



中國香港體適能總會

Physical Fitness Association of Hong Kong, China



2017
Annual 年報 Report 18

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會長獻辭

President's Message



穩中求變

人常「變」 - 隨著年齡增長，人的容貌、體態、身體機能、體能、健康，甚至心理、心態等等，都會「變」。

社會常「變」 - 科技及經濟發展一日千里，社會面貌、生活模式、環境氛圍，甚至人與人之間溝通方式，近十年八載出現了翻天覆地的改「變」。

人活得多「變」的社會，過著「變」幻莫測的生活，你與我應該怎樣適應呢？

去年十月，中國香港體適能總會成功舉辦「三十周年慶典暨晚宴」，回顧過去三十年的會務，展望未來三十年的發展。人事「變」，會址「變」；課程內容「變」，服務訴求「變」。無論會員、社區大使、服務統籌、委任講師、職員，甚至執行委員，作為中國香港體適能總會不可或缺的其中一員，我們始終初心不「變」 - 倡導健康體能，追求舒適人生。

今年，執行委員會進行換屆改選。在剛過去的六月份，全體執行委員進行了一整天集思活動，得出「穩中求變，與時並進」的共識。儘管新一屆執行委員會無論成員名單或組織架構上都沒有翻天覆地的改「變」，然而骨子裡卻為長遠及持續的會務發展及傳承工作作好準備。

祝願新一屆執行委員會工作順利，中國香港體適能總會會務昌隆！

黃平山 醫生

中國香港體適能總會 會長

2018年10月12日



莫忘初衷

時光飛逝，轉眼間三年的任期屆滿。

首先，我需要感謝會長黃平山醫生、副會長陳大衛先生、魏開義先生及江峰先生對過去一屆執行委員會工作的支持。此外，我希望向副主席周碧珠教授、張應明先生、韓思思小姐及阮伯仁先生致意，在他們所領導的專責委員會督導下，Fit總無論在出版、推廣、社會服務，及至教練培訓各方面的會務都發展蓬勃。我知道在座的義務顧問、執行委員們、辦事處同事們和一眾熱心的Fit總會員朋友們同樣功不可沒。

作為現屆主席兼創會成員之一，我親身見證Fit總茁壯成長。在黃平山醫生的全力支持下，我們毫無後顧之憂。歷任主席李本利先生、魏開義先生、黎培榮先生、王香生教授和許世全教授多年來為Fit總會務奠定良好基礎。近年，我與眾執行委員會成員樂此不疲地探討Fit總的承傳工作，以及確保更良好的機構管治。

兩個月前，執行委員會為創會主席李本利先生舉行歡送宴。筵席間，李先生寄語一眾Fit總兄

弟姊妹要好好守業，莫忘初衷。我對李先生此番勸勉，感受良多。

面對著這個金錢掛帥的營商環境，要在競爭激烈的體適能業界出人頭地，談何容易？體適能教練在社會上面對來自四面八方的引誘和歪風，有時甚至要埋沒良心，出賣專業。Fit總的教練們請緊記我們絕對不能忘記初衷。既然你選擇在Fit總開展自己的體適能專業生涯，那麼就讓Fit總惠澤社群的核心價值伴隨一生。

新一屆執行委員會已準備就緒，我們與辦事處都預備好迎接接踵而來的服務訴求及發展挑戰。大家必定要群策群力，將Fit總的正氣代代相傳，為社會帶來正能量。

鍾伯光 教授

中國香港體適能總會 主席
2018年10月12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 (2015-2018)

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

副主席
Vice-Chairperson
周碧珠教授
Prof. Bik C. Chow
阮伯仁先生
Mr Bryan P.Y. Yuen
張應明先生
Mr Ricky Y.M. Cheung
韓思思小姐
Miss S.S. Hon

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

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

執行委員 Executive Committee Members

黎培榮先生 Mr P.W. Lai, MH	許世全教授 Prof. Stanley S.C. Hui	王香生教授 Prof. Stephen H.S. Wong
沈劍威教授 Prof. Raymond K.W. Sum	楊顯智先生 Mr Edward H.C. Yeung	鄭毓全先生 Mr Joshua Y.C. Cheng
梁達強先生 Mr Kenneth T.K. Liang	程偉健博士 Dr. Joe W.K. Ching	陳凱輝醫生 Dr. Raymond H.F. Chan
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 (2015-2018)

已故永遠榮譽會長Permanent Honorary President :

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

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

執行委員會按實際需要，邀請權威及知名人士擔任義務「顧問」一職。

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

專責委員會及辦事處架構

Structures of Sub-Committees & Head Office

行政管理委員會 Administration & Management Committee

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

培訓及教育委員會 Training & Education Committee

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

社區服務委員會 Community Services Committee

主席 Chair	韓思思小姐 Miss S.S. HON
成員 Members*	江 峰先生 Mr F. KONG 黎培榮先生 Mr P.W. LAI, MH 楊顯智先生 Mr Edward H.C. YEUNG
秘書 Secretary	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 Sub-Committees & Head Office

傳訊及推廣委員會 Communication & Promotion Committee		
主席 Chair	張應明先生	Mr Ricky Y.M. CHEUNG
成員 Members*	許世全教授 黎培榮先生 魏開義先生 郭致偉博士 袁慧儀博士	Prof. Stanley S.C. HUI Mr P.W. LAI, MH Mr Roy H.Y. NGAI Dr. Ron C.W. KWOK Dr. Yvonne W.Y. YUAN
秘書 Secretary	黃永森先生	Mr Sam W.S. WONG
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 蕭明輝博士 王香生教授	Mr Roy H.Y. NGAI Dr. Parco M.F. SIU Prof. Stephen H.S. WONG
秘書 Secretary	黃永森先生 潘德賢小姐	Mr Sam W.S. WONG Miss Carrie T.Y. POON
辦事處 Head Office		
行政總監 Executive Director	黃永森先生	Mr Sam W.S. WONG
教育主任 Education Officer	陳嘉威博士	Dr. Jacky K.W. CHAN
助理行政主任 Assistant Administration Officer	潘德賢小姐	Miss Carrie T.Y. POON
助理發展主任 Assistant Development Officer	馬焯賢先生 梁家威先生	Mr Terrence W.Y. MA Mr Kelvin K.W. LEUNG
行政助理 Administrative Assistant	曾穎心小姐 陳麗祺姐	Miss Ingrid W.S. TSANG Miss Kissi L.K. CHAN
清潔助理 Cleaning Assistant	葉鳳葵女士	Ms F.K. YIP
賽馬會學童Keep-Fit方程式 Jockey Club Project Team		
項目經理 Programme Manager	葉佩芬女士	Miss Momie P.F. IP
教學導師 Teaching Associate	朱嘉文小姐	Miss Carman K.M. CHU
活動助理 Programme Assistant	黃雪瑤小姐 黃卓勉先生 麥嘉明先生	Miss Fiona S.Y. WONG Mr. Vita C.M. WONG Mr. Steven K.M. MAK
文員 Clerk	馮可榆小姐	Miss Brenda H.Y. FUNG

*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證書
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

專業級別I

體適能基礎證書
Physical Fitness Foundation Certification

延續教育工作坊 Continuing Education Symposiums

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

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

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

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

課程架構

Course Structure

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

專業級別 Level	類別名稱 Type	培訓時數 Training hours	獲取資格 Requirements	證書有效期 Certification Valid period
VII	專家證書 Specialist Certification	≥ 1000 小時 Hours	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 4 years
VI	資深教練證書 Senior Fitness Trainer Certification	≥ 216 小時 Hours	持有效的「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 4 years
V	一級私人教練證書 Personal Fitness Trainer (I) Certification	≥ 132 小時 Hours	持本會認可有效的「二級私人體適能教練證書」 Possess PFA valid 'Personal Fitness Trainer (II) Certification' 於取得「二級私人體適能教練證書」後，累積一年或以上的體適能及運動教學經驗（不少於100小時相應的實務經驗） Accumulate 1 year or above teaching experience in physical fitness and sports after obtaining 'Personal Fitness Trainer (II) Certification' (No less than 100 hours of relevant practical experiences) 持最少兩項本會認可有效的「導師證書」資格 Possess 2 or above 'Instructor Certification' qualifications 持最少一項本會認可「延續教育系列或指導員證書」 Possess 1 or above 'Continuing Education Series or Practitioner Certification' 持有效的「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 4 years
IV	二級私人教練證書 Personal Fitness Trainer (II) Certification	≥ 84 小時 Hours	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' 持有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification 順利通過「二級私人體適能教練證書」培訓及考核 Passed the training and assessment of 'Personal Fitness Trainer (II) Certification'	4年 4 years
III	導師證書 Instructor Certification	≥ 60 小時 Hours	持「基礎證書」資格 Possess 'Foundation Certification' qualification 持有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification 順利完成「導師證書」培訓及考核 Passed the training and assessment of 'Instructor Certification'	4年 4 years
II	領袖證書 Leader Certification	36 小時 Hours	18歲或以上 Aged 18 years old or above 持「基礎證書」資格 Possess 'Foundation Certification' qualification 順利完成「領袖證書」培訓及考核 Passed the training and assessment of 'Leader Certification'	永久 Permanent
I	基礎證書 Foundation Certification	24 小時 Hours	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
- 香港特別行政區政府－康樂及文化事務署 Leisure and Cultural Services Department, HKSAR
- 香港特別行政區政府－紀律部門 Disciplinary departments, HKSAR
- 本地各大專院校 Tertiary institutes in local areas
- 本地各大公營及私營機構 Different public and private organizations in local areas
- 中小學及社區內非政府機構 Schools and non-governmental organizations in community
- 美國運動醫學學院 American College of Sports Medicine
- 美國春田大學 Springfield College, U.S

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 (LCS D). Certificate holders are eligible to provide professional services in the community sports programmes organized by LCS D. This reflects our professional status.

其他證書課程

Other Certification Programmes



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

We have been authorized by the American College of Sports Medicine (ACSM), which is one of the most famous sports medicine institutes worldwide, to operate their ACSM Health Fitness specialist 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 (2017-2018)

PFA Lecturers

委任講師 Appointed Lecturers

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

何偉強先生 Mr W.K. HO 紀榮賢博士 Dr. W.Y. GAY	李亦愛小姐 Miss Candy Y.O. LEE	潘梓竣先生 Mr T.C. POON
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專業證書課程紀錄

Records of Professional Certification Courses

本會於二零一七至一八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 2017/18 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 / Exam	17	549	
體適能基礎證書公開考試 Physical Fitness Foundation Certification Exam	26		831(81%)
體適能測試領袖證書課程 Physical Fitness Assessment Leader Certification Course	3	105	
體適能測試領袖證書課程及考試 Physical Fitness Assessment Leader Certification Course / Exam	3		111(80%)
器械健體導師證書課程 Resistance Training Instructor Certification Course	8	150	
器械健體導師證書考試 Resistance Training Instructor Certification Exam	8		177(64%)
老人健體導師證書課程 Elderly Fitness Instructor Certification Course	3	60	
老人健體導師考試 Elderly Fitness Instructor Certification Exam	3		68(88%)
兒童體適能導師證書課程 Children Fitness Instructor Certification Course	2	40	
兒童體適能導師證書考試 Children Fitness Instructor Certification Exam	2		52(98%)
水中健體導師證書課程 Hydro-Fitness Instructor Certification Course	1	20	
水中健體導師證書考試 Hydro-Fitness Instructor Certification Exam	2		25(56%)
伸展訓練導師證書課程 Stretching Instructor Certification Course	1	35	
伸展訓練導師證書考試 Stretching Instructor Certification Exam	1		37(84%)
團體有氧運動導師證書課程 Group Aerobic Exercise Instructor Certification Course	1	19	
團體有氧運動導師證書考試 Group Aerobic Exercise Instructor Certification Exam	2		27(56%)
二級PFA私人體適能教練證書課程 PFA Personal Fitness Trainer (II) Certification Course	1	15	
二級PFA私人體適能教練證書考試 PFA Personal Fitness Trainer (II) Certification Exam	2		22(55%)
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	9	117	117(100%)
總數 Total	46 49	1110	1467(80%)

延續教育工作坊紀錄

Records of Continuing Education Symposiums

本會於二零一七至一八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 2017/18 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	節數 Session	報讀人數 Enrolment
13/6/2017 & 12/1/2018	預防及治療性的肌肉效貼法(下肢) Introduction to Lower-Limb Taping Techniques	2	44
16/6/2017	提昇表現及體型藥物的危害 The Dangers of Performance and Image Enhancing Drugs (PIEDs)	1	15
15/8/2017	上班族代謝健康風險及工作間普拉提 Metabolic Health Risks and Pilates in Office	1	18
30/8/2017	網球按摩 好辦法 Introduction of "Tennis Ball" Sports Massage	1	25
22/9/2017	預防及治療性的運動貼紮(上肢) Introduction to Upper-Limb Taping Techniques	1	22
總計 Total		6	114

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

日期 Date	課題 Topics	節數 Session	報讀人數 Enrolment
24/4/2017	Samsung第六十屆體育節-體適能專題講座：肌少症與阻力訓練 Samsung 61 Festival of Sport - Physical Fitness Seminar: Sarcopenia and Resistance Training	1	228
2/7/2017	粵港澳水中健體比賽暨匯演2017 - Deep Water:運動新體驗 Guangdong-Hong Kong-Macao Hydro-fitness Competition and Integrative Show 2017 (Experiencing Deep Water Exercise)	1	28
2/7/2017	粵港澳水中健體比賽暨匯演2017 - 水中奔FUN跑 Guangdong-Hong Kong-Macao Hydro-fitness Competition and Integrative Show 2017 (Fun Fest-Aqua Running)	1	30
2/7/2017	粵港澳水中健體比賽暨匯演2017 - 社區水健初體驗 Guangdong-Hong Kong-Macao Hydro-fitness Competition and Integrative Show 2017 (Experiencing Hydro-fitness Activity)	1	31
2/7/2017	粵港澳水中健體比賽暨匯演2017 - 親子水健(共融)樂 Guangdong-Hong Kong-Macao Hydro-fitness Competition and Integrative Show 2017 (Fun Fest-Hydro-fitness Activity for Family and Integration)	1	64
2/7/2017	警察招募資訊工作坊 Recruitment Talk of Hong Kong Police Force	1	9
總計 Total		6	390

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
22/4/2017 & 15/7/2017 & 3/10/2017	身心伸展運動體驗工作坊 Experiencing Body-mind Stretching Exercise Workshop	3	67
29/4/2017	以色列自衛術工作坊 Experiencing Krav Maga Workshop	2	21
6/8/2017	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	18
3/9/2017	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	16
4/11/2017	FLEXI-BAR 及 XCO-TRAINER 初體驗 Experiencing FLEXI-BAR and XCO-TRAINER	1	27
12/11/2017	槓啞鈴(Free Weight)指導員系列(5): 背肌群及肱二頭肌訓練詳解 Free Weights Practitioner Series 5: Specific Training for Biceps and Back Brachii Muscles	1	22
26/11/2017	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: Essentials on Movement Analysis	1	16
4/12/2017	伸展訓練溫故知新工作坊 (Revisiting Stretching Training)	1	23
9/12/2017	提升運動表現-敏捷度訓練工作坊 Agility Training to improve Exercise Performance Workshop	1	17
7/1/2018	槓啞鈴(Free Weight)指導員系列(1)傳統入門運動與胸大肌訓練詳解 Free Weights Practitioner Series 1: Specific Training for Pectorals	1	20
13/1/2018	團體有氧運動導師課先修班 Preparatory Workshop of Group Aerobic Exercise Instructor (GAEI) Course	1	14
14/1/2018	槓啞鈴(Free Weight)指導員系列(2)徒手及負載式肱三頭肌/腹肌訓練詳解 Free Weights Practitioner Series 2: Specific Training for Triceps and Abdominal Muscles	1	20
10/2/2018	高強度間歇訓練(HIIT)的原理和應用 The Theory and Application of HIIT Workshop	1	20
9/3/2018	4D Pro 彈弓吊索訓練工作坊(一) 4D Pro Bungee Fitness Workshop 1	1	24
總計 Total		16	325

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
10/10/2017 & 16/3/2018	健身球及橡筋帶指導員訓練 Fitball and Elastic Band Practitioner Training	2	31
14/11/2017	初級普拉提運動 (Mat Work) 指導員訓練 Elementary Pilates (Matwork) Practitioner Training	1	15
9/5/2017	綜合性運動按摩應用指導員訓練 Integrated Sports Massage Practitioner Training	1	9
11/4/2017	職場骨骼肌肉健體指導員 Workplace Musculoskeletal Fitness Practitioner Training	1	15
9/1/2018	姿勢評估及矯健技巧指導員訓練 Postural Assessment and Correctional Exercise Practitioner Training	1	15
總計 Total		6	85

本會出版書籍

Publication

在剛去的一年，本會一口氣出版三本健體書籍，依時間順序分別為《器械健體導師手冊》、《體適能導師綜合理論》和《水中健體導師手冊》。

《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。

Physical Fitness Association of HK published three reference books in a row in this year. They were “Resistance Training Instructor Manual”, “Comprehensive Theories for Physical Fitness Instructor”, and “Hydro-fitness Instructor Manual” in sequential order.

The materials covered in “Resistance Training Instructor Manual” had been 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 designated book for the “Resistance Training Instructor Certificate Course”. The content was well illustrated and suitable for weight training instructors and fitness lovers.



《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。

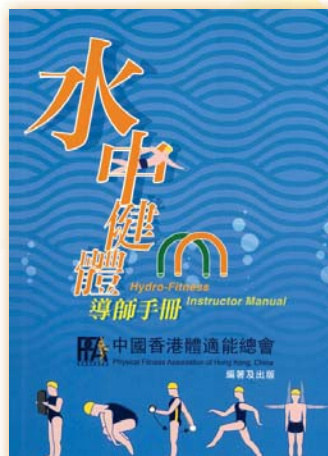
“Comprehensive Theories for Physical Fitness Instructor” was published in September 2017 and officially used as the



designated textbook for the “Physical Fitness Foundation Certificate Course” and the reference textbook for PFA’s Fitness Instructor Certificate Courses. The content covered the concept of physical fitness, health and wellness (physically and mentally), fundamental anatomy, exercise physiology, training principles of cardiovascular endurance, nutrition and health, weight management, resistance training principles, flexibility training principles, exercise safety concerns, fitness assessments, as well as pressure management. It was suitable for current fitness instructors, physical education teachers, students who are pursuing sports-related qualifications, and fitness fan. It was believed this reference 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。而《水中健體導師手冊》是本會為裝備水中健體導師於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 by Physical Fitness Association of HK in the early 1980s and has been developed for more than 30 years in Hong Kong. To equip our PFA hydro-fitness instructors, the “Hydro-fitness Instructor Manual” was published in September 2017. The content combined the wisdom of exercise physiologists, physical educators, physiotherapists, and fitness specialists to demonstrate the knowledge and practical skills that should be possessed by a professional hydro-fitness instructor. It was suitable for current hydro-fitness instructors, physical education teachers, sports coaches, physiotherapists, health care workers, and hydro-fitness enthusiasts.



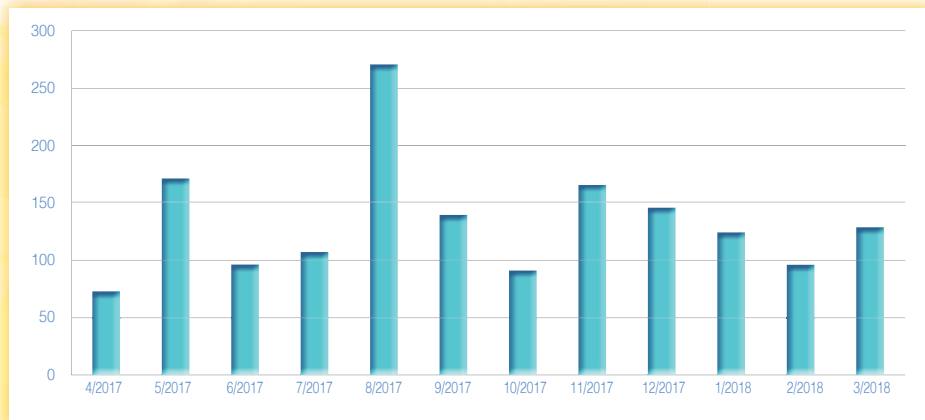
社區體適能服務紀錄

Records of Community Fitness Services

於二零一七至二零一八年度，本會與外間團體合作舉辦社區體適能服務的次數共為1,589次，服務人次共43,305。

During the year of 2017/2018, PFA provided more than 1,589 community fitness services to different government departments, community organizations, schools and cooperates, nearly 43,305 people has been served.

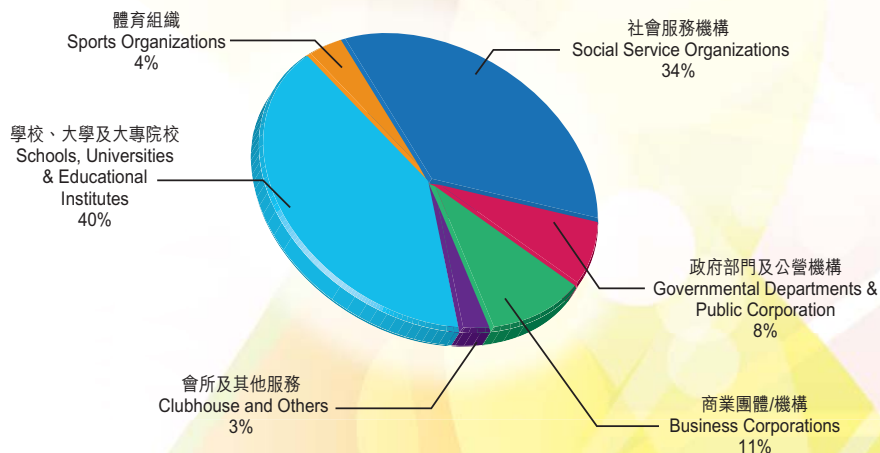
二零一七至二零一八年度社區體適能服務每月記錄
Monthly statistics on the Community Physical Fitness Services



根據統計顯示，本年度與本會合作的團體及機構多達103間。

合作團體及機構業務及服務性質分佈：

According to statistical records, about 103 corporate bodies and organizations co-organized services with us. Their business and service nature were presented below.



本會於二零一七至二零一八年度的合作團體及機構名單：
Collaborative bodies and organizations in 2017/2018:

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

香港金融管理局 香港貿發局
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)
漁農自然護理署 衛生署 職業安全健康局 醫院管理局港島東聯網

體育組織 Sports Organizations

中國香港體育協會暨奧林匹克委員會
香港拳擊總會 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

九龍塘學校(小學部) 香港浸會大學國際學院
天水圍循道衛理中學 香港教育大學
天主教修會學校聯會 香港理工大學
天佑小學 香港聖公會麥理浩夫人中心幼稚園幼
可藝中學 兒園
台山商會中學 香港道教聯合會圓玄學院第二中學
右思維幼稚園 基督教聖約教會司務道幼稚園
弘志幼稚園(東涌) 救世軍梨木樹幼兒學校
禾峯救世軍幼兒學校 第一幼稚園
安柱中學 聖公會聖巴拿巴堂幼稚園
竹園區神召會將軍澳康樂幼兒學校 聖母潔心會福音秀茂坪幼兒中心暨幼
東華三院郭一葦中學 稚園
林丁麗玲幼稚園暨幼兒園 聖嘉勒小學暨幼稚園家長教師會
金巴崙長老會耀道中學 滬江小學
保良局元朗幼稚園暨幼兒中心 漢華中學
保良局李徐松聲紀念幼稚園 德貞幼稚園
恆生管理學院 樂善堂顧李覺鮮幼稚園
香島中學 蔚思幼稚園
香港中文大學 嶺南大學
香港五常法幼稚園暨國際幼兒中心 駿發花園浸信會幼兒學校
香港四邑商工總會黃棣珊紀念中學 寶覺中學
香港扶幼會許仲繩紀念學校

社區體適能服務紀錄

Records of Community Fitness Services

社會服務機構 Social Service Organizations

Six Arts Foundation	香港印刷業工會
仁愛堂香港台山商會長者鄰舍中心	香港青少年服務處
香港公開大學自在人生自學計劃	香港基督教女青年會深水埗綜合家居照顧服務隊
汽車交通運輸業總工會	香港教育城
防癆會林貝聿嘉健康中心	香港遊樂場協會
香港兒童脊科基金	香港癌症基金會
明愛元朗長者社區中心(天澤中心)	柴灣區街坊福利會
明愛天悅長者中心	基督教香港信義會頌安長者鄰舍中心
明愛牛頭角長者中心	基督教香港崇真會黃埔堂
明愛梨木樹長者中心	基督教家庭服務中心
明愛麗閣長者中心	喜安居。九龍東社區照顧服務
東華三院越峰成長中心	循道衛理楊震社會服務處
東華三院賽馬會大角咀綜合服務中心	循道衛理楊震社會服務處深水埗護養院暨日間護理服務
東華三院龐永紹長者鄰舍中心	新生精神康服會
南區健康安全協會	楊震社會服務處彩虹長者綜合服務中心
政府人員協會秘書處	聖雅各福群會灣仔綜合家庭服務中心
建造業總工會	路德會青彩中心
柏雨長者鄰舍中心	鄰舍輔導會利東鄰里康齡中心
香港心理衛生會(恆樂坊)	

商業團體/機構 Business Corporations

DHL Aviation (Hong Kong) Limited	World Sky Advertising & Production Co. Ltd
FrieslandCampina (Hong Kong) Limited	Xebec Media Limited
Junior Achievement Hong Kong	金城營造集團
Kowloon Development Co. Ltd	星島新聞集團
Swire Travel Limited	健康博覽
	新城廣播有限公司

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
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活動花絮

Activity Highlights

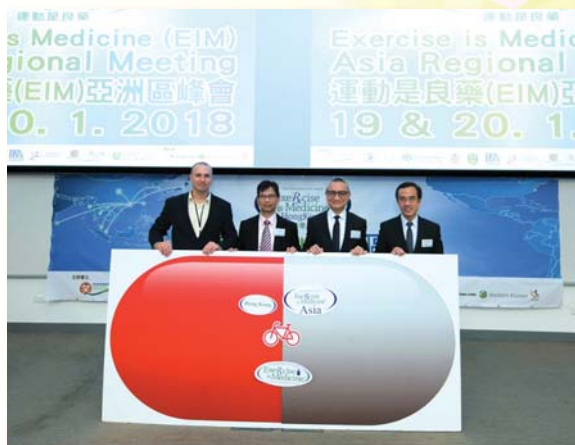
運動是良藥 (EIM) 亞洲區峰會

Exercise is Medicine (EIM) Asia Regional Meeting

2018「運動是良藥 (EIM) 亞洲區峰會 [Exercise is Medicine (EIM) Asia Regional Meeting] 已於2018年1月19日和20日順利舉行。為整個活動揭開序幕的是香港特別行政區政府食物及衛生局副局長徐德義醫生, JP和香港中文大學副校長吳基培教授, 並由「EIM」環球總部主任Dr. Mark Stoutenberg和「EIM」-香港區負責人許世全教授陪同主禮 (見附 EIM 圖一, 順序為右二、右一、左一和左二); 「EIM」亦邀得亞洲10個地區代表主持啟動禮, 為大藥丸配上一眾地區名字和運動圖案, 象徵「運動是良藥」若要取得成功, 各地之參與不可或缺。

2018「EIM」亞洲區峰會分為兩個環節——專題研討會 (19日晚) 和地區峰會 (20日)。前者開放給公眾參與, 當晚有超過200位人士出席研討會 (見EIM 圖二), 目的是讓參加者加深對EIM在亞洲地區的推廣之了解, 包括運動處方的應用及不同運動對於患者的實踐經驗。後者則由「EIM」環球總部主任和亞洲10個地區代表交流各地現況和發展 (見EIM 圖三和圖四), 互相取經, 取長補短, 務求制定適切的推行策略。

Exercise is Medicine (EIM) Asia Regional Meeting 2018 was successfully conducted on 19th and 20th January 2018. Accompanied by Dr. Mark Stoutenberg (EIM Global Centre Programme Officer) and Prof. Stanley S.C. Hui (EIM-HK Person In-charge), the opening ceremony was kicked off by Dr. T.Y. Chui, JP (Under Secretary for Food and Health, the Government of HKSAR) and Prof. Dennis K.P. Ng (Vice-President of the CUHK) (see EIM picture 1, 1st left, and 2nd left, 2nd right, 1st right). EIM also invited 10 Asian region



活動花絮

Activity Highlights



representatives to officiate the launch ceremony. A number of regions' names and sports logos were put on the big pills, symbolizing that EIM would not be successful without the participation from different areas.

EIM Asia Regional Meeting 2018 consisted of two sessions, symposium (19th January) and regional meeting (20th January). The former was open to the public, and more than 200 people attended the symposium that evening (see EIM picture 2). The purpose was to increase participants' understanding of EIM movement in Asia, including the application of exercise prescriptions and the practical experience of providing different exercise to patients. In the activity on 20th January, Dr. Stoutenberg and 10 Asian regions' representatives shared their views on current status and future development (EIM picture 3 and 4), in order to formulate appropriate implementation strategies.



Samsung第六十屆體育節體適能專題講座
Samsung 60th Festival of Sport Seminar

Samsung第六十屆體育節體適能專題講座在2017年4月24日順利舉行。當日講座主題為「肌少症與阻力訓練」，講者為中國香港體適能總會執行委員、香港理工大學醫療科技及資訊學系副教授蕭明輝博士（現職香港大學公共衛生學院副教授）和香港中華基督教青年會協調幹事陳敏璇小姐。報名反應熱烈，有超過200位公眾人士來到香港浸會大學夏利萊博士演講廳出席講座，當中不乏社工、教練、老師和學生。個多小時的內容理論和實務並重，相信聽眾獲益良多。

Samsung 60th Festival of Sport Seminar was successfully held on 24th April 2017. Guest speakers Dr. Parco Siu (EC Member of the Physical Fitness Association of HK, China; Associate Prof. of the Dept. of Health Technology and Informatics, HK PolyU; currently Associate Prof. of the School of Public Health, HKU) and Ms. Joyce Chan (Principal Programme Secretary of the Chinese YMCA of HK) were invited to deliver a talk on "Sarcopenia & Resistance Training". The registration response was overwhelming. More than 200 members of the public including fitness instructors, social workers, teachers, and students attended the seminar at Dr. Hari Harilela Lecture, HK Baptist University. It is believed that audience would benefit from this hour-long seminar which covered both theoretical and practical content.



活動花絮

Activity Highlights

2017年6月17日

本會於2017年6月17日假香港青年協會賽馬會西貢戶外訓練營，舉辦了30周年慶祝的日營活動。雖然當日下著大雨，有大部分戶外活動都未能進行，但都未能阻礙會員們的熱情。

17 June 2017

On June 17 of 2017, a day camp was held to celebrate the 30th anniversary at the Hong Kong Federation of Young Group- Jockey Club Sai Kung Outdoor Training Camp. Owing to bad weather, most of the outdoor activities had not been carried out. However, the joyfulness of the members had never been affected.



2017年10月20日



三十周年慶典暨晚宴已於2017年10月20日晚假THE ONE 譽宴•星海順利舉行。本會很榮幸於慶典當晚邀請到衛生署署長陳漢儀醫生JP及民政事務局體育專員楊德強先生JP等作為主禮嘉賓。

本會一共筵開廿四席，超過二百八十位嘉賓及會員朋友聚首一堂。感謝一眾會員及嘉賓的支持及參與。

20 October 2017

The 30th Anniversary Celebratory Ceremony cum Banquet was held on 20 Oct 2017 at THE ONE U-BANQUET. It was an honour to have the Director of Health, Dr CHAN Hon-ye, Constance, JP, and the Commissioner for Sports, Mr YEUNG Tak-keung JP, as the officiating guests of the celebration.

There were twenty-four tables in total and over 280 members and guests attending the meeting and banquet. We were grateful to have their support and participation.



活動花絮

Activity Highlights

晚宴正式開始前，本會舉行了周年大會，公佈財務狀況及最新委任講師名單

Before the official start of the dinner, the annual general meeting was held to announce the financial status and the list of newly appointed lecturers.



好榮幸邀請到衛生署署長陳漢儀醫生為本會致辭

It was a great honor to invite the Director of Health, Dr. CHAN Hon-ye, Constance, to address the meeting

本會一眾執行委員正進行祝酒儀式

The Executive Committee members were conducting a toasting ceremony





感謝廣州體育學院運動訓練學院送贈字畫予本會

Thanks to the Guangzhou Sport University for giving gifts and calligraphy

又來到最開心、最興奮的抽獎環節

The happiest and most exciting lottery



感謝一眾會員及嘉賓的支持，當晚晚宴場面十分熱鬧

Thanks for the support of a group of members and guests, the banquet was very lively

社區及機構體適能活動

Fitness activities in Communities and Organizations

康樂及文化事務署「我智FIT健體計劃」 LCSD 'iSmart Fitness Scheme'

康樂及文化事務署策劃了「我智FIT健體計劃」，透過舉辦體育運動訓練班等活動，提升學生參與體育運動的興趣及體能活動量，並鼓勵他們培養恆常參與體能活動的習慣。計劃亦透過健康講座及體適能測試，提升家長對子女健康的關注。

本會很榮幸獲得康文署邀請，提供體適能導師服務，為活動量不足或過重/過輕的學生，進行體適能訓練。

The Leisure and Cultural Services Department (LCSD) organized "iSmart Fitness Scheme". The scheme aimed at raising the students' interest in physical activity participation, increasing their activity levels and motivating them to adopt active lifestyle through organized sports training programmes. The scheme also encouraged parents to pay enhances parent's attention on child's health by seminars and physical fitness tests.

It was our honor and privilege to be invited by LCSD. We provided physical fitness instructor service for students who were physically inactive and over (or below) weight.



新地會「親親健康舞」 SHKP Club 'Fitness Dance for Family'

郁郁手，掬掬腳，簡易動作，只要Keep住做，都可以強健體魄。新地會邀請中國香港體適能總會為家庭推出一套由四組不同功效的運動動作組成的「親親健康舞」，同大家一齊Keep住Moving，Keep住Health。

Move your arms, move your legs, these are simple movements but keeping doing these exercises, you will have a healthy life. PFA was invited by SHKP Club to design "Fitness Dance for Family". The dance included 4 sets of movement with 4 different efficacies. To enhance your health, let's dance with your families together!

衛生署「幼兒喜動操」 Department of Health "Play and Dance"

本會應衛生署邀請設計了一套「幼兒喜動操」的運動，鼓勵大眾、幼稚園及幼兒中心推廣給小朋友多多鍛練身體。

PFA was invited by Department of Health to design a set of fitness exercises for children called "Play and Dance". The materials were distributed to public, kindergartens and child care centres to encourage children to have more fitness exercises. Hopefully, such materials were beneficial to the promotion of fitness among young children.



社區服務活動統籌培訓工作坊 Training Workshop for Community Service Coordinators

鑒於一眾社區服務統籌經常在服務或活動期間遇到大大小小不同的難題及挑戰，為加強統籌的應變能力及技巧，本會於2018年1月10日邀請到他們參與「服務統籌內部培訓工作坊—危機、突發事件及投訴處理」，期間由本會行政總監作主講，並邀請到本會社區服務委員會委員黎培榮先生MH作嘉賓與各統籌互相交流意見。

Our service coordinators usually face different kinds of difficulties and challenges during services delivery. In order to enhance their problem solving skills, PFA organized an internal training workshop for our service coordinators to discuss the crisis, emergencies and complaint handling issues. The workshop was conducted by our Executive Director. Moreover, it was glad that our community service committee member Mr. P.W. Lai MH, also acted as our guest speaker and expressed his opinions in the workshop.



社區及機構體適能活動

Fitness activities in Communities and Organizations

全城體測日2018

Physical Fitness Assessment Day 2018

由本會主辦的「全城體測日2018」在六月八至十日一連三日於香港會議展覽中心舉行。活動期間，榮幸地獲得主要伙伴的支持及協助，他們除技術支援外，更分別提供專業儀器測量參加者的平衡力、關節靈活度和身體組成份。完成三個測試後，參加者可與本會私人健體教練進行健康諮詢及分析。

本會攤位連日來都很受市民熱烈歡迎，可見舉辦全城體測日十分成功。往後本會會再接再厲，在推動社區體適能的發展及增強大眾健康意識為出發點下，在未來日子將舉辦更多更有意義的活動。

PFA successfully organized the “Physical Fitness Assessment Day 2018”. The event was held from 8 June to 10 June at Hong Kong Convention and Exhibition Centre.

We were glad to have the support and help from our major partners. Not only technical support, our partners also provided us with the professional equipment for assessing participants’ balance ability, joint range of motion and body composition, etc. After assessment, participants could obtain fitness consultation from our personal trainers.

Our booth activities were very popular. The participants really appreciated our services. Overall the “Physical Fitness Assessment Day 2018” was well organized. PFA will continue the good job and raise the public awareness of health and fitness. We look forward to holding more meaningful programmes in the future.



全民運動日2018 Sport for All Day 2018

一年一度的「全民運動日2018」，本會一如以往全力支持，並派出超過200名導師到全港各區體育館，與民同享運動的樂趣，達到推廣普及體育的目的。

For the 'Sport for All Day 2018', PFA gave the continuous support and sent more than 200 fitness instructors to different sports centres in Hong Kong for sharing the enjoyment of exercise with citizens and promoting the message of "Sport for All" .



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

健康體適能社區期刊自2018年春季出版，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、大專院校及各大公營機構。

Health & Fitness Community Page has been published since spring of 2018. It is a quarterly e-bulletin. It not only provides short articles with different topics to our readers, but also releases the latest physical fitness information to over a thousand members, government departments, institutions, universities and major business organizations.

社區及機構體適能活動

Fitness activities in Communities and Organizations

社區服務(包括各類體適能健體服務、講座及工作坊)

Community Services (Including different fitness services, talks and workshops)

本會為中小學校、社會服務機構、政府部門及商業團體提供不同對象及其對體適能的認識程度而調整，包括專業及學術性的體適能理論，亦有實用性與生活化的知識，為幼兒、中小學生、成年人及長者，都可享受運動帶來的樂趣。

PFA provided different fitness classes, talks and workshops for the schools, social services agencies, government departments and commercial organizations. Topics were tailor-made to fit for different target audience and their various perceptions on health and fitness. The scope of content did not only include professional and academic fitness theories, but also covered practical skills and advices in daily living.



活動紀錄 (由2017年8月1日至2018年7月31日)

Record of activities (for the period from 1st August 2017 to 31st Jul 2018)

			2017	2018
體適能素養與文化顧問委員會 Advisory Board Meeting	次數Meeting(s):		2	1
學童體適能發展高峰會 Academic Seminar	次數Seminar(s):		1	1
	受惠人數Beneficiaries:		246	226
訓練員證書課程 Coach Certification Course	次數Course:		2	2
	受惠人數Beneficiaries:		51	41
跨學科教案 Design and release of Cross-disciplinary Physical Fitness Curriculum to Students	次數Release(s) (每次4科教案x 6級別 each: 4 lesson-plans x 6 grades)		4	4
	受惠人數Beneficiaries:		25,242	23,232
Keep-Fit 獎勵計劃 Physical Fitness Award Scheme	次數Launch(es):		2	2
	受惠人數Beneficiaries:		20,742	19,662
網上研討會及網上研討會 Webinar and On-line Learning Session	次數Time(s):		4	4
	受惠人數Beneficiaries:		288	81
全港家庭運動日 Territory-Wide Family Sports Day	次數Sport Day(s)		1	/
	受惠人數Beneficiaries:		7,600	/
臨校探訪 School Visits	次數Visit(s):		91	56

賽馬會學童Keep Fit方程式

Jockey Club Keep Fit Formula for Children

2017/18 學年 Year of 2017/18	伙伴計劃 (幼稚園) - 教練支援服務 Kindergartens : Supporting services applied for				
	教師培訓 Kindergarten teachers training	主題式體能遊樂課 Theme-based physical fitness class	親子體能活動 Physical fitness fun day	家長講座 Parent Talk	總數 Total
九月 September	0	2	0	0	2
十月 October	1	0	4	1	6
十一月 November	3	2	2	1	10
十二月 December	3	3	3	0	8
一月 January	3	3	1	0	7
二月 February	2	1	0	0	3
三月 March	0	4	7	1	12
四月 April	5	7	9	1	22
五月 May	0	9	10	1	20
六月 June	3	1	2	0	6
七月 July	2	3	3	0	8
八月 August	3	4	1	0	8
參與幼稚園 Total KGs	25	39	42	5	111
參與人數 Total Participants	680	4,140	13,180	220	18,220

2017/18 學年 Year of 2017/18	先導計劃 (小學) - 教練支援服務 Primary School : Supporting services applied for					
	體適能小領袖 訓練 Training for Physical Fitness Leaders	親子講座及體 驗日 Family Day and Experiential Talk	教職員 體能培訓 Physical Training for Teachers	專業教練支援 服務 Professional Supporting Services	跨學科教學 Cross Disciplinary Lesson	總數 Total
九月 September	0	0	0	2	0	2
十月 October	0	0	1	10	6	17
十一月 November	0	0	0	8	0	8
十二月 December	0	0	1	3	0	4
一月 January	0	1	1	2	0	4
二月 February	0	0	0	0	0	0
三月 March	4	0	0	3	0	7
四月 April	2	1	0	4	0	7
五月 May	1	0	0	5	2	8
六月 June	0	1	0	2	1	4
七月 July	0	1	0	0	0	1
參與小學 Total Schools	2	4	3	4	2	15
參與人數 Total Participants	240	1,100	140	815	1,122	3,417

賽馬會學童Keep Fit方程式

Jockey Club Keep Fit Formula for Children

訓練員證書課程

本學年與香港教育大學及嶺南大學合辦訓練員證書課程，分別於2018年4月7日及4月14日舉行，為兒童體適能教練培育年青接班人。

Coach Certification Course

Two Coach Certification Course co-worked with The Education University of Hong Kong and Lingnan University had been held on 7 and 14 April 2017 respectively.



「全港家庭運動日2017」

- 日期 : 2017年12月2-3日(星期六、日)
時間 : 上午十時至下午五時
地點 : 香港科學園大廣場
活動區包括 : 台上活動區、體適能活動區、體適能評估測試區、拍照區、自助遊戲區、充氣遊戲區
開幕典禮內容 : 聽故事•伸一伸、親子健體運動示範、幼稚園表演等

Territory-wide Family Sports Day

- Date : 2-3 December 2017 (Sat & Sun)
Time : 10:00am-5:00pm
Venue : Grand Plaza, Convention Centre 3, Hong Kong Science Park
Activities : Stage performance, parenting games, physical fitness assessment, selfie area, free-play area, and inflatable bouncer
Content of Opening Ceremony : Stretching by storytelling, parent-child interactive exercises, performance of kindergarten students



學童體適能發展高峰會 2018

日期：2018年7月6日(星期五)

時間：下午二時三十分至五時正

地點：香港理工大學蔣震劇院

Academic Seminar 2018

The Academic Seminar had been held on 6 July (Friday) at 2:30-5:00pm at Chiang Chen Studio Theatre, The Polytechnic University of Hong Kong.



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 [•], which comprise the statement of financial position as at 31st March, 2018, and the statement of comprehensive income, the statement of changes in funds and the statement of cash flows for the year then ended, and notes on 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 31st March, 2018 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 ("HKSAs") 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 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 AND THOSE CHARGED WITH GOVERNANCE FOR THE FINANCIAL STATEMENTS

The executive committee members are responsible for the preparation of financial statements that give a true and fair view in accordance with HKFRS issued by the HKICPA and the Hong Kong Companies Ordinance, and for such internal control as the executive committee members determines 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.

Those charged with governance are responsible for overseeing the Association's financial reporting process.

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 HKSAs 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 HKSAs, 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 those charged with governance 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.
Celiified Public Accountants (Practising)

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
STATEMENTS OF FINANCIAL POSITION AS AT 31ST MARCH, 2018

	2018	2017
HK\$	HK\$	HK\$
NON-CURRENT ASSETS		
Property, plant and equipment	160,327	271,998
CURRENT ASSETS		
Inventories	36,322	40,402
Other receivables, deposits and prepayments	1,673,707	2,093,983
Tax recoverable	92,282	-
Cash and cash equivalents	3,842,248	2,983,537
	<u>5,644,559</u>	5,117,922
CURRENT LIABILITIES		
Receipts in advance	407,879	143,126
Account payable and accrued expenses	569,677	522,474
Temporary receipt	2,000	2,000
Designated donation from Hong Kong Jockey Club Charities Trust	121,499	195,403
	<u>1,101,055</u>	<u>868,320</u>
NET CURRENT ASSETS	4,543,504	4,249,602
NET ASSETS	<u>4,703,831</u>	<u>4,521,600</u>
Representing:		
ENDOWMENT FUND	444,603	444,603
ACCUMULATED FUND	4,259,228	4,076,997
	<u>4,703,831</u>	<u>4,521,600</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 31ST MARCH, 2018

	2018 HK\$	2017 HK\$
MEMBERSHIP FEE	277,440	205,785
SURPLUS FROM ACTIVITIES	3,171,382	3,045,819
HONG KONG JOCKEY CLUB CHARITIES TRUST PROGRAMME	-	-
SPONSORSHIP INCOME	254,108	254,108
SUNDRY INCOME	123,422	304,125
STAFF COSTS	(2,309,393)	(2,108,709)
DEPRECIATION	(49,452)	(60,708)
OTHER OPERATING EXPENSES	<u>(1,275,739)</u>	<u>(998,924)</u>
SURPLUS BEFORE TAXATION	191,768	641,496
TAXATION	<u>(9,537)</u>	<u>(81,817)</u>
SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR	<u><u>182,231</u></u>	<u><u>559,679</u></u>



中國香港體適能總會
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