

# 2022 年報23

# ANNUAL REPORT



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



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# 會長獻辭

## President's Message



各位朋友，大家好，歡迎大家出席今天的活動！

行政長官在《2023 年施政報告》花上不少篇幅描述政府的「搶人才、留人才」措施。從參與今天周年大會暨周年晚會的名單可見，FIT 總在「留人才」方面的功夫做得不錯 - 一個又一個熟悉的名字，一張又一張親切的面孔。感謝在座的會員朋友、業界同儕、夥伴機代表、委員會同事及辦事處職員能夠年復一年地在此相聚，足見席上的每一位對 FIT 總的厚愛及支持。

「復常」後的社會，人人都追趕著疫情期間所失去的「快樂」- 有人「飛來飛去」，有人「北上消費」，有人「為口奔馳」... ... 2023 年有杭州亞運、2024 年有巴黎奧運、2025 年有粵港澳大灣區全國運動會、2026 年有世界盃 ... ... 這段期間，體育運動風頭一時無兩。加上啟德體育園即將於今年最後一季落成，未來一段日子體育熱必然更熾烈。我們可以預期不單只是「盛事體育」及「精英體育」被受關注，「社區體育」亦會繼續蓬勃發展。因此，FIT 總需要「搶人才」。上一次董事局及執委會集思會中，一眾同事們議決日後需要進行策略性規劃，推動 FIT 總「活力化」及「現代化」發展。感謝董事局秘書長暨執委會主席沈劍威博士承擔及著手推動這些工作。

FIT 總服務社會現正邁向四十載，過往曾成功地舉辦過千個體適能專業培訓課程，學員數以萬計。因此，FIT 總在推動體適能行業「專業化」方面，多年來確實下了不少苦功，亦擁有很多寶貴經驗。近期，社會熱烈地探討「推動本地消費」這課題。夜繽紛、夜饗樂、餐飲消費券 ... ... 香港特別行政區政府與零售及餐飲業界攜手，推出不同的良策來推動市民及旅客消費，促進本地經濟活動。體適能業界及運動業界應該怎樣去「推消費，振經濟」？或許，體育或體適能「產業化」是業界未來幾年需要積極地探討及跟進的議題。

在此，祝願大家 2024 年身體健康、生活愉快！

**黃平山 醫生**

中國香港體適能總會會長

2024 年 1 月 5 日



# 董事局秘書長暨執委會主席報告

## Chairman's Report

還記得去年三月份，我們在尖東唯港薈舉行了盛大的三十五周年慶祝晚會，轉眼間今晚又再有機會與眾多 FIT 總好友共聚。在此，本人希望代表董事局及執委會向大家扼要地報告過去一年的重點工作。

1. 2022 年 4 月至 2023 年 3 月期間，FIT 總舉辦了 22 項慶祝成立三十五周年的社區及專業發展活動，多達 20,000 人次參與，包括普羅大眾、會員朋友、夥伴機構代表及業界同儕。
2. 2022 年 12 月，董事局及執委會在香港沙田萬宜酒店舉行一年一度的集思會，為 FIT 總未來三年的會務工作訂立優次及方向。
3. 根據專業證書課程記錄，2022/23 年度共開辦 45 個專業證書課程，報讀人數 1,038 人；而專業證書考試則進行了 85 次，報考人數 1,333 人，合格率由 62%至 100%不等，按證明類別而有不同。
4. FIT 總在三十五周年慶祝期間，自行主辦或與夥伴機構合辦多達 14 場免費的延續教育線上講座或實體研討會，共吸引 2,464 人報名出席。因此，2022/23 年度所開辦的延續教育工作坊數目顯著地下跌，全年只錄得 6 次，共 96 人報讀。
5. 2022 年 4 月尾開始，社會逐步地「復常」。幼稚園、學校、大專院校、大學、政府部門

及非政府機構「傾巢而出」，恢復舉辦社區康體活動。FIT 總全年錄得 1,391 次社區體適能服務，共 34,502 位市民受惠。

6. FIT 總致力為會員朋友提供豐富的體適能知識寶藏，2022 年在《健康體適能社區期刊》刊出 10 篇文章，除了感謝魏開義副會長擔任總編輯這關鍵角色，也需要向以下文章作者致謝（按文章出版次序排列）：黃永森博士、朱嘉文小姐、沈劍威博士、李明慧博士、蔡紹明博士、黃炎小姐、馬睿思先生、陳靄允博士、江峰先生、梁健忠博士、楊懌健博士及東華學院護理學院 2022/23 年度畢業生。

7. 在「復常」路上，FIT 總傾盡全力地進行由香港賽馬會捐助的「賽馬會家校幼兒體適能學堂」項目，以追趕因疫情而落後了的項目進度。透過線上及線下的活動模式，每年平均有多達 17,000 位幼兒及其家庭成員受惠。該項目將於 2024 年 2 月正式結束。

8. 2022 年 8 月，受香港賽馬會委託，FIT 總在香港房屋協會協助下，主辦「賽馬會耆跡再現健體計劃」，向居住於香港房屋協會轄下二十個屋邨多達 35,000 名年長居民送贈「家居健體禮盒」，並舉辦一連串小組健體訓練及家居訓練活動，鼓勵居民在疫後重啟活躍生活模式。該項目同樣地將於 2024 年 2 月正式結束。



# 董事局秘書長暨執委會主席報告

## Chairman's Report

未來三年，FIT 總十分關注長者及兒童的體適能需要及服務發展。本人在此公佈一項好消息 – FIT 總再次獲香港賽馬會慈善信託基金捐助，於上月正式開展一項名為「賽馬會老友運動計劃 – 體適能樂活耆園」的長者健體項目。未來三年，FIT 總長者健體導師將有機會走遍三十個屋邨，為數以萬名的年長居民提供體能評估、小組訓練及家居訓練等專業體適能服務，當中更會採納更多智能化及樂齡化的服務模式，大家必定要拭目以待。

2024 年是現屆董事局及執委會三年任期的最後一年，我很榮幸有機會與現屆董事局及執委會每一位成員共事。在他們身上，我感受到服務社會的熱誠。我亦很欣慰 FIT 總擁有強而有力的「後盾」- 會員朋友的參與、夥伴機構的支持及辦事處職員的協調是 FIT 總能夠積極地參與社區體適能發展的關鍵條件。

祝大家笑口常開、家庭幸福！

**沈劍威 博士**

中國香港體適能總會  
董事局秘書長暨執委會主席

2024 年 1 月 5 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

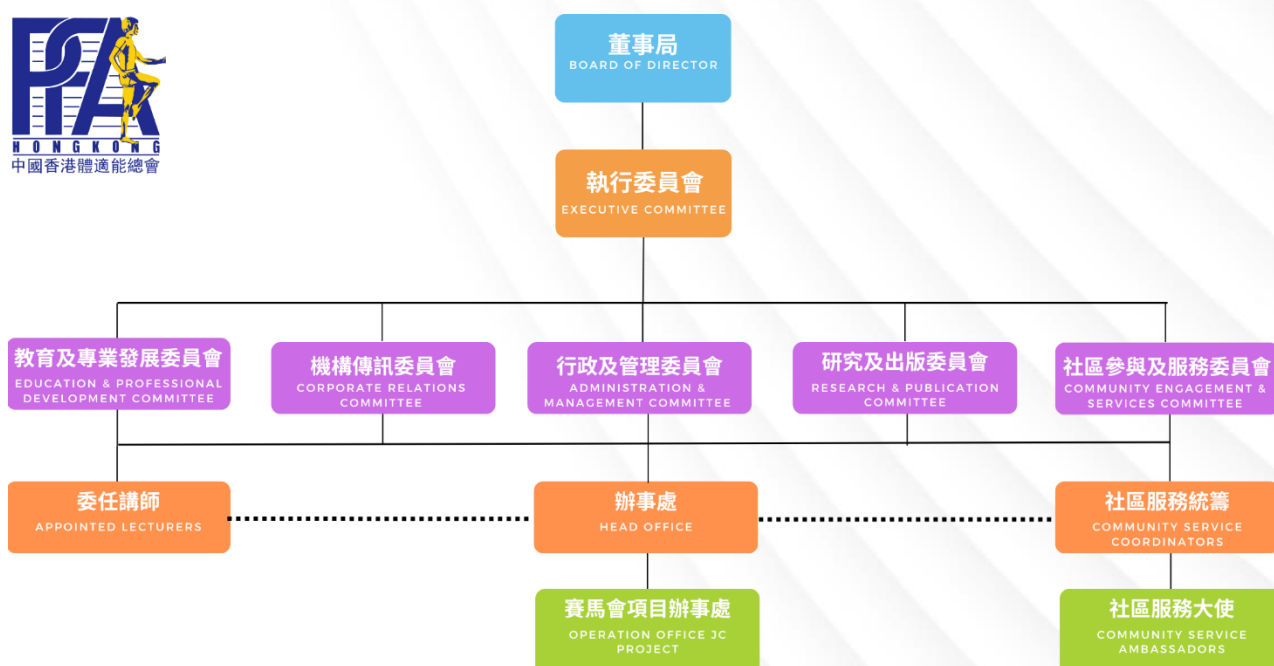
為業界建立專業地位 Develop Professionalism for the Industry

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"><li>● 倡導健康體適能及運動安全的概念 Advocate concepts of health, physical fitness and exercise safety</li><li>● 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</li><li>● 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</li><li>● 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</li></ul>	<ul style="list-style-type: none"><li>● 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</li><li>● 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</li><li>● 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</li><li>● 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</li></ul>

## 組織架構 Organization Structure





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 太平紳士

Prof. Patrick S.H. Yung, JP

秘書長 Secretary General



沈劍威博士

Dr. Raymond K.W. Sum

董事局成員 Board of Directors



黎培榮先生 榮譽勳章

Mr P.W. Lai, MH



王香生教授

Prof. Stephen H.S. Wong



許世全教授

Prof. Stanley S.C. Hui



鍾伯光教授 太平紳士

Prof. P.K. Chung, JP



江關煥園女士

Mrs Marriane W.Y. Kong



魏鄒鳳卿女士

Mrs Loretta F.H. Ngai

主席 Chairman



沈劍威博士

Dr. Raymond K.W. SUM

副主席 Vice-Chairperson



韓思思博士

Dr. S. S. HON



阮伯仁先生

Mr Bryan P.Y. YUEN

秘書 Secretary



程偉健博士

Dr. Joe W.K. CHING

司庫 Treasurer



楊顯智先生

Mr Edward H.C. YEUNG

執行委員 Executive Committee Members



鄭毓全先生

Mr Joshua Y.C. CHENG



黃雅君博士

Dr. Wendy Y.J. HUANG



李致和博士

Dr. Daniel C.W. LEE



梁達強先生

Mr Kenneth T.K. LIANG

職員列席代表

Non-Voting Representative

from Office



廖允瑋先生

Mr Adrian W.Y. LIU



陸子聰博士

Dr. Jim T.C. LUK



蕭明輝教授

Prof. Parco M.F. SIU



黃安東先生

Mr On Tung WONG



黃永森博士

Dr. Sam W. S. Wong



# 顧問名單

## List of Advisors

### 已故永遠榮譽會長 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

### 專業顧問名錄 List of Professional Advisors

劉永松教授	香港浸會大學體育、運動及健康學系 副系主任及教授
Prof. Patrick W.C. LAU	Associate Head and Professor, Department of Sport, Physical Education and Health, HKBU
梁鳳蓮博士	香港中文大學體育部 總監
Dr. Elean F.L. LEUNG	Director, Physical Education Unit, CUHK
李麗晶教授	台灣有氧體能運動協會 秘書長
Prof. Melody L.C. LEE	Secretary General, Aerobic Fitness & Health Association of Taiwan
劉美珠教授	台灣身心教育學會 講師
Prof. M.C. LIU	Lecturer, Somatic Education Society of Taiwan
郭致偉博士	香港城市大學資訊系統學系 副教授
Dr. Ron C.W. KWOK	Associate Professor, Department of Information Systems, City U HK
麥耀光醫生	香港運動醫學及科學學會 顧問委員會成員
Dr. Gary Y.K. MAK	Advisory Board Member, Hong Kong Association of Sports Medicine and Sports Science
薛慧萍教授	香港中文大學體育運動科學系 系主任
Prof. Cindy H.P. SIT	Chairperson, Department of Sports Science and Physical Education, CUHK
蕭秀燕女士	嶺南大學持續進修學院 副總監
Ms. Cindy S.Y. SIU	Associate Director, Lingnan Institute of Further Education
謝家德博士	香港大學運動中心 總監
Dr. Michael TSE	Director, Centre for Sports and Exercise, The University of Hong Kong
胡嘉如博士	香港理工大學學生事務處身心健康及輔導部主管
Dr. Florence K.Y. WU	Section Head (Counselling and Wellness), Student Affairs Office, Poly U HK

董事局會按實際需要，邀請權威及知名人士擔任榮譽顧問或專業顧問。

Based on actual needs, the board of directors invites famous and authoritative experts to be either honorary or professional advisors.

# 顧問名單

## List of Advisors

榮譽顧問名錄 List of Honorary Advisors	
區玉麟律師 Mr Anthony Y.L. AU	執業律師 Solicitor
陳啟明教授 Prof. K.M. CHAN, 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
傅浩堅教授 Prof. Frank FU, JP	香港浸會大學榮休教授 Emeritus Professor, HKBU
李本利先生 Mr Bonnie B. L. LEE	中國香港體適能總會創會主席 Founding Chairman, The Physical Fitness Association of Hong Kong, China

歷任榮譽顧問名錄 Permanent Honorary President :	
馮煒權教授 Prof. W.Q. FENG	北京體育大學 教授 Professor, The Beijing Sport University
李家暉先生 Mr K.F. LI	會計師 Accountant
楊錫讓教授 Prof. X.R. YANG	北京體育大學 教授 Professor, The 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 Professor, The Beijing Sport University

董事局會按實際需要，邀請權威及知名人士擔任榮譽顧問或專業顧問。

Based on actual needs, the board of directors invites famous and authoritative experts to be either honorary or professional advisors.

# 專責委員會及辦事處

## Specialized Committees & Head Office

行政管理委員會 Administration & Management Committee		
召集人 Convener	沈劍威博士	Dr. Raymond K.W. SUM
成員 Members*	程偉健博士	Dr. Joe W.K. CHING
	韓思思博士	Dr. Sze Sze HON
	楊顯智先生	Mr Edward H.C. YEUNG
	阮伯仁先生	Mr Bryan P.Y. YUEN
文書 Secretary	黃永森博士	Dr. Sam W.S. WONG
教育及專業發展委員會 Education and Professional Development Committee		
召集人 Convener	阮伯仁先生	Mr Bryan P.Y. YUEN
成員 Members*	程偉健博士	Dr. Joe W.K. CHING
	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 On Tung WONG
	陳嘉威博士	Dr. Jacky K.W. CHAN
	陳國雄先生	Mr Terry K.H. CHAN
	何偉強先生	Mr Ray W.K. HO
	羅英勤醫生	Dr George Y.K. LAW
秘書 Secretary	黃永森博士	Dr. Sam W.S. WONG
	薛曉琪小姐	Ms Michelle H. SIT
顧問 Consultant	江峰先生	Mr Fung KONG
社區參與及服務委員會 Community Engagement and Services Committee		
召集人 Convener	韓思思博士	Dr. S.S. HON
成員 Members*	黃雅君博士	Dr. Wendy Y.J. HUANG
	廖允瑋先生	Mr Adrian W.Y. LIU
	楊顯智先生	Mr Edward H.C. YEUNG
	盧徑遠先生	Mr Felix K.Y. LO
	譚家敏博士	Dr. Winnie K.M. TAM
	蔡慧欣小姐	Miss Jay W.Y. TSOI
	黃詠珊小姐	Miss Jennifer W.S. WONG
秘書 Secretary	黃永森博士	Dr. Sam W.S. WONG
	朱嘉文小姐	Miss Carmen K.M. CHU
	梁家威先生	Mr Kelvin K.W. LEUNG
顧問 Consultant	陳國基醫生	Dr. Kwok Ki CHAN, MH
	江峰先生	Mr Fung KONG
	黎培榮先生	Mr Pui Wing LAI, MH
	魏鄒鳳卿女士	Mrs Loretta F.H. NGAI

\*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

## Specialized Committees & Head Office

機構傳訊委員會 Corporate Relations Committee		
召集人 Convener	鄭毓全先生	Mr Joshua Y.C. CHENG
成員 Members*	李致和博士 廖允瑋先生 黃安東先生 陳靄允博士 蔡紹明博士 馬文心小姐 蘇俊龍博士 黃彩琪博士	Dr. Daniel C.W. LEE Mr Adrian W.Y. LIU Mr On Tung WONG Dr. Karly O.W. CHAN Dr. Siu Ming CHOI Miss Margo M.S. MA Dr. Billy C.L. SO Dr. Choi Ki WONG
秘書 Secretary	黃永森博士 潘德賢女士 吳振杰先生	Dr. Sam W.S. WONG Ms Carrie T.Y. POON Mr Mars C.K. NG
顧問 Consultant	許世全教授 江關煥園女士 郭致偉博士 黎培榮先生 魏開義先生 容樹恆教授	Prof. Stanley S.C. HUI Mrs Marriane W.Y. KONG Dr. Ron C.W. KWOK Mr Pui Wing LAI, MH Mr Roy H.Y. NGAI Prof. Patrick S.H. YUNG, MH, JP
研究及出版委員會 Research & Publication Committee		
召集人 Convener	蕭明輝教授	Prof. Parco M.F. SIU
成員 Members*	陸子聰博士 黃雅君博士 陳嘉威博士 林伏波博士 吳兆權博士 潘梓峻博士 孫風華博士	Dr. Jim T.C. LUK Dr. Wendy Y.J. HUANG Dr. Jacky K.W. CHAN Dr. Violette F.P. LIN Dr. Robert S.K. NG Dr. Eric T.C. POON Dr. Bob F.H. SUN
秘書 Secretary	黃永森博士 吳振杰先生	Dr. Sam W.S. WONG Mr Mars C. K. NG
顧問 Consultant	周碧珠教授 魏開義先生 王香生教授	Prof. Bik Chu CHOW Mr Roy H.Y. NGAI Prof. Stephen H.S. WONG

\*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

## Specialized Committees & Head Office

辦事處 Head Office		
行政總監 Executive Director	黃永森博士	Dr. Sam W.S. WONG
助理總監(教練培訓) Assistant Director (Coach Education)	薛曉琪小姐	Ms. Michelle H. Sit
高級社區發展主任 Senior Community Development Officer	朱嘉文小姐	Miss Carmen K.M. CHU
行政及會員事務主任 Administration & Member Affairs Officer	潘德賢小姐	Ms. Carrie T.Y. POON
服務聯絡主任 Services Liaison Officer	梁家威先生	Mr Kelvin K.W. LEUNG
助理行政及會員事務主任 Assistant Administration & Member Affairs officer	吳振杰先生	Mr Mars C. K. NG
助理教練培訓主任 Assistant Coach Education Officer	朱健華先生	Mr. Calvin K. W. CHU
教練培訓幹事 Executive (Coach Education)	郭子穎先生	Mr. Michael T. W. Kwok
清潔助理 Cleaning Assistant	葉鳳葵女士	Ms F.K. YIP
賽馬會項目執行處 Operation Office, JC Project		
項目主任 Programme Officer	黎凱欣小姐	Ms. Lemon H.Y. LAI
項目主任 Programme Officer	溫希琳小姐	Miss H.L. Wan
項目主任 Programme Officer	張懿禮先生	Mr. Tom Y.L. Cheung
項目主任 Programme Officer	張德倫先生	Mr Alvin T.L. CHEUNG
項目幹事 Programme Executive	施劍鴻先生	Mr Kelvin K.H Sze
項目幹事 Programme Executive	李曉嵐小姐	Miss Bella H.L. LEE
項目助理 Programme Executive	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 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
身體素養與基礎動作技能測試領袖證書 Physical Literacy and Fundamental Movement Skills Assessment Leader Certification	兒童青少年體適能測試領袖證書 Children And Youth Physical Fitness 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"> <li>✓ 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</li> <li>✓ 已持有「資深體能教練證書」資歷 Possess 'Senior Fitness Trainer Certification' qualification</li> <li>✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification</li> <li>✓ 順利通過評審委員會的批審 Approval of Judging Panel</li> </ul>	4 年 years
VI	資深教練證書 Senior Fitness Trainer Certification	≥216 小時 Hours	<ul style="list-style-type: none"> <li>✓ 持有有效的「一級私人體能教練證書」 Possess PFA valid 'Personal Fitness Trainer (I) Certification'</li> <li>✓ 於取得「一級私人體能教練證書」後，累積兩年或以上的體能及運動教學經驗（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)</li> <li>✓ 持本會認可有效的「高級體能測試領袖證書」或同等資歷 Possess PFA valid 'Physical Fitness Assessment Leader (Advanced level) Certification'</li> <li>✓ 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</li> <li>✓ 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'</li> <li>✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification</li> <li>✓ 順利通過評審委員會的批審 Approval of Judging Panel</li> </ul>	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"> <li>✓ 持本會認可有效的「二級私人體能教練證書」 Possess PFA valid 'Personal Fitness Trainer (II) Certification'</li> <li>✓ 於取得「二級私人體能教練證書」後，累積一年或以上的體能及運動教學經驗（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)</li> <li>✓ 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</li> <li>✓ 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'</li> <li>✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification</li> <li>✓ 順利通過評審委員會的批審 Approval of Judging Panel</li> </ul>	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"> <li>✓ 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'</li> <li>✓ 持本會認可的「體能測試領袖證書」 Possess PFA 'Physical Fitness Assessment Leader Certification'</li> <li>✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification</li> <li>✓ 順利通過「二級私人體能教練證書」培訓及考核 Passed the training and assessment of 'Personal Fitness Trainer (II) Certification'</li> </ul>	4 年 years
III	導師證書 Instructor Certification	≥60 小時 Hours	<ul style="list-style-type: none"> <li>✓ 持「基礎證書」資格 Possess 'Foundation Certification' qualification</li> <li>✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification</li> <li>✓ 順利完成「導師證書」培訓及考核 Passed the training and assessment of 'Instructor Certification'</li> </ul>	4 年 years
II	領袖證書 Leader Certification	≤36 小時 Hours	<ul style="list-style-type: none"> <li>✓ 18 歲或以上 Aged 18 years old or above</li> <li>✓ 持「基礎證書」資格 Possess 'Foundation Certification' qualification</li> <li>✓ 順利完成「領袖證書」培訓及考核 Passed the training and assessment of 'Leader Certification'</li> <li>✓ #持有本會「體能導師證書」 Possessing "Fitness Instructor Certificate" from PFA</li> <li>✓ #適用於「兒童體育素養測試領袖證書」 Applicable to 'Childhood Physical Literacy Assessment Leader Certification'</li> </ul>	永久 Permanent  #4 年 years
I	基礎證書 Foundation Certification	24 小時 Hours	<ul style="list-style-type: none"> <li>✓ 17 歲或以上 Aged 17 years old or above</li> <li>✓ 中五或以上教育程度 Form 5 or above Education Level</li> <li>✓ 順利完成「基礎證書」培訓及考核 Passed the training and assessment of 'Foundation Certification'</li> </ul>	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.hkpfa.org.hk](http://www.hkpfa.org.hk)\*\*\*

\*\*\*For more detailed information, please visit our website at [www.hkpfa.org.hk](http://www.hkpfa.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.

《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，並於 2021 年 12 月再版，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, reprinted in Dec 2021 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。

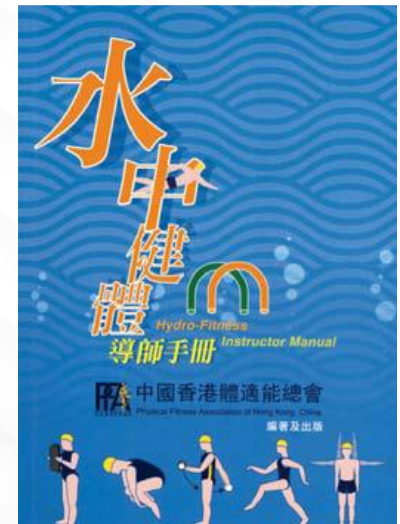
“Comprehensive Theories for Physical Fitness Instructor” was published in September 2017 and officially used as the required textbook for the “Physical Fitness Foundation Certificate Course” and the reference textbook for PFA’s Fitness Instructor Certificate course. The content covers concept of physical 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 and 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 theoretical knowledge and practical skills in relation to elderly fitness.





# 本會講師 ( 2022-2023 )

## 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 陳國雄先生 Mr Terry K.H. CHAN 陳大衛先生 Mr David 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 陳靄允博士 Dr 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  陳玉儀小姐 Miss Kathy Y.Y. CHAN 陳漢雄先生 Mr H.H. CHAN 鄭毓全先生 Mr Joshua Y.C. CHENG  鄭鍵明先生 Mr K.M. CHENG	張應明先生 Mr Ricky Y.M. CHEUNG 蔡紹明博士 Dr. S.M. CHOI 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 燦博士 Dr. Angela Soek HAU 何偉強先生 Mr Ray W.K. HO 何玉儀小姐 Miss Krista Y.Y. HO 韓思思博士 Dr. S.S. HON 黃雅君博士 Dr. Wendy Y.J. HUANG  許世全教授 Prof. Stanley S.C. HUI 江 峰先生 Mr F. KONG 江關煥園女士 Mrs Marriane W.Y. KONG 鄭金榮先生 Mr K.W. KWONG	賴清漳先生 Mr Lawrence C.W. LAI 黎培榮先生 Mr P.W. LAI 羅英勤醫生 Dr. George Y.K. LAW 李本利先生 Mr Bonnie B.L. LEE 李致和博士 Dr. Daniel C.W. LEE 李致機先生 Mr C.K. LI 李亦愛小姐 Miss Y.O. 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 廖允瑒先生 Mr Adrian W.Y. LIU 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 馬文心小姐 Miss Margo M.S. MA  吳兆權博士 Dr. Robert S.K. 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 潘梓竣博士 Dr. Eric T.C. POON 蕭明輝博士 Dr. Parco M.F. SIU 沈劍威博士 Dr. Raymond K.W. SUM 蘇俊龍博士 Dr. Billy C.L. SO 孫風華博士 Dr. Bob F.H. SUN 蔡慧欣小姐 Miss Jay W.Y. TSOI 譚家敏博士 Dr. Winnie K.M. TAM 黃彩琪博士 Dr. C.K. WONG 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 黃永輝先生 Mr W.F. WONG 黃詠珊小姐 Miss W.S. WONG 黃永森博士 Dr. 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 晉女士 Ms T. YIM 葉 良先生 Mr L. YIP 阮伯仁先生 Mr Bryan P.Y. YUEN 容樹恆教授 Prof. Patrick S.H. YUNG
委任助理講師 Appointed Assistant Lecturer				
梁沛忠先生 Mr P.C. LEUNG				

# 專業證書課程記錄

## Records of Professional Certification Courses

本會於二零二二至二三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 2022/23 were specified below:

課程 Course	開辦數目 Quantity	報讀人數 Enrolment	合格率 Passing
體適能基礎證書課程 Physical Fitness Foundation Certification Course	28	713	
體適能基礎證書公開考試 Physical Fitness Foundation Certification Exam	68	992	74%
體適能測試領袖證書課程 Physical Fitness Assessment Leader Certification Course	3	60	
體適能測試領袖證書考試 Physical Fitness Assessment Leader Certification Exam	3	62	79%
器械健體導師證書課程 Resistance Training Instructor Certification Course	6	90	
器械健體導師證書考試 Resistance Training Instructor Certification Exam	6	104	62%
長者健體導師證書課程 Elderly Fitness Instructor Certification Course	3	41	
長者健體導師證書考試 Elderly Fitness Instructor Certification Exam	3	41	62%
兒童體適能導師證書課程 Children Fitness Instructor Certification Course	2	32	
兒童體適能導師證書考試 Children Fitness Instructor Certification Exam	2	32	100%
戶外體適能導師證書課程 Outdoor Fitness Instructor Certification Course	1	42	
戶外體適能導師證書考試 Outdoor Fitness Instructor Certification Exam	1	42	98%
身體素養與基礎動作技能測試領袖證書課程 Physical Literacy and Fundamental Movement Skills Assessment Leader Certification Course	1	31	
身體素養與基礎動作技能測試領袖證書考試 Physical Literacy and Fundamental Movement Skills Assessment Leader Certification Exam	1	31	100%
兒童青少年體適能測試領袖證書課程 Children And Youth Physical Fitness Assessment Leader Certification	1	29	
兒童青少年體適能測試領袖證書考試 Children And Youth Physical Fitness Assessment Leader Certification Exam	1	29	98%
總數 Total:	130	2371	84%

# 延續教育工作坊記錄

## Records of Continuing Education Symposiums

本會於二零二二至二三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 2022/23 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
4/11/2022	姿勢評估及矯健技巧訓練課程 Postural Assessment and Correctional Exercise Practitioner Training Course	1	19
17/1/2023	健身球及橡筋帶指導員訓練 Fit ball and Elastic Band Practitioner Training	1	16
總計 Total:		2	35

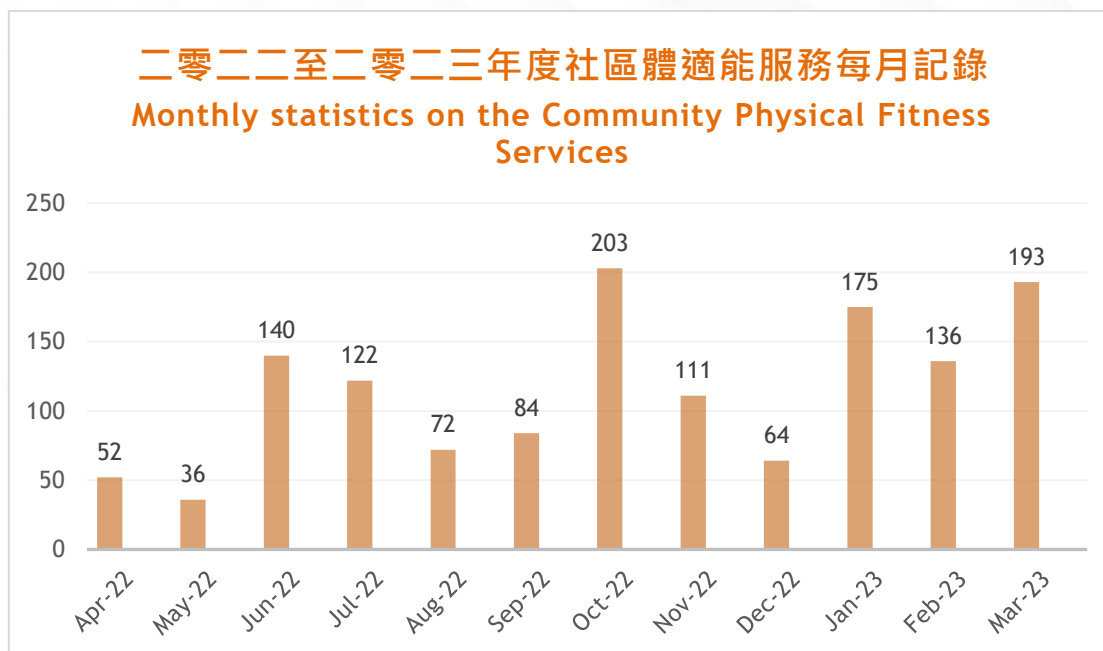
進階體適能訓練系列			
Advanced Fitness Training Series			
日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
29/4/2022 & 22/11/2022	身心伸展運動體驗工作坊 Experiencing Body-mind Stretching Exercise Workshop	2	31
30/4/2022 & 19/12/2022	淺談肌筋膜舒展工作坊 Introduction to Myofascial Release Exercise Workshop	2	30
總計 Total:		4	61

# 社區體適能服務記錄

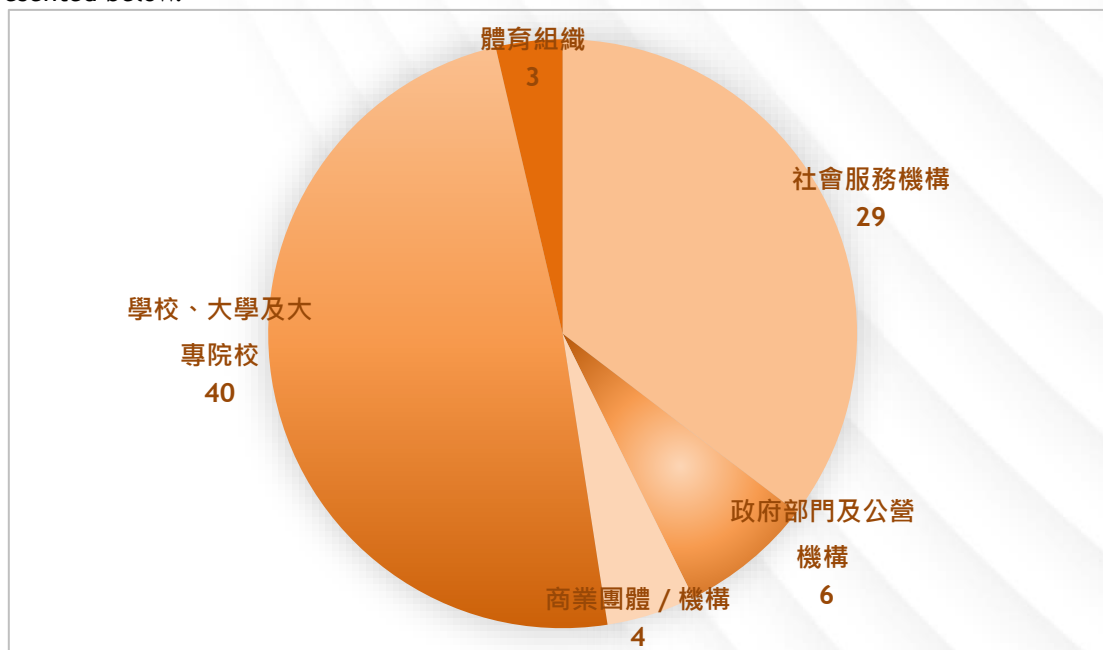
## Records of Community Fitness Services

於二零二二至二零二三年度，本會與外間團體合作舉辦社區體適能服務的次數多達 1,391 次，服務人次達 34,502 人。

During the year of 2022/2023, PFA provided more than 1,391 community fitness services to different government departments, community organizations, schools and cooperates, and 34,502 people have been served.



根據統計顯示，本年度與本會合作的團體及機構多達 82 間。合作團體及機構業務及服務性質分佈：According to statistical records, 82 corporate bodies and organizations co-organized services with us. Their business and service nature is presented below.



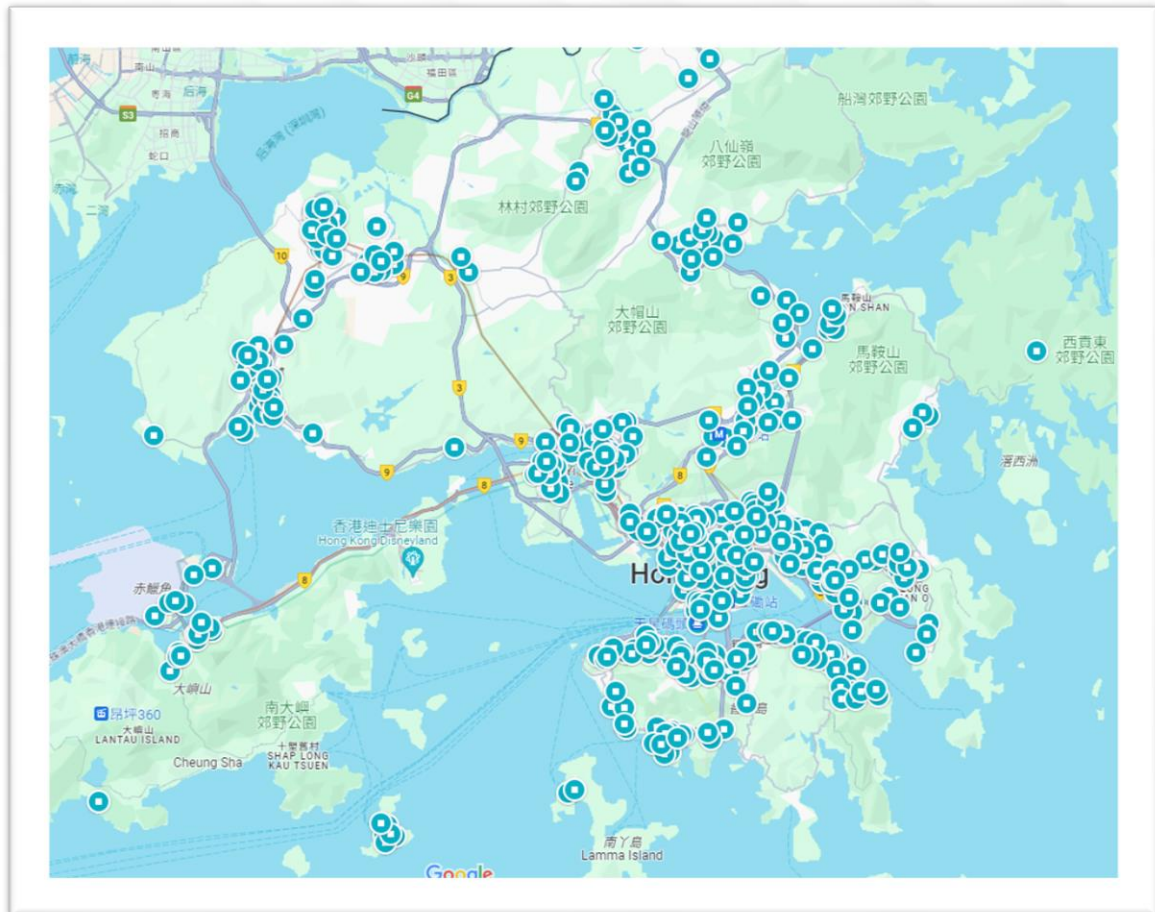


本於二零二二至二零二三年度的合作團體及機構名單： Collaborative bodies and organizations in 2022/2023:

政府部門及公營機構 Governmental Departments & Public Corporation	
康樂及文化事務署 (包括總部、各區辦事處及香港公共圖書館)	仁濟醫院 (社會服務)
職業安全健康局	香港國際機場
香港警務處	灣仔警區警民組
威爾斯親王醫院 癌症病人資源中心	
體育組織 Sports Organizations	
香港盲人體育總會	中國香港體育協會暨奧林匹克委員會
香港特殊奧運會	灣仔區文娛康樂體育會
學校、大學及大專院校 Schools, Universities & Educational Institutes	
香港中文大學	東華三院高德根幼稚園
香港浸會大學	保良局王少清幼稚園暨幼兒園
香港教育大學	信望幼兒學校
東華三院郭一葦中學	香海正覺蓮社佛教梁植偉中學
中原慈善基金油塘幼稚園	香港仔工業學校
中華傳道會李賢堯紀念中學	香港西區婦女福利會鴨脷洲邨幼稚園
仁愛堂龐盧淑燕幼稚園	香港青年協會青樂幼稚園青樂幼兒園
元朗陳震夏中學	荃灣公立何傳耀紀念中學
天水圍官立小學	救世軍林拔中紀念學校
寶覺中學	鄰舍輔導會粉嶺幼兒園
天水圍香島中學	循道衛理聯合教會李惠利中學
聖公會慈光堂聖匠幼稚園	聖公會慈光堂柯佩璋幼稚園
天水圍循道衛理中學	懷恩浸信會幼稚園
天主教彩霞邨潔心幼稚園	雅各中英文幼稚園(深水埗校)
可立中學 ( 嗇色園主辦 )	順德聯誼總會鄭裕彤中學
可藝中學	賽馬會體藝中學
佳寶幼稚園(屯門分校)	黃棣珊中學
東涌浸信會幼稚園	嗇色園主辦可銘學校
東涌靈糧堂怡文中學	圓玄學院妙法寺內明陳呂重德紀念中學
東莞工商總會劉百樂中學	聖公會青衣主恩小學
東華三院田灣(一九九六至一九九七總理)幼稚園	聖公會慈光堂聖匠幼稚園(分校)
樂善堂梁詠琚書院	
社會服務機構 Social Services Organizations	
樂活新中年慈善動力	香港心理衛生會
葵涌居民協會	香港仔坊會賽馬會黃志強長者地區中心
香港醫藥援助會	香港西區婦女福利會關啟明紀念松鶴老人中心
新生精神康復會	香港基督少年軍臻訓中心
香港唐氏綜合症協會	香港復康會沙田地區康健站
仁愛堂彭鴻樟長者鄰舍中心	香港傷健協會
中國基督教播道會厚恩堂家庭活動中心	博愛醫院王東源夫人長者地區中心
竹園區神召會 彩雲長者鄰舍中心	聖公會聖馬太長者鄰舍中心
兒童脊科基金	聖雅各福群會
明愛元朗長者社區中心	鄰舍輔導會屯門區綜合康齡服務中心
明愛麗閣長者中心	鄰舍輔導會黃大仙展能中心
保良局莊啟程耆暉中心	禮賢會萬隸甫夫人長者鄰舍中心
商業團體/機構 Business Corporations	
GUM Marketing	Archon Wellness Ltd

## Records of Corporate Relations Activities

Community fitness services network of PFA have been expanded to every corner of Hong Kong Island, Kowloon, the New Territories and Island districts over the past two years (2018-2023).



# 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 2022 年 1 月至 2022 年 12 月合共出版了 10 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 2022 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 16 articles from Jan 2022 to Dec 2022. 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 were recorded as follows:

文章標題	作者姓名
<b>2022 春季季題：運動員和健康人口的體適能測試及表現</b>	
運動探測技術於體適能方面的應用	黃永森博士
賽馬會家校幼兒體適能學堂-幼兒體適能評估及介入服務	朱嘉文小姐
兒童及青少年的心肺耐力測試	黃永森博士
<b>2022 夏季季題：身體素養與健康茁壯成長</b>	
身體素養在香港的現狀與展望	沈劍威教授、李明慧博士、 蔡紹明博士、黃 炎小姐、 馬睿思先生
身體素養與學校體育	蔡紹明博士、李明慧博士
探討不同運動狀態下語音特徵的變化規律	馬睿思先生、沈劍威教授
<b>2022 秋季季題：氣候危機與健康體適能專業</b>	
淺談植物性飲食與運動	陳靄允博士
生酮飲食與平衡	江峰先生
<b>2022 冬季季題：疫情年代下的職安健與運動鍛練</b>	
疫情下的長者訓練	梁健忠教授、楊懌健教授
氣功的魅力・女士的恩物 - 疫情下的居家必備「運動」良藥	東華學院護理學院五年級學生/準畢業生、梁健忠博士



# 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，推行一項為期三年之「賽馬會家校幼兒體適能學堂」計劃，為全港 175 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。

Having organized the "Jockey Club Keep-Fit Formula for children" successfully, with the donation from the Hong Kong Jockey Club Charities Trust, a 3-year programme, "Jockey Club Home-School Children Physical Fitness Academy for Kindergarten Children" has been launched, in collaboration with 175 kindergartens and the families in need. The programme provides fitness support, advocates for home-school activities in favour of physical fitness and health development of young children, and promotes fitness-related parenting education.

### 計劃內容

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

### Content

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

### 聯絡我們 Contact Us

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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 2023 年 8 月

(Statistics for the period from Dec 2019 to Aug 2023)

活動

服務人數/活動次數

Activity

Beneficiaries/ Output

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

學校數量 No. of Kindergarten	175
--------------------------	-----

學生人數 No. of Children	59,382
----------------------	--------

### 2. 伙伴學校親子活動 School-based Family Fitness Education

2.1. 家長講座 Parent talks	121
------------------------	-----

學生人數 No. of children	14,440
----------------------	--------

家長人數 No. of parents	14440
---------------------	-------

2.2. 親子體適能同樂日 Fun days	162
------------------------	-----

學生人數 No. of children	18,787
----------------------	--------

家長人數 No. of parents	19,222
---------------------	--------

### 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	359
---	-----

參加人數 No. of participants	2,432
--------------------------	-------

3.2. 親子體適能與健康介入課程 Intervention Sessions	488
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參加人數 No. of participants	18,544
--------------------------	--------

### 4. 全港家庭運動日 Family Fitness Community Engagement

活動數量 No. of activities	2
------------------------	---

參加人數 No. of participants	10,812
--------------------------	--------

### 5. 親子體適能大使訓練課程 Family Fitness Youth Ambassador Courses

課程數量 No. of courses	11
---------------------	----

參加人數 No. of participants	213
--------------------------	-----

### 6. 幼師體適能培訓工作坊 Teachers Training

活動節數 No. of sessions	147
----------------------	-----

參加人數 No. of participants	4,832
--------------------------	-------

2019 年 12 月至 2023 年 8 月

(Statistics for the period from Dec 2019 to Aug 2023)

活動 Activity	服務人數/活動次數 Beneficiaries/ Output
----------------	------------------------------------

**7. 幼師跨學科培訓 On-board Training**

活動節數 No. of sessions	139
參加人數 No. of participants	1,895

**8. 知識傳承工作坊暨研討會 Knowledge Sharing Workshops and Seminars**

活動節數 No. of sessions	9
參加人數 No. of participants	2,876

**9. 電子平台 Digital channels**

登記手機程式 Mobile Apps registered	5,504
網頁瀏覽次數 Website viewers	79,535
讚好/意見人數 Number of like & commentFacebook, IG & Youtube Channel	1,632
帖子數量 Number of Posts	
讚好/瀏覽人數 Number of likes & Viewers	1,728 Likes & 399,262 Viewers
追蹤者 Number of fans	3,740

## 親子體適能大使訓練課程

### Family Fitness Youth Ambassador Course



## 親子同樂日

### Family Fun Day





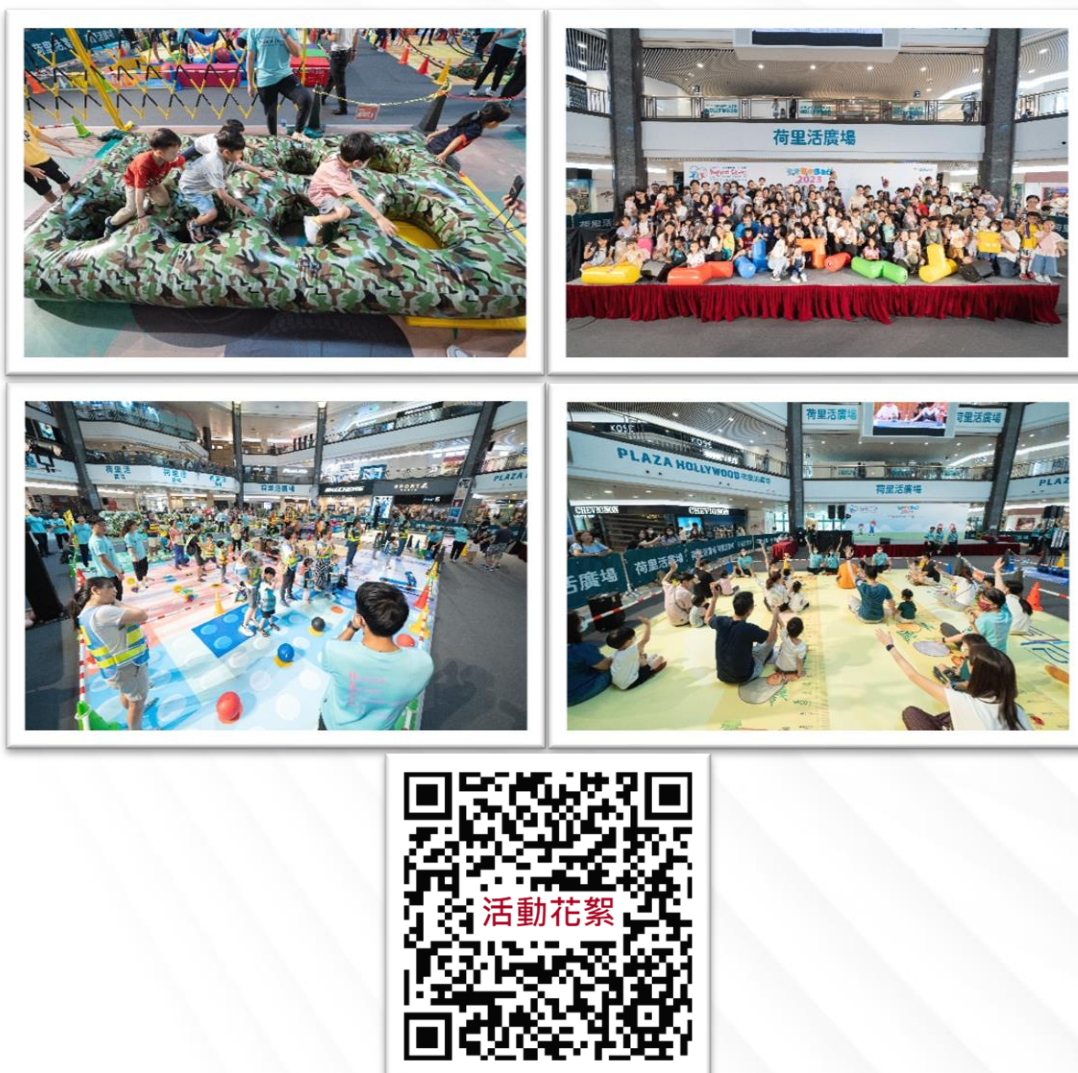
到校體能評估測試  
School-based fitness assessment



家長講座  
Parent talk



全港家庭運動日 2023  
Family fitness day 2023





# 賽馬會耆跡再現健體計劃

## Jockey Club Elders Get Active Fitness Campaign

由中國香港體適能總會主辦、香港賽馬會慈善信託基金捐助及香港房屋協會協辦的「賽馬會耆跡再現健體計劃」，向居住於房協轄下約二十個屋邨的年長居民派發「家居健體禮盒」，除了舉辦健體禮盒的簡介會，亦於指定屋邨開辦「健體訓練班」及設立「樂齡智能健體閣」。此外我們更為部份行動較為不便的長者提供「1對1家居訓練」，鼓勵他們於後疫情下繼續保持活躍生活模式。

Jockey Club "Elders Get Active" Fitness Campaign is a community-based physical fitness programme organised by Physical Fitness Association of Hong Kong, China (HKPFA), funded by Hong Kong Jockey Club Charities Trust and co-organised with Hong Kong Housing Society (HKHS).

"Wonder box" that contains home exercise equipments are delivered to the elderly residents in 22 estates managed by HKHS. "Briefing sessions" of the Wonder box, "Structured group training courses" and "Gerontechnology exercise corners" are also conducted and set up in some specific estates. Moreover, "Home-based personal training sessions" are also arranged for the elderly who have difficulty in going out. The campaign is aimed to encourage and motivate the elderly to become active again in the community during the post-coronavirus pandemic era.



Youtube



活動刊物



活動刊物

Programme Publication

# 賽馬會耆跡再現健體計劃

## Jockey Club Elders Get Active Fitness Campaign

2022 年 8 月至 2023 年 8 月

(Statistics for the period from Aug 2022 to Aug 2023)

活動

服務人數/活動次數

Activity

Beneficiaries/ Output

派發「家居健體禮盒」 Exercise and Well-being Kit Delivery

屋邨數量 No. of estates

22  
33,642

知識傳家居健體禮盒簡介會 Briefing Sessions on the Exercise and Wellbeing Kit

活動節數 No. of sessions

580

長者數量 No. of elders

8,262

健體訓練班 Structured Group Training Sessions

活動節數 No. of sessions

558

長者數量 No. of elders

822

1 對 1 家居訓練 Home-based Fitness Training

活動節數 No. of sessions

410

長者數量 No. of elders

105

樂齡智能健體閣 Gerontechnology Corner

活動節數 No. of sessions

291

長者數量 No. of elders

1,742

參與研究 Behaviour Modification

長者數量 No. of elders

1,304

Youtube 電子平台 Youtube Channel

帖子數量 Number of Post

16

讚好/瀏覽人數 Number of likes & Viewers

296 Likes

追蹤者 Number of followers

149



# 賽馬會耆跡再現健體計劃

## Jockey Club Elders Get Active Fitness Campaign

### 健體訓練班

#### Training Class



### 家居訓練

#### Home-Based Training



## 樂齡智能健體閣

### Gerontechnology Corner



## 健體禮盒送遞

### Wonder Box Delivery





# 近期活動花絮

## Recent Programme Highlights



### 三十五周年晚會

#### 35<sup>th</sup> Anniversary Banquet



期待已久的第三十五屆周年晚宴隨著世紀疫情放緩後順利於 2023 年 3 月 24 日 Hotel Icon 唯港薈順利舉行，很榮幸於慶典當晚邀請到不同界別的組織代表參與活動。本會共筵開廿一席，共招待兩百多位嘉賓。

The long-awaited 35th Anniversary Dinner was successfully held at Hotel Icon on March 24, 2023 after the pandemic slowed down. It was a great honor to invite representatives of organizations from different sectors as the guests on the night of the celebration. There were 21 tables in the banquet, and more than 200 guests attending the festival.



# 近期活動花絮

## Recent Programme Highlights

### 全民運動日

Sport for All Day 2023



今年的「全民運動日」於 2023 年 8 月 6 日舉行，主題是「身心力行體適能」。康樂及文化事務署邀請本會在十八區體育館都舉辦了各種不同的健體活動，其中包括本年度首次推出的 30 秒體能挑戰。這個挑戰讓 10 位參與者同時戴上電子手環，以遊戲機的形式進行活動，深受男女老少的歡迎。

深水埗體育館成為了重點的嘉年華場地，不僅有數百名市民在周日下午一起參與體適能活動，政府官員和社會賢達也身體力行，到場支持並體驗充滿動感的 Tabata 訓練和注重身心健康的身心伸展活動。當中還有不可缺少的「電子虛擬運動」，本會也派出了數十位教練負責現場指導，恢復了疫情前熱鬧的場面。

同時，著名電台和電視主持人森美及小儀也加入了現場直播節目，與我們的教練一起示範運動，為活動增添了娛樂性。

今年的「全民運動日」活動豐富多彩，吸引了大批市民的參與。這些活動不僅為市民提供了運動的機會，也讓他們感受到運動的樂趣和健康的重要性。希望下年還能有更多類似的活動，鼓勵更多人積極參與運動，提升身心健康。



# 近期活動花絮

## Recent Programme Highlights

全民動運日

Sport for All Day 2023



This year's "Sport for All Day" was held on August 6, 2023 with the theme of "Fitness Exercise For Wellness". The Leisure and Cultural Services Department (LCSD) invited PFA to organize a variety of fitness activities at the 18 District Sports Centres, including the 30-second physical fitness challenge which was launched for the first time.

Sham Shui Po Sports Centre became the key venue for the carnival, where not only hundreds of people joined the physical fitness activities on Sunday afternoon, but also the government officials and the prominent members of the community came to support and experience the Tabata training, body-mind stretching and the "e-virtual sports".

Meanwhile, the renowned radio and TV hosts Sammy Leung and Siu Yee also joined the live broadcast programme, and demonstrated exercises with our coaches.

This year's "Sport for All Day" was a successful event that attracted a large number of participants. These activities not only provided the public with opportunities to exercise, but also enabled them to experience the fun of exercise as well as the importance of health.

# 近期活動花絮

## Recent Programme Highlights

### 培敦中學智能體適能挑戰賽

#### Smart Fitness Challenge in Stewards Pooi Tun Secondary School



本會與 Archon Wellness Limited 合作，為培敦中學學生提供智能體適能挑戰賽，將運動和智能結合起來，設計了多樣化的活動。學生們非常投入，包括智慧單車比賽、智慧跳繩比賽、身體組成測量和介紹、身體營養要素和健康飲食、心肺極限挑戰、HICT、體驗 AI 5G 健體運動挑戰以及身心伸展等項目。

當天，學生們被分成四個大組進行比賽，所有比賽的得分將累計計算，最高得分的組別將獲得冠軍，其次是亞軍、季軍和殿軍。

這次活動的目的是鼓勵學生透過運動結合智能來提高身體素質和健康意識。透過參與這些挑戰，學生不僅可以鍛鍊身體，還可以了解身體組成和營養的重要性，以及如何透過健康飲食來維持良好的身體狀態。此外，學生們還有機會體驗 AI 和 5G 技術在體適能中的應用。

In collaboration with Archon Wellness Limited, PFA organized a Smart Fitness Challenge for the students of Pui Tung Secondary School, combining sports and smartness. Students were divided into four large groups to compete. They participated in a variety of activities including Smart Bike Race, Smart Rope Skipping Race, Body Composition Measurement, Nutrition and Healthy Eating, PACER Challenge, HICT, Experience AI 5G Fitness Challenge, and Body- Mind Stretching.

The aim of this event was to encourage students to be more active by combining sports with intelligence. By participating in these challenges, students not only did exercise, but also learned about the importance of body composition and nutrition, and how to maintain a healthy life style. In addition, students will also had the opportunity to experience the application of AI and 5G technologies in physical fitness.



# 近期活動花絮

## Recent Programme Highlights

### 地區康健中心

### District Health Centre

醫務局邀請本會為地區康健中心職員提供組織及帶領《正確使用健身室設施簡介會- 地區康健中心》的課程，本會為 50 多位受聘於地區康健中心的物理治療師及體適能導師進行培訓。這個課程的目的是幫助他們了解並掌握正確使用健身室簡介會的流程，物理治療師和體適能導師在地區康健中心扮演著重要的角色，他們負責指導和幫助參加者進行合適的運動訓練。因此，他們需要具備相關的知識和技能，為參加者提供專業的指導和支援，以確保地區康健中心的參加者將來可以自行到康文署轄下的健身室安全地使用健身室設施，養成恆常的運動習慣。

本會也派出專業的教練團隊到九龍城及油尖旺地區康健站帶領六類運動工作坊，包括前期糖尿、糖尿病、高血壓、退化性膝關節炎、腰背痛及體重控制體適能運動班，為基層市民提供適合他們的運動方案，從而改善他們的身體健康和生活品質。

這些工作坊的目的是幫助基層市民了解和管理他們可能面臨的健康問題。透過參加這些課程，他們可以學習如何透過適當的運動來改善他們的健康狀況，例如，針對糖尿病和高血壓的工作坊將教導參加者如何透過運動來控制血糖和血壓水平。而退化性膝關節炎和腰背痛的工作坊將教導參加者如何進行適當的運動來緩解疼痛和改善關節功能。



PFA was invited by the primary Health office under the health bureau to organize a course on "How to organize Briefing on Proper Ways to Use Fitness Equipment - District Health Centres" for the 50 physiotherapists and physical fitness instructors who were employed by the District Health Centres. Physiotherapists and fitness instructors play an important role in the district health centers, as they are responsible for guiding and assisting the participants to carry out proper exercise training. The objective of this course is to help them understand and master the process of organizing the proper use of fitness equipment briefing sessions. It also ensures that the participants of the DHCs can safely use the fitness equipment at the LCSD gym room.

PFA also sent professional trainers to Kowloon City and Yau Tsim Mong District Health Centers to lead six types of exercise workshops, including pre-diabetes, diabetes mellitus, hypertension, degenerative knee osteoarthritis, low back pain, and weight management fitness classes, and provide the grassroots with suitable exercise programs for them to improve their physical health and quality of life.

The objective of these workshops is to help the grassroots understand and manage the health problems they may face. By attending these programmes, they can learn how to improve their health conditions through proper exercise. For example, workshops targeting diabetes mellitus and hypertension can teach participants how to control their blood glucose and blood pressure levels through exercise. Workshops for degenerative knee osteoarthritis and low back pain can teach participants how to relieve pain and improve joint function through appropriate exercise.

# 財務報告(2022-2023)

## Financial Report (2022-2023)

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 2023, 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 2023, 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 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 directors are responsible for the other information. The other information comprises the information included in the report of the directors, 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 DIRECTORS FOR THE FINANCIAL STATEMENTS**

The directors 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 directors 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 directors 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 directors 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 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 directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the directors regarding among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit

**Li, Tang, Chen & Co.**

**Certified Public Accountants (Practising)**

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 2023

	2023	2022
HK\$	HK\$	HK\$
<b>NON-CURRENT ASSETS</b>		
Property, plant and equipment	18,603	88,956
Right-of-use assets	1,999,873	516,125
	<u>2,018,476</u>	<u>605,081</u>
<b>CURRENT ASSETS</b>		
Inventories	36,322	36,322
Accounts receivable, other receivables, deposits and prepayments	937,012	568,591
Tax recoverable	38,814	64,270
Cash and cash equivalents	21,501,558	12,737,982
	<u>22,513,706</u>	<u>13,407,165</u>
<b>CURRENT LIABILITIES</b>		
Contract liabilities	311,468	3,780,810
Accounts payable and accrued expenses	8,047,421	1,774,440
Temporary receipt	9,452	23,747
Provision for profits tax	5,334,144	-
Lease liabilities	521,233	527,750
	<u>14,223,718</u>	<u>6,106,747</u>
<b>NET CURRENT ASSETS</b>	<u>8,289,988</u>	<u>7,300,418</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<u>10,308,464</u>	<u>7,905,499</u>
<b>NON-CURRENT LIABILITIES</b>		
Lease liabilities	1,495,011	9,938
<b>NET ASSETS</b>	<u>8,813,453</u>	<u>7,895,561</u>
Representing:		
<b>ENDOWMENT FUND</b>	444,603	44,603
<b>ACCUMULATED FUND</b>	8,368,850	7,450,958
	<u>8,813,453</u>	<u>7,895,561</u>

李湯陳會計師事務所

LI, TANG, CHEN & CO.

Certified Public Accountants (Practising)

PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED  
STATEMENT OF COMPREHENSIVE INCOME  
FOR THE YEAR ENDED 31 MARCH 2023

	2023 HK\$	2022 HK\$
MEMBERSHIP FEE	207,512	218,897
SURPLUS FROM ACTIVITIES	3,952,113	4,558,975
SUNDRY INCOME	693,931	174,916
HONG KONG JOCKEY CLUB CHARITIES TRUST PROGRAMME	17,665,766	5,260,660
FINANCE COST	(47,408)	(41,105)
OTHER OPERATING EXPENSES	(21,554,022)	(9,205,047)
SURPLUS BEFORE TAXATION	917,892	967,296
INCOME TAX EXPENSE	-	(10,961)
SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR	917,892	956,345





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