

延續教育工作坊 Continuing Education Symposiums

PFA希望透過定期開辦延續教育工作坊，給予充足的機會讓已考取PFA證書的會員及朋友，更新及進深鑽研各範疇的體適能知識及教學技巧。而已考獲各類體適能導師及測試員證書的會員，更可藉著修讀延續教育工作坊，累積延續教育工作坊學分(每一小時獲頒一個延續教育學分)。

另外，為提高持有PFA證書的導師的競爭力，並進一步鼓勵更多業界的精英「持續進修、終身學習」，PFA的延續教育工作坊共分為四大範疇系列：

- ▶▶ 運動創傷處理及運動營養學系列
- ▶▶ 進階體適能訓練系列
- ▶▶ 社區為本健康體適能促進及教育系列
- ▶▶ 技能及技術增進系列

各導師及會員可按個人需要及興趣，報讀不同系列的延續教育工作坊。完成工作坊後，根據不同系列對於資歷認證所制定的不同準則及要求(一般分為兩類：「提交課後習作」或「通過理論/實務評核」)，將獲頒相應系列的證書。該等資歷被列入PFA專業證書架構內，持有人已被認定對範疇系列具備基本的資歷，是踏上更高的體適能專業領域的階梯。

Through organizing Continuing Education Symposiums, PFA provides opportunities for PFA certificate holders and members to update and study in-depth fitness knowledge and teaching skills in different fields of the profession. In order to retain the valid certifications, PFA certificate holders can accumulate continuing education credits (1 CEC for each hour) through active participation of the symposiums.

In order to increase instructors' competitive power and encourage more fitness professionals to continue learning, PFA divides Continuing Education Symposiums into four categories:

- ▶▶ Sports Injury Management & Sports Nutrition Studies Series
- ▶▶ Advanced Fitness Training Series
- ▶▶ Community-Based Health / Fitness Education and Promotion Series
- ▶▶ Skills & Techniques Enhancement Series

PFA certificate holders and members can join different Continuing Education Symposiums according to personal needs and interests. After attending the symposiums, provided that candidates fulfill the requirements for qualification recognition scheme (usually by means of submitting homework or passing theoretical/practical assessment), a Continuing Education Certificate of the studied series will be issued. These qualifications are parts of PFA's Professional Certification Structure, Continuing Education certificate holders are regarded as a professionals possessing specialized knowledge and skills in the specific perspective. This is absolutely the stepping stone for a privileged professional status in the field of physical fitness.

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

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

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

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

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

簡介：

隨著越來越多人參與體育運動，作為運動愛好者及專業的體適能教練必須掌握充分的運動安全及運動創傷知識，既能保護自己，亦可保障服務對象的安全。另一方面，為促進訓練效果、提升運動表現及確保運動後的恢復過程，運動愛好者及專業的體適能教練必須了解有關運動生理及生物化學的基本知識，以及扼要認識運動營養學的原理及實踐方案。

Introduction

With an increasing number of people participating in sports, exercise-lovers and fitness professionals should equip themselves with the knowledge in exercise safety and sports injury. This can protect themselves and ensure safe practices in their careers. On the other hand, to facilitate training effect, enhance exercise performance and recovery faster after exercise, exercise-lovers and fitness professionals should understand basic knowledge in exercise physiology, biochemistry and sports nutrition.

內容：

此系列主要探討預防、處理運動創傷的基本原理及方法，並概論基礎的運動營養學理論及應用。系列由本會專業的教學團隊負責，當中包括醫生、物理治療師、營養師、資深的講師及學者等。課題按實際需要增減，以配合發展趨勢。過往兩年開辦的課題包括：

Contents

This series mainly focuses on the basic principles in preventing and managing of sports injury as well as the foundation of sports nutrition and its application. This series is taught by our professional teaching team, which includes doctors, physiotherapists, dieticians, senior lecturers and scholars. Topics will be added or deleted according to the industry development trends. Topics of the past two years include:

運動創傷處理

- 運動暴斃及昏倒的預防及處理
- 深層肌肉訓練於預防運動創傷的作用
- 危險健體動作分析及高危的器械健體動作
- 運動創傷之力學分析、處理及預防
- 預防及治療性的肌肉效貼法
- 前十字韌帶及足踝韌帶撕裂的力學分析及預防方法
- 伸展技巧的理論綱要與實務指導

運動營養學

- 基礎營養餐單編撰
- 運動中的糖及脂肪代謝
- 運動中水和電解質的丟失與補充
- 營養與運動對骨質密度的影響
- 營養對預防慢性疾病的重要性
- 怎樣透過適當的營養和運動來增加體重
- 女性運動員三症候群

資歷認證：

已持有本會各類體適能導師及高級體適能測試領袖證書的人士，累積修讀八個單元或以上(運動創傷處理部份及運動營養學部份需各佔半數)，並於完成工作坊後計一個月內完成及提交課後習作，待取得合格分數後，將獲頒「運動創傷處理及運動營養學延續教育證書」。此為本會的專業證書，持有人已被認定對運動創傷處理及運動營養學範疇具備基本的資歷。

Qualification recognition

Interested candidates [various PFA instructor and Physical Fitness Assessment Leader (Advanced level)] need to accumulate 8 or above modules (Sports Injury Management and Sports Nutrition should break even), and hand in the homework within one month after the workshop. After fulfilling the requirement, 'Sports Injury Management & Sports Nutrition Continuing Education Certification' will be awarded. This is a professionally recognized certification, and certificate holders are recognized to have the fundamental qualification in sports injury management and sports nutrition.

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

簡介：

由於個人條件、環境因素及訓練目標的不同，要達到促進體適能的終極目標，不同人士所採用的訓練方法及模式各有不同。近年來，香港捲起了一股健體熱潮，各式各樣有別於傳統體適能鍛鍊的方法，迅速流入市場，例如普拉提、健身球、搏擊運動及各種類型的健體舞等。本會認為健體愛好者及專業的體適能教練，在掌握傳統的體適能訓練及教學方法後，有需要進深學習進階的體適能訓練方法，以及更新體適能的發展及趨勢。

Introduction

As personal characteristics, environmental factors and training objectives are different, different people need to have various mode of training in order to promote physical fitness. In response to the expansion of local fitness industry, new training

methods other than traditional ones grow in the market, such as Pilates, fitball, boxing exercise and various aerobic dance etc. Exercise-lovers and fitness professionals should learn advanced fitness training methods and update their skills after the traditional training methods have been mastered.

內容：

此系列主要探討及學習進階的體適能訓練方法。系列由本會專業的教學團隊負責，當中包括醫生、物理治療師、資深的講師及教練等。課題按實際需要增減，以配合發展趨勢。過往兩年曾經開辦的課題包括：

Contents

This series mainly focuses on the methods of advanced fitness training. This series is taught by our professional teaching team, which includes doctors, physiotherapists, senior lecturers and scholars. Topics will be added or deleted according to the industry development trends. Topics of the past two years include:

進階體適能訓練

- 體適能與詠春拳
- 健身球的綜合性訓練
- 踏板健體舞新趨勢
- Boot Camp訓練新趨勢
- TRX懸掛式訓練研習
- 普拉提器械 (Reformer) 研習
- 由淺入深的平衡力訓練法
- 產前產後運動
- 高難度健身球動作解構
- Funky Dance健體舞初探

資歷認證：

已持有本會各類體適能導師及高級體適能測試領袖證書的人士，累積修讀八個單元或以上，並於一個月內完成及提交課後習作，待取得合格分數後，將獲頒相應的「進階體適能訓練延續教育證書」。此為本會的專業證書，持有人已被認定對體適能訓練範疇具備進階的資歷。

Qualification recognition

Interested candidates [various PFA instructor and Physical Fitness Assessment Leader (Advanced level)] need to accumulate 8 or above modules, and hand in the homework within one month after the workshop. After fulfilling the requirement, 'Advanced Fitness Training Continuing Education Certification' will be awarded. This is a professionally recognized certification, and certificate holders are recognized to have the fundamental qualification in fitness training.

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

簡介：

要促進市民的健康體適能，首要條件是建立一個關注健康體適能的社區，營造重視健康及樂於運動的氣氛。透過不同程度的社區推動及教育手段，健康體適能概念方能牢記於市民大眾的心中。要將健康體適能概念轉化為行為及行動，當中牽涉到生理、心理、社交、環境、政策及其他因素的相互影響。作為社區內倡導健康體適能的先驅，有系統的健康體適能促進及教育培訓是不可或缺的。此系列適合現職教育、健康體適能專業人士、社福機構負責社區健康推廣的員工及有志投身健康體適能社區推動工作的人士參與。

Introduction

In order to promote physical fitness, it is important to increase public awareness on exercise and health, and create an atmosphere that is favour to exercise in the community, different levels of exercise promotion and education in the community is needed. Transforming the concepts of physical fitness to behavior and action requires the interaction of physical, psychological, social, environmental, political and other factors into the exercise programming. As a pioneer in fitness, a systematic training in health promotion is needed. This series is suitable for educators, health fitness professionals, people working in community sectors who devote themselves to exercise promotion.

內容：

此系列主要探討及學習基礎的健康促進及健康教育理論，透過邀請社區內不同服務機構及團體的經驗交流及分享，讓學員更加了解社區內的健康體適能文化及社會資源。課題按實際需要增減，以配合發展趨勢。過往兩年曾經開辦的課題包括：

Contents

This series focus on learning the foundation of health promotion and health education theories. By inviting different service providers in the community to share their experience, attendee can understand health promotion cultures in the community as well as the allocation of resources in the society. Topics will be added or deleted according to the industry development trends. Topics of the past two years include:

社區為本健康體適能促進及教育

- 抗氧化與運動
- 癡呆症與帕金森症患者的運動鍛煉建議
- 肥胖與健康
- 中風後長者之運動訓練
- 如何減低空氣污染對運動的影響
- 慢性阻塞性肺病患者的運動鍛煉建議
- 生態健康對體適能的重要性
- 解構脊骨與運動工作坊

此系列工作坊不設資歷認證。

This series does not have qualification recognition.

4. 技能及技術增進系列 Skills and Techniques Enhancement Series

簡介：

本系列為現職體適能教練度身訂造。體適能訓練的技能及技術發展日新月異，為緊貼運動科研及潮流體適能的資訊，引入嶄新的訓練技能及技術，擴闊現職體適能教練的視野及提升教練於行業內的持續競爭能力，本系列旨在培訓現職體適能教練善用有別於傳統的體適能訓練技能及技術，深化及提升服務對象的訓練成效。

Introduction

This series is tailor-made for people currently working as fitness instructors. Skills and techniques of physical training develop continuously. In order to widen the horizon of instructors and increase their competitive power, this series of training is introduced. This series aims to provide training on skills and techniques that are supplement to traditional methods.

內容：

此系列主要探討及學習有別於傳統的體適能訓練技能及技術，透過理論、實踐及實際的教學練習，培育現職體適能教練運用綜合的體能訓練方法，增加現有健體課堂或服務的多元性及吸引力。系列內的學科包括：

Contents

This series focuses on skills and techniques that are supplement to traditional methods. From theory to practice, fitness instructors are well-trained to use integrated fitness training methods, which result in more diverse and attractive fitness classes. This series includes:

1. 健身球及橡筋帶指導員訓練 (四節共十二小時)

Fitball and Elastic Band Practitioner Training (四節共十二小時 4 sessions, 12 hours in total)

簡介：健身球及橡筋帶運動都是一些能有效改善健康及體適能狀況的運動模式。我們深信體適能教練如果能夠認識及學習健身球及橡筋帶的應用及指導技巧，將能夠輔助傳統體適能訓練（包括器械健體及健體舞訓練）的成效，優化健體課堂及服務的多元性及吸引力。本課程的宗旨乃培訓合資格的健身球及橡筋帶指導員，指導一般市民安全及有效地運用健身球及橡筋帶進行體能訓練。

Introduction: Fitball and rubberband exercise is effective in improving health and physical fitness. Fitness instructors equipped with the knowledge and skills of fitball and elastic band training can enrich the effects of traditional exercise training (including resistance training and aerobic training), optimize fitness class as well as diversify and increase the attractiveness of fitness classes and services. This course aims to train qualified Fitball and Elastic Band Practitioner to instruct the public to practice fitball and rubberband as fitness training safely and effectively.

內容：健身球及橡筋帶運動基礎理論、健身球伸展運動、健身球練力運動、私人化的健身球運動訓練、橡筋帶運動及團體性訓練

Contents: Foundation of fitball and elastic band theories, stretching using fitball, strength training using fitball and rubberband, personalized and group training methods.

參加資格Entry requirement：已取得本會導師資歷之教練 Possess PFA instructor certificate

資歷認證Qualification Recognition：筆試及實習試 Written and practical exams

2. 初級普拉提運動(Mat Work)指導員訓練

Elementary Pilates (Matwork) Practitioner Training (四節共十二小時 4 sessions, 12 hours in total)

簡介：普拉提運動都是一些能有效改善健康及體適能狀況的運動模式。我們深信體適能教練如果能夠認識及學習普拉提運動的應用及指導技巧，將能夠輔助傳統體適能訓練（包括器械健體及健體舞訓練）的成效，優化健體課堂及服務的多元性及吸引力。本課程的宗旨乃培訓合資格的普拉提運動指導員，指導一般市民安全及有效地運用普拉提運動（Mat Work）進行體能訓練。

Introduction: Pilates (Matwork) is effective in improving health and physical fitness. Fitness instructors equipped with the knowledge and skills of Pilates (Matwork) training can enrich the effects of traditional exercise training (including resistance training and aerobic training), optimize fitness class as well as diversify and increase the attractiveness of fitness classes and services. This course aims to train qualified Pilates (Matwork) Practitioner to instruct the public to practice Pilates (Matwork) exercise safely and effectively.

內容：普拉提運動基礎理論、普拉提運動（Mat Work）、私人化的普拉提運動訓練及團體性的普拉提運動訓練要領

Contents: Foundation of Pilates (Matwork) theories, Pilates (Matwork) exercise, personalized Pilates training and teaching group Pilates (Matwork) exercise.

參加資格Entry requirement：已取得本會導師資歷之教練 Possess PFA instructor certificate

資歷認證Qualification Recognition：筆試及實習試 Written and practical exams

3. 水中太極運動指導員訓練

Aquatic Tai Chi Practitioner Training [與香港復康會適健中心合辦] (四節共十二小時 4 sessions, 12 hours in total)

簡介：水中太極是一種揉合水療與鬆弛的運動，透過深和慢的呼吸、腰部的轉動，配合手部與腳部動作的協調，示範出一套完整的動作。與中國傳統太極的精神、輕鬆柔和、連貫均勻、圓滑自然和協調完整的概念，一脈相承有效地達致養生和全身運動的效果。本課程的宗旨乃培訓合資格的水中太極指導員，指導一般市民，尤其長者或一些不適合參與劇烈運動之長期病患人士。

Introduction: Aquatic Tai Chi is an exercise that combines hydro-therapy and relaxation exercise. Through deep and slow breathing, stabilization of trunk and the coordination of limbs, a series of exercises is demonstrated. This is cohering with the traditional Chinese spirits of Tai Chi. This course aims to train qualified Aquatic Tai Chi Practitioner to instruct the public, especially for the elderly and people who are not suitable for doing vigorous exercise, to practice aquatic Tai Chi exercise safely and effectively.

內容：水中太極運動基礎理論、水中太極的招式、水中太極在社區層面的應用及課堂編排及教學技巧

Contents: Foundation of aquatic Tai Chi theories, the moves of aquatic Tai Chi, application of aquatic Tai Chi in the community, class organization and teaching techniques.

參加資格Entry requirement：已取得本會水中健體導師證書之教練 Possess PFA Hydro-fitness Instructor Certificate

資歷認證Qualification Recognition：筆試及實習試 Written and practical exams

4. 綜合性運動按摩應用訓練

Integrated Sports Massage Practitioner Training (四節共十二小時 4 sessions, 12 hours in total)

簡介：按摩始於接觸（touch），於西方醫學中，運動按摩屬於物理治療學中手法治療的一個範疇。醫學之父希波克拉提斯（Hippocrates）早在公元前五世紀描述按摩在治療上的重要性，他認為按摩是健康的齒輪（wheel of health essentials），亦作為治療之用（therapeutic intervention）。近年來，運動按摩也被普遍地應用，作為賽前提昇運動員表現及賽後消除疲勞、恢復體力之用。本港不少大型體育賽事也有運動按摩服務。香港體育學院的運動醫學部除了設有西醫、中醫及骨科診治、物理治療、康復訓練等服務外，更設有運動按摩服務，為精英運動員提供醫療支援。

Introduction: Massage was originated from touch. In modern medicine, sports massage is one of the manual therapies in physiotherapy. The father of medicine, Hippocrates, described the important of massage in therapy early in B.C. 5th century. He believed that massage was the wheel of health essentials, and as a therapeutic intervention. Nowadays, sports massage is commonly applied in pre-competition to enhance athletes' performance and post-competition to facilitate recovery. In Hong Kong, sports massage services can be found in major sports events. Hong Kong Sports Institute is also providing sports massage services to elite athletes. It should be a supplement to traditional medical, physiotherapy, and rehabilitation services.

內容：本課程從科學論證的角度，分析運動按摩對身心系統所產生的實際功效，並系統地闡述運動按摩的應用守則及實施方案。課程將重點傳授六種基本及常用的運動按摩手法及技巧，包括撫（effleurage）、摩（friction）、揉（kneading）、震（vibration）、敲（percussion）及壓（compression）。完成課程後，學員將懂得綜合性運動按摩技巧，應用於人體不同部位及骨骼肌群。適合體育教師、運動員、各類運動教練及體適能教練報讀。

Contents: This course analyzes the actual effects of sports massage to mind and body from science-based evidence and systematically elaborates the guidelines and methods of sports massage. The course will introduce 6 basic and commonly used skills and techniques, which includes effleurage, friction, kneading, vibration, percussion and compression. After completing the course, students will be acquired the techniques of integrated sports massage and its application to different body parts and muscles. This course is suitable for P.E. teachers, athletes, sports coaches and fitness professionals.

參加資格Entry requirement：已取得本會導師資歷之教練，曾參與「基礎運動按摩(Introduction to Sports Massage)」延續教育工作坊者，可獲優先考慮 Possess PFA instructor certificate, preference is given to those who had attended 'Introduction to Sports Massage' continuing education symposium.

資歷認證Qualification Recognition：筆試及實習試 Written and practical exams

5. 槓啞鈴(Free Weight) 指導員訓練

Free Weights Practitioner Training (六節共十八小時 8 sessions, 18 hours in total)

簡介：個人化健體服務是講求多元化訓練以滿足顧客之需要，而槓啞鈴訓練在市場上則更為普及。槓啞鈴訓練一向被喻為高技術性運動，只因其訓練動作均包含複雜的人體力學與角度運用，是一種可提升覺察力、平衡力、構想力和空間感的運動，除此以外，由於受到應激力的刺激下，促使肌肉質量、肌力及軟組織得以強化而且效果頗為顯著，透過「閉鎖式訓練」既能強化核心肌肉，又可達致功能式訓練的效果，以上種種利好因素下，健體導師無論着眼於顧客需要或是個人增值，這確是一門不可或缺的技能。

Introduction: Diversification in personalized fitness training is needed to meet different customers' satisfaction. Free weight training is a common mode in fitness industry. Free weights training requires advanced techniques as it involves complex mechanical movements and range of motion. It is an exercise which can enhance perception, balance, imagination and spatial abilities. Besides, it promotes muscle mass, muscular strength and soft tissues effectively. 'Closed kinetic chain' training strengthens core muscles and is a good mode of functional training. Under these circumstances, it should be an advantage for fitness professionals to learn these skills.

內容：課程共分成六個不同系列，內容圍繞對胸、腹、背、肩、腿和臀部等主要肌肉群的深入講解和訓練，學習觀察及糾正錯誤的方法等，按個別部位之訓練方法，從人體力學原理，肌肉解剖和肌肉角色參與等層面作詳細講解。此外，為了學員能循序漸進地熟習各種型的訓練體系，在實習課中要求學員按照訓練體系之實際重量進行練習及扶持。

Contents: This course will focus on advanced training of chest, abdominals, back, shoulder, hip and knee muscles in 6 different sessions. Observation techniques and correctional methods will be taught. Mechanics of different body parts, muscle anatomy and roles of muscles will be explained in detail. On the other hand, different training systems will be introduced progressively. Participants are required to have training practices with affordable loads and spotting during the class.

參加資格Entry requirement：持有器械健體導師證書之教練（課程具實務訓練內容，敬請參加者預作體能裝備，以獲得更佳學習成效） Possess PFA Resistance Training Instructor Certificate (To enhance learning outcomes, students are advised to prepare their physical fitness as practical training will be involved in the course)

資歷認證Qualification Recognition：完成六節工作坊並完成課後習作及實習試（考試費 \$330） Completion of 6 sessions of workshop and homework and practical exam (Exam fee \$330)

6. 姿勢評估及矯健技巧訓練

Postural Assessment and Correctional Exercise Practitioner Training (四節共十二小時 4 sessions, 12 hours in total)

簡介：人類是直立人，可以利用雙腿直立步行，此乃人類有別於其他動物的其中一個特徵。兩足直立步行使人類能夠使用雙手製作工具，改良生產方式，促進人類文明發展。可是，兩足直立卻帶來以下情形：(1) 人體肌肉需要經常保持張力狀態以抵制地心吸力，相對於四足步行的動物而言，人體肌肉容易出現過勞現象；(2) 人類需要時刻保持清醒，確保直立姿勢得以維持，相對於四足步行的動物，人類的腦力需求較高，頭腦容易出現緊張；(3) 兩足直立令人體接觸地面的基座面積較小而重心離地較高，相對於四足步行的動物，人類需要額外的神經肌肉協作，以確保平衡及避免跌倒；(4) 兩足直立解放了人類的雙手，當人類任意運用雙手進行不規則的體力操作，不均衡地增加了軀體肌肉的張力負荷，導致不同類型的骨骼肌肉問題，產生形形色色的不正常姿勢。

Introduction: Human beings are Homo erectus, the legs can walk upright. This characteristic differentiates humans from other animals. Two-legged upright position can let humans to use both hands to make tools, improve production methods, and promote the development of human civilization. However, two-legged upright position has brought the following situations: (1) Body muscles need to keep the tension state to resist gravity. Comparing to the quadruped animals, the human body muscles are prone to fatigue; (2) Humans need to keep awake, and make sure upright posture is maintained. Comparing with the quadruped animals, the demands for human brain are higher and in return are prone to stress; (3) Two-legged upright position decreases the base of support, thus the center of gravity is higher, relative to the quadruped animal. Therefore, the human needs additional neuromuscular coordination to ensure balance and avoid falls; (4) two-legged upright liberates human hands, as humans use their hands to do any irregular physical operation, this disproportionately increases muscle tension, and leads to different types of musculoskeletal problems, resulting in all kinds of abnormal posture.

內容：課程共分成四個不同單元，主題包括(1) 正常與不正常姿勢的辨識及姿勢評估實務方法、(2) 不正常姿勢的成因和姿勢與平衡的關聯、(3) 姿勢的自我覺悟及徒手肌肉鍛鍊，以及(4) 使用運動器具輔助姿勢矯健。課程重點教授脊柱側彎症、脊柱後凸症（駝背）、脊椎前凸症（中空背）、搖擺背及平背等初步臨床姿勢評估方法及矯健技巧。

Introduction: This course composes of 4 sessions, which includes (1) Identifying normal and abnormal postures and postural assessments, (2) The causes of abnormal postures and the correlation of posture and balance, (3) Self-awareness on posture and muscle training, (4) Correctional

exercises using exercise props. This course will focus on clinical postural assessment and correctional techniques of scoliosis, kyphosis, lordosis, sway back and flat back.

參加資格Entry requirement : 已取得本會導師資歷之教練，曾參與「PFA私人體適能教練證書課程」、「健身球及橡筋帶指導員訓練」及「初級普拉提(Mat Work)指導員訓練」的人士可獲優先考慮。Possess PFA instructor certificate, preference is given to those who had attended 'PFA Personal Fitness Instructor Certification', 'Fitball and Elastic Band Practitioner Training' and 'Elementary Pilates (Matwork) Practitioner Training'.

資歷認證Qualification Recognition : 課堂習作及實習試 homework and practical exam

7. 拉丁健體舞指導員訓練

Latin Aerobis Practitioner Training (六節共十八小時 6 sessions, 18-hour in total)

簡介 : 拉丁健體舞是一種揉合了拉丁舞及健體舞兩項元素的有氧運動，於健體舞的課堂中加入拉丁舞的舞步：喳喳(Cha Cha Cha)、倫巴(Rumba)、牛仔(Jive)、森巴(Samba)及鬥牛(Paso Doble)，並配合拉丁舞音樂的強勁節拍，令學員在輕鬆的氣氛下達致改善心肺功能，加強肢體協調，改善柔軟度等效果。此外，拉丁健體舞並不需要舞伴，適合個人參與，為現時受歡迎的健體舞之一。健體舞導師於課堂中加入拉丁舞元素，能優化課堂及服務的多元性及吸引力。

Introduction: Latin aerobics is an aerobic exercise which blends Latin dance and aerobic dance. Incorporating Latin dance moves (Cha Cha Cha, Rumba, Jive, Samba and Paso Doble) into aerobic class can improve cardiovascular fitness, body coordination and flexibility. In addition, Latin aerobics does not require dance partner and is suitable for individual. It should be one of the popular aerobic dances. Adding Latin moves in current aerobic class can optimize classes. Service diversification increases attractiveness of fitness classes.

內容 Contents : 課程共分成六節，內容包括 This contents of 6 sessions include :

- (1) 拉丁健體舞的起源與發展 Origin and developments of Latin aerobics ;
- (2) 拉丁健體舞的基本步及拉丁舞準會員級別步法 Basic moves of Latin aerobics and moves of Latin dance Student Teacher Grade :
 - (a) 喳喳Cha Cha Cha: New York; Spot Turn; Shoulder to Shoulder; Hand to Hand; Three Cha Cha Cha; Side Steps/ There and Back; Time Steps ,
 - (b) 倫巴Rumba: Cucaracha; New York; Spot Turn/ Shoulder to Shoulder; Hand to Hand; Progressive Walk; Side Steps; Cuban Rocks,
 - (c) 牛仔Jive: Fallaway Rock; Fallaway Throwaway; Link; Change of Places Right to Left; Change of Places Left to Right; Change of Hands Behind Back; Hip Bump(Left Shoulder Shove),
 - (d) 森巴Samba: Whisks; Samba Walk, Rhythm Bounce Volta Movements; Travelling Bota Fogo Forward; Criss Cross Bota Fogo,
 - (e) 鬥牛(Paso Doble): Chasse to Left and Right; Drag; Displacement(also Attack); Promenade Link(also Promenade Close); Promenade; Ecart(Fallaway Whisk); Separation; Separation with Lady's Caping Walks ;
- (3) 拉丁健體舞的組合動作 combos of Latin aerobics
- (4) 拉丁健體舞綜合動作的編排及拉丁健體舞的帶領技巧 Phasing of integrated moves of Latin aerobics and teaching skills of latin aerobics

參加資格Entry requirement : 持有健體舞導師證書之教練 Possess PFA Aerobic Dance Instructor Certificate

資歷認證 Qualification Recognition : 課堂習作及實習試 homework and practical exam

8. 職場骨骼肌肉健體指導員訓練 Workplace musculoskeletal fitness practitioner Training (四節共十二小時 4 sessions, 12 hours in total)

簡介 : 培訓合資格的骨骼肌肉健體指導員，指導一般在職人士預防職業性骨骼肌肉勞損的運動及改善姿勢的原則以減少出現骨骼肌肉相關的問題。

本課程的宗旨乃培訓合資格的職場骨骼肌肉健體指導員，指導一般在職人士進行預防職業性骨骼肌肉問題的運動及改善姿勢的原則。透過不同的案例，闡述各種常見職業性骨骼肌肉問題的成因，簡介職業健康及安全相關的條例及指引，討論預防職業性骨骼肌肉問題的策略，解釋如何利用人體工效學原則分析辦公室常見的姿勢及骨骼肌肉問題，繼而設計針對性的運動方案。

Introduction: This course aims to train qualified musculoskeletal fitness practitioner to provide fitness guidance for working person to prevent workplace muscle strain and pain and improve their incorrect posture habit.

參加資格Entry requirement : 已取得本導師資歷之教練 Possess PFA instructor certificate

資歷認證 Qualification Recognition : 筆試及實習試 Written and practical exams

資歷認證 :

已持有本會各類體適能導師及測試員證書的會員及朋友，須完成該學科，並通過課程習作、筆試或實務評核。表現理想者方將獲頒相應的「健身球及橡筋帶指導員延續教育證書」、「初級普拉提運動指導員延續教育證書」、「水中太極運動指導員延續教育證書」、「綜合性運動按摩應用訓練延續教育證書」、「槓啞鈴指導員延續教育證書」、「姿勢評估及矯健技巧訓練延續教育證書」及「拉丁健體舞指導員訓練延續教育證書」。該等證書資歷被列入PFA專業證書架構內，是踏上更高的體適能專業領域的階梯。

Qualification recognition

Interested candidates [Various PFA instructors and Physical Fitness Assessment Leader (Advanced level)] need to complete the modules, and pass the homework, written exam and even practical exam. Successful candidate will be awarded the corresponding 'Fitball and Elastic Band Practitioner Continuing Education Certification', 'Elementary Pilates (Matwork) Practitioner Continuing Education Certification', 'Aquatic Tai Chi Practitioner Continuing Education Certification', 'Integrated Sports Massage Practitioner Continuing Education Certification', 'Free Weights Practitioner Continuing Education Certification', 'Postural Assessment and Correctional Exercise Practitioner Continuing Education Certification' and 'Latin Aerobics Practitioner Continuing Education Certification'. This is a professional credential that is recognized by PFA.