322		36,322
Accounts receivable, other receivables, deposits and prepayments	602,818		606,464
Tax recoverable	75,221		-
Cash and cash equivalents	9,138,248		7,667,104
	<u>9,852,609</u>		<u>8,309,890</u>
CURRENT LIABILITIES			
Contract liabilities	262,188		711,887
Accounts payable and accrued expenses	2,771,220		2,000,899
Temporary receipt	9,452		9,452
Provision for profits tax	-		55,321
Lease liabilities	629,519		549,709
	<u>3,672,379</u>		<u>3,327,268</u>
NET CURRENT ASSETS		<u>6,180,230</u>	<u>4,982,622</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>7,409,044</u>	<u>6,494,584</u>
NON-CURRENT LIABILITIES			
Lease liabilities		<u>469,828</u>	<u>716,326</u>
NET ASSETS		<u>6,939,216</u>	<u>5,778,258</u>
Representing:			
ENDOWMENT FUND		444,603	44,603
ACCUMULATED FUND		<u>6,494,613</u>	<u>5,333,655</u>
		<u>6,939,216</u>	<u>5,778,258</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 FINANCIAL POSITION AS AT 31 MARCH 2021

	2021 HK\$	2020 HK\$
MEMBERSHIP FEE	194,205	232,422
SURPLUS FROM ACTIVITIES	3,783,606	4,276,004
SUNDRY INCOME	686,739	70,990
HONG KONG JOCKEY CLUB CHARITIES TRUST PROGRAMME	5,083,156	-
WRITTEN BACK OF LONG OUTSTANDING ACCRUALS	-	253,236
FINANCE COST	(56,635)	(25,502)
OTHER OPERATING EXPENSES	(8,530,113)	(3,910,480)
SURPLUS BEFORE TAXATION	1,160,958	896,670
INCOME TAX EXPENSE	-	(55,321)
SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR	1,160,958	841,349



地址:香港九龍尖沙咀山林道9-11號卓能中心17樓
17/F, Cheuk Nang Centre, 9-11 Hillwood Road, Tsim Sha Tsui, Kowloon,
Hong Kong

電話 Tel:28389594
電郵 e-mail:info@hkpfa.org.hk

傳真 Fax:2575 8683
網址 Web:www.hkpfa.org.hk