

二〇二三年至二〇二四年

# 年報

2023 ANNUAL  
REPORT 2024



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# 會長獻辭

## President's Message



本屆董事局任期即將完結，我衷心地感謝每一位董事局成員、執行委員及專責委員所作出的貢獻！藉此機會，我想向董事局秘書長兼執委會主席沈劍威博士致謝。在沈博士英明領導下，FIT 總會務蒸蒸日上，無論在行政管理、教育及專業發展、社區參與及服務、機構傳訊，以及研究及出版工作發展方面皆如日方中。

多年來，我與一眾創會董事及資深董事費盡心思，希望為 FIT 總尋覓永久會址。直到 2024 年 1 月最後一個周末，董事局與執委會假珠海橫琴一個康養度假中心進行了一次非常具實效的集思會，會上董事及執委們眾志成城，找到一個購入山林道卓能中心 17 樓可行方案（即是 FIT 總十幾年來一直所租用的物業）作為永久會址。此舉是 FIT 總會務發展重大里程碑，也是本人出任 FIT 總會長以來的最大榮耀及心願。

本人感謝由行政總監黃永森博士所帶領的辦事處團隊，在去年夏季開始策劃會址裝修工程，為 FIT 總及眾會員提供了一個舒適、時尚及專業的活動空間，提供會務上可持續發展的更多可能性。我相信沒有甚麼比眺望香港太平山頂、國金中心、政總及會展中心等標開會及上課更賞心樂事！

今年，我亦全時期退出醫務生涯，迎來人生的新頁。感謝 FIT 總會長一職令我要以身力行，活出體適能真諦，讓一位年近八十的「老翁」仍然可以滑雪、潛水、踩單車，四處遊山玩水。

農曆新年將至，來年是「蛇年」。祝願在座每位朋友「靈巧像蛇」，在 2025 年機靈敏捷，在這個多變世界懂得按機行事，隨時應變！

**黃平山 醫生**

中國香港體適能總會會長

2025 年 1 月 3 日



# 主席報告

## Chairman's Report

時光荏苒，日月如梭，不知不覺本屆董事局及執委會任期已劃上句號。回顧三年的任期，百感交雜 ... .. 儘管疫後政經環境滿佈挑戰，但憑著 FIT 總管治團隊高瞻遠矚、辦事處同仁精打細算，以及眾會員齊心協力，終見柳暗花明。作為董事局秘書長兼執委會主席的我藉此機會向過去幾年一直支持及擁護 FIT 總的每一位委員、職員、會員及社區夥伴道謝。

正如會長黃平山醫生所言，FIT 總在去年暑假還了一個多年來的心願 – 正式擁有一個屬於 FIT 總的永久會址。購入山林道會址如願以償，全賴黃醫生及會址發展工作組群策群力。我要感謝工作組成員黎培榮先生 MH、楊顯智先生及黃永森博士，若非你們的出謀獻策，購買會址的協商過程不會如此順利。最要緊的，會長黃醫生甘願成為物業交易的最大後盾，出錢、出心及出力。當然，眾董事、執委、顧問、專責委員及職員的支持及配合，也是關鍵的因素。讓我們以最熱烈的掌聲，答謝上述每一位持份者！

裝修後的山林道辦事處，予人耳目一新的感覺。新裝辦事處活動室不但向會員及學員償還維多利亞港景色，而且亦為 FIT 總形象增添「現代感」。尚未參觀新裝辦事處的朋友，不妨與行政總監黃博士聯絡，安排「導賞」。

為了進一步提升體育總會的管治水平和運作透明度，政府早前要求中國香港體育協會暨奧林匹克委員會全面檢視各體育總會的管治及運作情況，並制訂一套各體育總會須遵行的《機構管治守則》。寄望新一屆董事局及執委會同仁同心協力，在未來一段日子呼應社會的訴求，繼續提升 FIT 總的機構管治水平。

祝願每一位出席周年大會暨晚會的朋友及來賓，「蛇年」進步，身體健康！

**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

2025 年 1 月 3 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 (HKPFA) 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

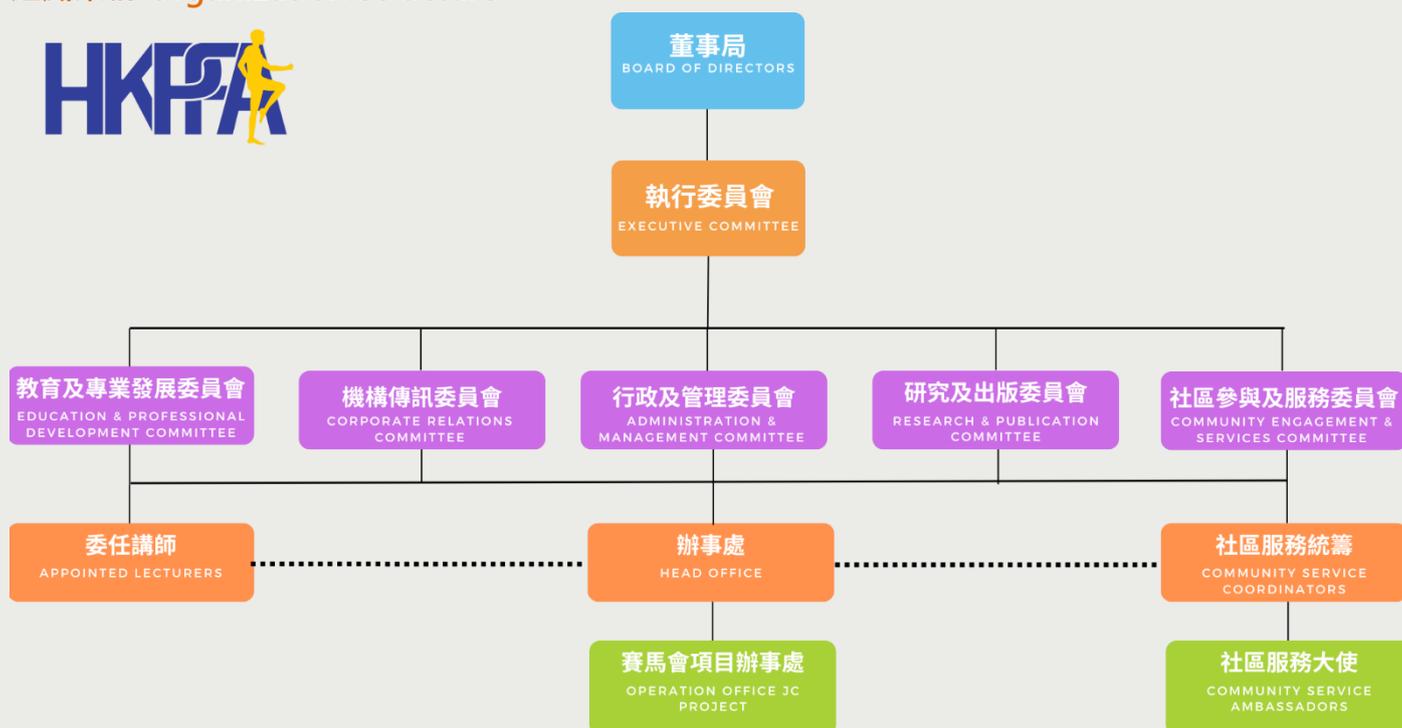
為業界建立專業地位 Develop Professionalism for the Industry

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



廖允瑒先生

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

### 歷任榮譽顧問名錄 Former Honorary Advisors :

馮煒權教授	北京體育大學 教授
Prof. W.Q. FENG	Professor, The Beijing Sport University
李家暉先生	會計師
Mr K.F. LI	Accountant
楊錫讓教授	北京體育大學 教授
Prof. X.R. YANG	Professor, The Beijing Sport University
謝敏豪教授	國家體育總局 運動醫學研究所 所長
Prof. M.H. XIE	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.

# 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

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

# 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 焦姣 博士 林伏波博士 吳兆權博士 潘梓峻博士 孫風華博士 譚子敬博士 茹柏鴻博士 鄭晨 博士	Dr. Jim T.C. LUK Dr. Wendy Y.J. HUANG Dr. Jacky K.W. CHAN Dr. Jojo J. JIAO Dr. Violette F.P. LIN Dr. Robert S.K. NG Dr. Eric T.C. POON Dr. Bob F.H. SUN Dr. Bjorn T.K. TAM Dr. Angus P.H. YU Dr. Chen ZHENG
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
社區發展主任 Community Development Officer	溫希琳小姐	Miss Phoebe H. L. Wan
項目主任 Programme Officer	施劍鴻先生	Mr Kelvin K.H Sze
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
社區發展幹事 Executive (Community Development)	郭子穎先生	Mr. Michael T. W. Kwok
教練培訓幹事 Executive (Coach Education)	邱祉諭小姐	Ms Gigi T. Y. Yau
項目助理 Programme Executive	施敏晴小姐	Ms Sarah S. C. Sze
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	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	楊凱晴小姐	Ms Denise H. C. Yeung
項目幹事 Programme Executive	曾維光先生	Mr Oscar W. K. Tsang
清潔助理 Cleaning Assistant	葉鳳葵女士	Ms F.K. YIP

# 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
	戶外體適能導師證書 Outdoor Fitness 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</li> <li>✓ 已持有「資深體適能教練證書」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「一級私人體適能教練證書」 Possess PFA valid 'Personal Fitness Trainer (I) Certification'</li> <li>✓ 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)</li> <li>✓ 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'</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「二級私人體適能教練證書」 Possess PFA valid 'Personal Fitness Trainer (II) Certification'</li> <li>✓ 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)</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「體適能測試領袖證書」 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「二級私人體適能教練證書」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「體適能導師證書」 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.

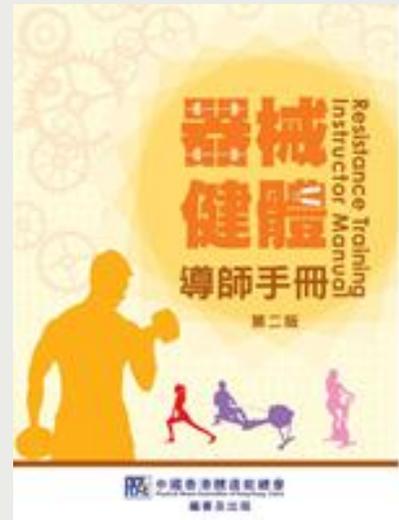
\*\*\*有關課程詳細資料，請瀏覽本會網頁 [www.hkpfa.org.hk](http://www.hkpfa.org.hk)\*\*\*

\*\*\*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。



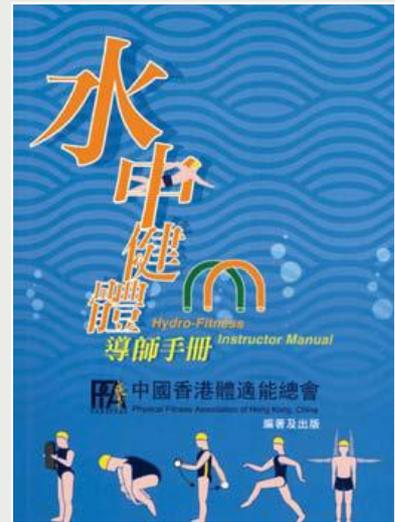
The materials covered in “Resistance Training Instructor Manual” were prepared and edited by PFA’s executive committee members, lecturers, and office staff for many years. The manual was successfully published in June 2017, reprinted in Dec 2021 and regarded as the required book for the “Resistance Training 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。



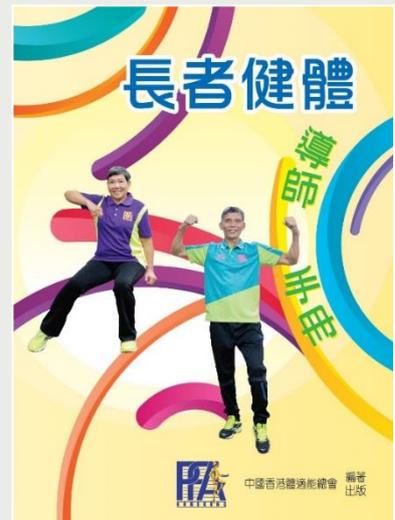
“Comprehensive Theories for Physical Fitness Instructor” was published in September 2017 and officially used as the required textbook for the “Physical Fitness Foundation Certificate Course” and the reference textbook for PFA’s Fitness Instructor Certificate course. The content covers concept of physical 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 ( 2023-2024 )

## PFA Lecturers

### 委任講師 Appointed Lecturers

區永河先生 Mr W.H. AU	張應明先生 Mr Ricky Y.M. CHEUNG	賴清漳先生 Mr Lawrence C.W. LAI	吳兆權博士 Dr. Robert S.K. NG	黃平山醫生 Dr. John P.S. WONG
陳創羽先生 Mr Charles C.Y. CHAN	蔡紹明博士 Dr. S.M. CHOI	黎培榮先生 Mr P.W. LAI	魏鄒鳳卿女士 Mrs Loretta F.H. NGAI	黃思靈先生 Mr Sidney S.L. WONG
陳國雄先生 Mr Terry K.H. CHAN	程偉健博士 Dr. Joe W.K. CHING	羅英勤醫生 Dr. George Y.K. LAW	魏開義先生 Mr Roy H.Y. NGAI	黃詠珊小姐 Miss W.S. WONG
陳大衛先生 Mr David CHAN	周碧珠教授 Prof. Bik B.C. CHOW	李本利先生 Mr Bonnie B.L. LEE	潘世顯先生 Mr Derek S.H. POON	黃永森博士 Dr. Sam W.S. WONG
陳凱輝醫生 Dr. Raymond H.F. CHAN	鍾伯光教授 Prof. P.K. CHUNG	李致和博士 Dr. Daniel C.W. LEE	潘梓竣博士 Dr. Eric T.C. POON	黃永輝先生 Mr W.F. WONG
陳國基醫生 Dr. K.K. CHAN	鍾演妮小姐 Miss Kinnie Y.N. CHUNG	李致機先生 Mr C.K. LI	蕭明輝博士 Dr. Parco M.F. SIU	邱德民先生 Mr Gordis T.M. YAU
陳嘉寶小姐 Miss Katie K.P. CHAN	馮子漢先生 Mr Brian T.H. FUNG	李亦愛小姐 Miss Y.O. LEE	沈劍威博士 Dr. Raymond K.W. SUM	楊顯智先生 Mr Edward H.C. YEUNG
陳嘉威博士 Dr. Jacky K.W. CHAN	侯 燦博士 Dr. Angela Soek HAU	梁鳳蓮博士 Dr. Elean F.L. LEUNG	蘇俊龍博士 Dr. Billy C.L. SO	嚴 晉女士 Ms T. YIM
陳靄允博士 Dr Karly O.W. CHAN	何偉強先生 Mr Ray W.K. HO	梁沛忠先生 Mr P.C. LEUNG	孫風華博士 Dr. Bob F.H. SUN	葉 良先生 Mr L. YIP
陳偉德先生 Mr Roy W.T. CHAN	何玉儀小姐 Miss Krista Y.Y. HO	梁兆文先生 Mr S.M. LEUNG	譚家敏博士 Dr. Winnie K.M. TAM	阮伯仁先生 Mr Bryan P.Y. YUEN
陳詠兒小姐 Miss W.Y. CHAN	韓思思博士 Dr. S.S. HON	梁達強先生 Mr Kenneth T.K. LIANG	蔡慧欣小姐 Miss Jay W.Y. TSOI	容樹恆教授 Prof. Patrick S.H. YUNG
陳育輝先生 Mr. Y.F. CHAN	黃雅君博士 Dr. Wendy Y.J. HUANG	廖允瑤先生 Mr Adrian W.Y. LIU	黃彩琪博士 Dr. C.K. WONG	
陳玉儀小姐 Miss Kathy Y.Y. CHAN	許世全教授 Prof. Stanley S.C. HUI	林伏波博士 Dr. Violette F.P. LIN	王香生教授 Prof. Stephen H.S. WONG	
陳漢雄先生 Mr H.H. CHAN	江 峰先生 Mr F. KONG	盧徑遠先生 Mr Felix K.Y. LO	黃振僑先生 Mr J.K. WONG	
鄭毓全先生 Mr Joshua Y.C. CHENG	江關煥園女士 Mrs Marriane W.Y. KONG	陸子聰博士 Dr. Jim T.C. LUK	黃愛玲小姐 Miss O.L. WONG	
鄭鍵明先生 Mr K.M. CHENG	鄺金榮先生 Mr K.W. KWONG	馬文心小姐 Miss Margo M.S. MA	黃安東先生 Mr O.T. WONG	

### 委任助理講師 Appointed Assistant Lecturer

歐陽嘉謙先生 Mr Calvin K.H. AU YEUNG	朱嘉文小姐 Ms Carmen K.M. CHU	江子楊先生 Mr T.Y. KONG	薛曉琪小姐 Ms Michelle H. SIT	阮兆綸先生 Mr S.L. YUEN
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# 專業證書課程記錄

## Records of Professional Certification Courses

本會於二零二三至二四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 2023/24 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	17	395	
體適能基礎證書公開考試 Physical Fitness Foundation Certification Exam	41	728	88%
體適能測試領袖證書課程 Physical Fitness Assessment Leader Certification Course	7	144	
體適能測試領袖證書考試 Physical Fitness Assessment Leader Certification Exam	7	146	95%
器械健體導師證書課程 Resistance Training Instructor Certification Course	6	77	
器械健體導師證書考試 Resistance Training Instructor Certification Exam	6	104	65%
長者健體導師證書課程 Elderly Fitness Instructor Certification Course	1	28	
長者健體導師證書考試 Elderly Fitness Instructor Certification Exam	2	46	90%
兒童體適能導師證書課程 Children Fitness Instructor Certification Course	1	21	
兒童體適能導師證書考試 Children Fitness Instructor Certification Exam	1	23	72%
團體有氧運動導師證書課程 Group Aerobic Exercise Instructor Certification Course	1	8	
團體有氧運動導師證書考試 Group Aerobic Exercise Instructor Certification Exam	1	9	60%
水中健體導師證書課程 Hydro-Fitness Instructor Certification Course	1	15	
水中健體導師證書考試 Hydro-Fitness Instructor Certification Exam	1	15	64%
戶外體適能導師證書課程 Outdoor Fitness Instructor Certification Course	1	20	
戶外體適能導師證書考試 Outdoor Fitness Instructor Certification Exam	1	20	100
二級 PFA 私人體適能教練證書課程 PFA Personal Fitness Trainer (II) Certification Course	1	11	
二級 PFA 私人體適能教練證書考試 PFA Personal Fitness Trainer (II) Certification Exam	1	14	83%
總數 Total:	101	1968	83%

# 延續教育工作坊記錄

## Records of Continuing Education Symposiums

本會於二零二三至二四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 2023/24 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
13/9/2023	姿勢評估及矯健技巧訓練課程 Postural Assessment and Correctional Exercise Practitioner Training Course	1	20
9/1/2024	筋肌自我鬆弛按摩指導員證書課程 Myofascial Self Relaxation Massage Practitioner Training Course	1	20
24/2/2024	健身球及橡筋帶指導員訓練 Fit ball and Elastic Band Practitioner Training	1	21
	總計 Total:	3	61

運動創傷處理及運動營養學系列			
Sports Injury Management & Sports Nutrition Studies Series			
日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
1/11/2023 & 27/3/2024	「R.A.M.P.」科學化熱身工作坊 "R.A.M.P." Scientific Warm-up Workshop	2	41
1/12/2023	預防與治療跑者膝及跳躍膝工作坊 Knee Injuries Prevention and Treatment for Runner's and Jumpers' Knee Workshop	1	28
8/12/2023	從業餘到精英運動員的功能性訓練工作坊 Functional Training for Amateur to Elite Athletes Workshop	1	24
12/1/2024	預防游泳傷患工作坊 Swimming Injury Prevention Workshop	1	19
23/2/2024	預防與治療肩袖肌群受傷工作坊 Rotator Cuff Muscle Injuries Prevention and Treatment Workshop	1	25
27/2/2024	青少年運動員以遊戲為本的核心功能訓練工作坊 Play-based Core Training for Young Athletes Workshop	1	16
	總計 Total:	7	153

## 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
3/8/2023	團體有氧運動系列：肌肉鍛鍊(一) 與音樂使用 Group Aerobic Exercise Series: Muscle Conditioning (I) & Use of Music	1	15
5/8/2023	團體有氧運動系列：肌肉鍛鍊(二)與循環訓練課堂設計 Group Aerobic Exercise Series: Muscle Conditioning (II) & Class Design of Circuit Training	1	16
7/8/2023	團體有氧運動系列：有氧搏擊 Group Aerobic Exercise Series: Cardio Kickboxing	1	14
10/8/2023	團體有氧運動系列：型格舞蹈 Group Aerobic Exercise Series: Trendy Dances	1	9
17/8/2023	團體有氧運動系列：踏板訓練 Group Aerobic Exercise Series: Step Training	1	7
7/10/2023	傳統器械訓練與槓啞鈴訓練大不同工作坊 Differences between Weight Machine and Free Weight Training Workshop	1	31
10/11/2023	探討功能性訓練工作坊 Functional Training Workshop	1	24
2/12/2023	槓啞鈴指導員系列 (一)：傳統入門運動與胸大肌訓練詳解 Free Weights Practitioner Series 1: Specific Training for Pectorals	1	23
09/12/2023	槓啞鈴指導員系列 (二)：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	23
12/12/2023	上班族工作間普拉提工作坊 Pilates for Office Workers Workshop	1	19
13/01/2024	槓啞鈴指導員系列 (三)：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	25
20/01/2024	槓啞鈴指導員系列 (四)：肱二頭肌及大腿肌群訓練 Free Weights Practitioner Series 4: Specific Training for Biceps and Thigh Muscles	1	22
03/02/2024	槓啞鈴指導員系列 (五)：背肌群及肱二頭肌訓練詳解 Free Weights Practitioner Series 5: Specific Training for Back Brachii and Biceps Muscles	1	23
17/02/2024	槓啞鈴指導員系列 (六)：鋼索器械的運動原理及應用 Free Weights Practitioner Series 6: The Exercise Principle and Application of Cable Machine	1	24
15/3/2024	初探運動專項體能訓練工作坊 Introduction to Sports-specific Physical Training Workshop	1	20
	總計 Total:	15	295

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	開辦數目 Quantity	報讀人數 Enrolment
5/7/2023	兒童護脊工作坊 Children's Spinal Care Workshop	1	39
	總計 Total:	1	39

跨行業學習課程系列

Cross-Industry Learning Programme Series

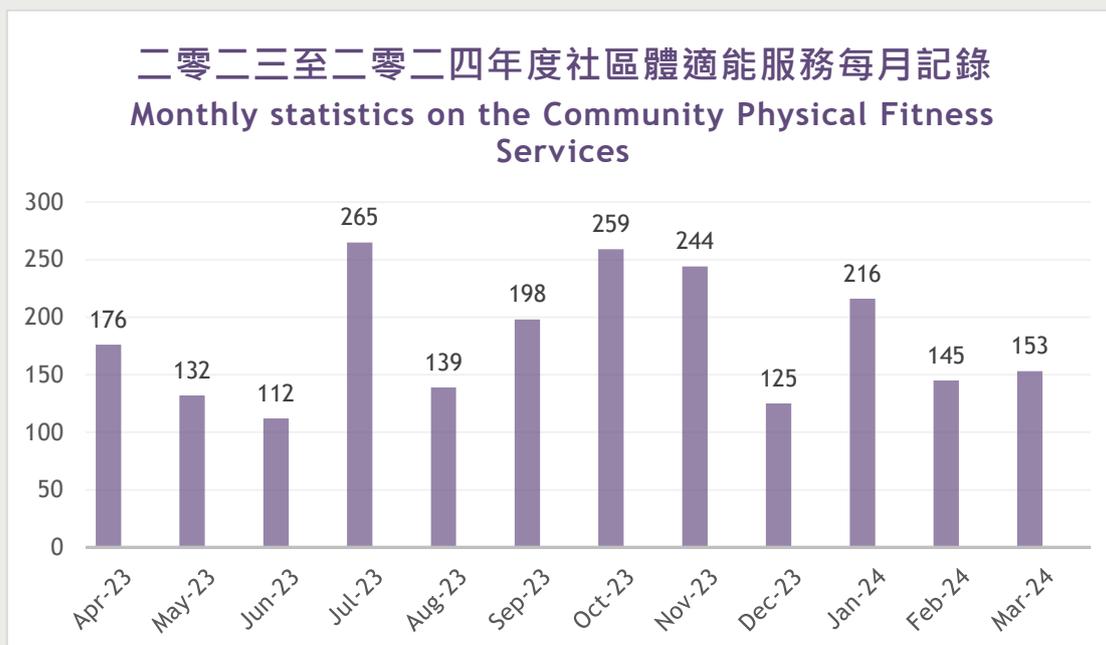
日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
12/7/2023	關節防護運動指導應用證書課程 Joint Care Exercise Instruction Proficiency Certificate Course	1	31
	總計 Total:	1	31

# 社區體適能服務記錄

## Records of Community Fitness Services

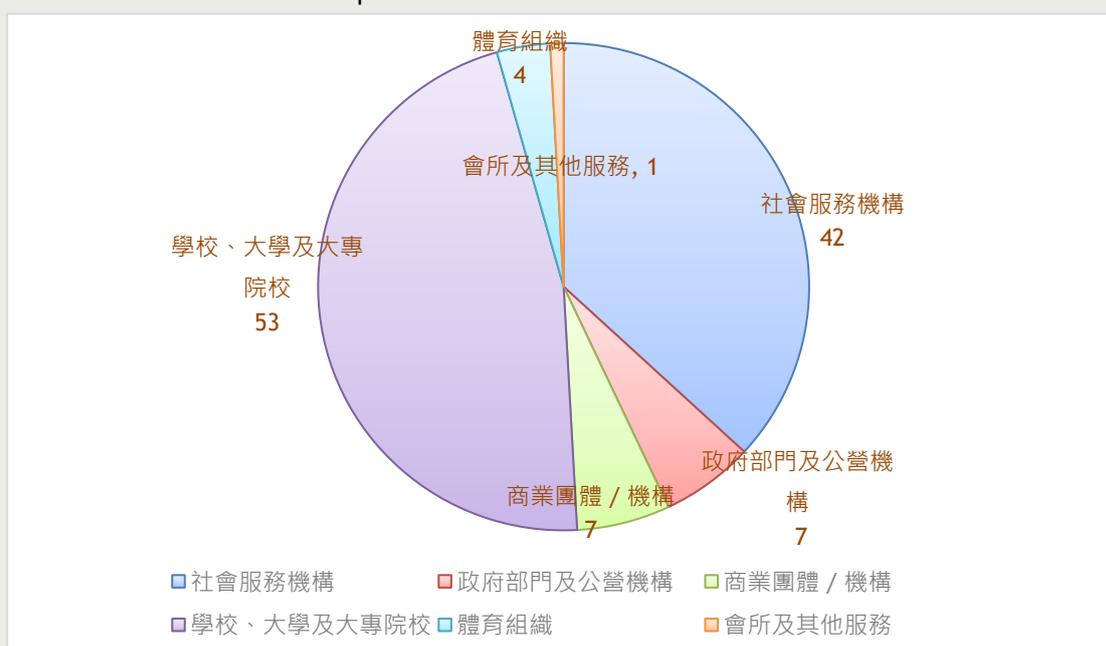
於二零二三至二零二四年度，本會與外間團體合作舉辦社區體適能服務的次數多達 2,164 次，服務人次達 44,763 人。

During the year of 2023/2024, PFA provided more than 2,164 community fitness services to different government departments, community organizations, schools and cooperates, and 44,763 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 114 間。合作團體及機構業務及服務性質分佈：

According to statistical records, 114 corporate bodies and organizations co-organized services with us. Their business and service nature is presented below.



本於二零二三至二零二四年度的合作團體及機構名單： Collaborative bodies and organizations in 2023/2024:

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)	醫務衛生局
職業安全健康局	衛生署
義務工作發展局	民政事務處
香港太空館	
體育組織 Sports Organizations	
香港盲人體育總會	中國香港田徑總會
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	
大埔禮賢會幼稚園	香港聖公會麥理浩夫人中心幼稚園幼兒園
小牛頓中英文幼稚園	真理浸信會富泰幼稚園
中華基督教會福幼第二幼稚園	荃灣公立何傳耀紀念中學
五旬節林漢光中學	崇真小學暨幼稚園
天水圍香島中學	彩雲幼兒學校
天主教聖葉理諾幼稚園	救世軍乙明幼兒學校
可立中學 ( 齋色園主辦 )	救世軍卜凱賽琳幼兒學校
全完堂幼稚園	救世軍林拔中紀念學校
東涌靈糧堂怡文中學	救世軍荔枝角幼兒學校
東莞工商總會劉百樂中學	救世軍慶恩幼稚園
東華三院力勤幼稚園	循道衛理聯合教會李惠利中學
東華三院郭一葦中學	黃棣珊中學
東華三院譚錦球伉儷幼稚園	齋色園主辦可藝中學
東華學院	愛秩序灣官立小學
青衣商會天水圍幼稚園	聖公會諸聖中學
青樂幼稚園	聖多馬堂幼稚園
保良局方譚遠良幼稚園暨幼兒園	聖馬可堂白普理幼稚園
保良局吳多泰幼稚園	路德會沙崙堂幼稚園
保良局胡忠中學	路德會良景幼兒園
信望幼兒學校	路德會景林幼兒園
宣道會上書房中英文幼稚園	嘉言中英文幼稚園
迦密中學	翠林浸信會幼稚園
香港中文大學	廣林浸信會呂郭碧鳳幼稚園
香港伯特利教會基甸幼稚園 · 幼兒園	樂善堂梁銻琚書院
香港恒生大學	賽馬會體藝中學
香港浸會大學	寶覺中學
香港教育大學	
社會服務機構 Social Services Organizations	
保良局盧邱玉霜耆暉中心	香港聖公會竹園馬田法政牧師長者綜合服務中心
九龍城地區康健站	香港聖公會慈光堂長者鄰舍中心
仁濟醫院鄧碧雲紀念長者鄰舍中心	香港遊樂場協會
石排灣綜合培訓中心	家在石排灣邨 E.P.S.
竹園區神召會慈鳳長者鄰舍中心	浸信會愛羣社會服務處 青衣長者鄰舍中心
明愛賽馬會照顧者資源及支援中心	耆康會柴灣長者地區中心
東華三院 越齡	耆康會荃灣長者地區中心
東華三院越峰成長中心	基督教家庭服務中心
油麻地地區康健站	基督教家庭服務中心 真光苑長者地區中心
保良局莊啟程耆暉中心	基督教聯合那打素社康服務

保良局翠林中心  
 柏雨長者鄰舍中心  
 香港中華基督教青年會華愛之家宿舍  
 香港仔坊會-賽馬會黃志強長者地區中心  
 香港唐氏綜合症協會賽馬會唐家軒  
 香港家庭福利會  
 香港家庭福利會 九龍城活齡中心  
 香港基督教女青年會  
 香港基督教服務處 樂暉長者地區中心  
 香港婦女基金會何郭佩珍耆康中心  
 香港復康會沙田地區康健站心

將軍澳聖公會安老服務大樓  
 博愛醫院王東源夫人長者地區中心  
 循道衛理楊震社會服務處  
 嗇色園可平耆英鄰舍中心  
 嗇色園可聚耆英地區中心  
 新生精神康復會賽馬會日作坊  
 新生精神復康會 (田景)  
 新生精神復康會 (新生農場)  
 路德會何文田融樂中心  
 樂活新中年慈善動力  
 靈實長者地區服務

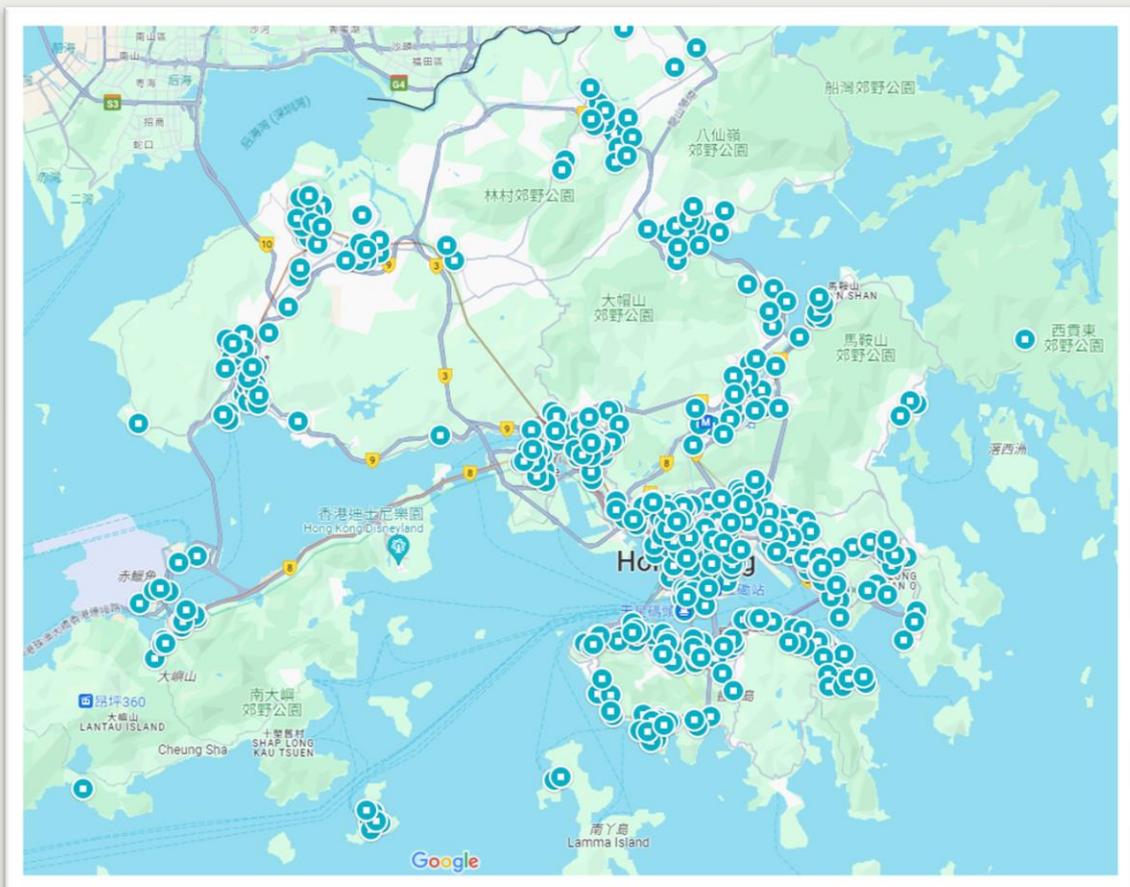
**商業團體/機構 Business Corporations**

Wing Hang Stage Production Co.  
 雲通科技有限公司  
 香港教育城  
 GF lab international ltd.

Archon Wellness Ltd  
 雲通科技有限公司  
 金城營造集團  
 九龍塘會

2018 年至 2024 年期間，本會社區體適能服務網絡遍佈港、九、新界及離島區。

Community fitness services network of HKPFA have been expanded to every corner of Hong Kong Island, Kowloon, the New Territories and Island districts (2018-2024).



# 健康體適能社區期刊

## Health & Fitness Community Page

《健康體適能社區期刊》的宗旨是將時下最新的體適能資訊傳遞給廣大市民，提升健康和生活質量。2024年，期刊將迎來革新，以雙月刊形式每兩個月出版一次。每期將深入淺出地介紹不同的社會熱門主題，包括相關的運動學術研究以及本地不同機構的社區體適能推廣工作。期刊願景是實現「理論與實踐」並重的目標，將科學化且以實證為基礎的體適能知識帶到社區的每個角落。

“Health & Fitness Community Page” aims to disseminate the up-to-date fitness information to the general public for the betterment of health and quality of life. Since the start of 2024 the “Community Page” has been revamped to a bi-monthly publication, discussing different fitness-related hot topics in the field of exercise science from both the academic and the community promotion perspectives. The vision of the “Community Page” is to spread the scientific and evidence-based fitness knowledge to every corner of the community, emphasizing on both proven scientific theories and empirical practical experience.

期刊網頁 Website

QR Code :



二零二四年一至二月雙月刊



二零二四年三至四月雙月刊



二零二四年五至六月雙月刊



二零二四年七至八月雙月刊



二零二四年九至十月雙月刊



《健康體適能社區期刊》由 2024 年 1 月至 2024 年 10 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 2024 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 10 articles from Jan 2024 to Oct 2024. 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>二零二四年一至二月雙月刊</b>	
2024 年全球十大體適能趨勢	潘梓竣博士
當有一天「智能手錶」找上你	陳國雄先生
<b>二零二四年三至四月雙月刊</b>	
金色年華 – 不可忽視的社會「動力」	黃永森博士
自得耆樂的訣竅	蔡慧欣小姐
<b>二零二四年五至六月雙月刊</b>	
淺談糖尿病前期,糖尿病和體力活動的重要性	譚子敬博士
太極拳對代謝健康的好處和初學注意	茹柏鴻博士
<b>二零二四年七至八月雙月刊</b>	
水中高強度間歇訓練 (AHIT) 知多 D	郭文瑋女士
「行山」與 運動安全	黃永森博士
<b>二零二四年九至十月雙月刊</b>	
運動科學：精英運動數字化到大眾體育參與	李致和博士
歷史與進步：殘奧會與香港體育的融合	陸子聰博士

# 賽馬會老友運動計劃

## Jockey Club Active Elders Programme



中國香港體適能總會在香港賽馬會慈善信託基金捐助下，與香港房屋協會（房協）合作推行的「賽馬會老友運動計劃 — 體適能樂活耆園」，是一項為期 3 年的社區慈善體育項目。計劃自 2024 年首季推出以來（至 11 月底為止），已惠及房協轄下 10 個出租屋邨及屋苑，接近一千五百位長者居民接受計劃所提供之體適能服務。未來，計劃將陸續與其他非政府機構合作，為更多長者建立樂活人生。

「樂活耆園」主要透過為長者進行體能測試，再由中國香港體適能總會的專業教練將數據輸入一個為計劃特別建立的電子系統，為長者即時按報告結果，安排適切的健體訓練。計劃的另一特點是在香港房屋協會「房協友里」長者康樂中心定時設立「樂齡健體閣」，引入極具本土特色又刺激好玩的長者電玩遊戲——「體感大激鬥」，將樂齡科技帶入健體運動，鼓勵長者在輕鬆的氣氛與鄰里邊玩邊做運動，促進身心境健康，甚至透過增加長者與社區的聯繫，建構一個健康和活躍的社區擴闊社區。

除此之外，團隊亦於 2024 年 5 月先後於浸會大學國際學院及嶺南大學舉辦培訓課程，培育出大約 60 位長者體適能大使，期望能提高年輕人對長者運動的關注，將來投身長者健體教練行列。

於 2024 年 11 月 30 日，團隊更於何文田女青賽馬會人才發展中心舉行計劃開展禮暨「樂齡智能健體」研討會，邀請專家、學者一同分享樂齡智能健體趨勢及發展長者健體運動的建議，吸引約 180 人參與。

"Jockey Club Active Elders Programme - Fitness Fun Yard," is a three-year community charity sports project organised by HKPFA in collaboration with Hong Kong Housing Society(HKHS), and supported by the Hong Kong Jockey Club Charities Trust. This three-year programme commenced in the first quarter of 2024, aiming to benefit elderly residents across various housing estates managed by the HKHS. As of the end of November, the project has positively impacted nearly 1,500 beneficiaries across 10 housing estates, providing them with professional fitness services tailored to their needs.

We plan to collaborate with more non-governmental organizations to further expand our reach and create a more active and fulfilling healthy lifestyle for the elders in the community. The programme primarily involves conducting fitness assessments for elders. Our professional coaches input the gathered data into a specially created electronic system to provide immediate feedback and personalized fitness training. In addition, we have established "Gerontechnology Corner" at the HKHS elderly centers, introducing an engaging and localized motion-sensing games to make fitness training for elders. This initiative not only promotes physical well-being, but also fosters social connections among elders, contributing to a healthier and more active community.

Moreover, we conducted training courses at Baptist University International College and Lingnan University in May 2024, training approximately 60 elderly fitness ambassadors successfully. This effort seeks to enhance awareness among youngsters about the importance of elderly fitness and encourage their participation in the fitness coaching of elders.

On November 30, 2024, we hosted the programme's opening ceremony and seminar at YWCA Jockey Club Y Plus+ Talent Development Centre in Ho Man Tin. Experts and scholars were invited to share

insights on trends in elderly fitness and propose recommendations for developing fitness programmes tailored to the group. Around 180 participants attended this significant event.

本計劃之社交媒體 Social Media :



<p>主辦機構:</p>  <p>中國香港體適能總會 Physical Fitness Association of Hong Kong, China</p>	<p>捐助機構:</p>  <p>香港賽馬會慈善信託基金</p>	<p>協辦機構:</p>  <p>HONG KONG HOUSING SOCIETY 香港房屋協會</p>
<p>*如有任何更改或爭議，主辦機構保留最終決定權。</p>		

服務數字參考 (至 2024 年 11 月底為止):

項目 Programme:	參與人數/人次 No of Participants:
體能挑戰日(體適能測試) Fitness Assessment	1,359 人 1,359 pax
健體訓練班 Fitness Intervention Course	993 人 993 pax
樂齡健體閣 Gerontechnology Corner	1,748 人次 1,748 pax
到戶體適能測試及訓練班 Home-based Fitness Assessment and Intervention Courses	227 人 227 pax
長者體適能大使課程 Elder Ambassador Course	60 人 60 pax
計劃開展禮 暨「樂齡智能健體」研討會 Opening Ceremony & Seminar	約 180 人 Approx. 180 pax

## 體能挑戰日 Elderly Fitness Assessment and Consultation Service



## 健體訓練班 Fitness Intervention Course



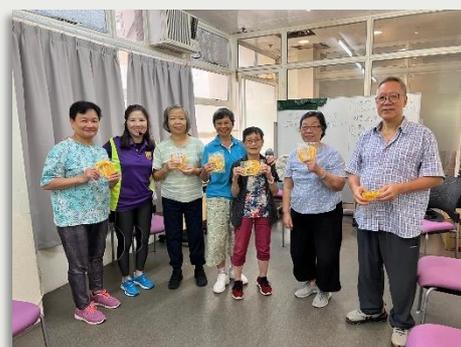
## 到戶體適能測試及訓練班 Home-based Fitness Assessment & Training



## 樂齡健體閣 Gerontechnology Corner



## 獎勵計劃 Fitness Award Scheme



長者體適能大使課程 Fitness Ambassador Course



計劃開展禮 暨「樂齡智能健體」研討會 Opening Ceremony & Seminar



# 近期活動花絮

## Recent Programme Highlights

### 2024 周年晚會

### 2024 Gala Dinner



2024 周年晚會於 2024 年 1 月 5 日順利舉行，當晚筵開 20 席，邀請了兩百多名嘉賓出席。當晚設有豐富禮品抽獎，更有賀年揮春派發，讓整個晚會充滿了歡樂的氣氛。

2024 Gala Dinner was successfully held on January 5, 2024. There were more than 200 guests attending the function with 20 tables. The lucky draws and the distribution of red banners created a joyous and celebratory atmosphere for the wonderful night.



### 推出全新項目「家校健康活力運動學堂」

2024 年，本會於社區服務有新突破，總結了「賽馬會學童 Keep-Fit 方程式」及「賽馬會家校幼兒體適能學堂」計劃之經驗，推陳出新，將更多智能化的體能遊戲及親子運動模式引進幼兒教育界別，推出全新自負盈虧項目「家校健康活力運動學堂」，希望與學校共同推動家校幼兒體適能理念，鼓勵家校同倡體育化生活。

In 2024, there was a breakthrough in the community services for young children. Building on the past JC projects, we introduced more intelligent fitness games and parent-child exercise models to the pre-school sector a new self-financed project, the "Family-School Health and Fitness Academy," was been launching, aiming to promote the concept of family-school children's fitness and encourage a supporting lifestyle within families.



# 近期活動花絮

## Recent Programme Highlights

「小學生體適能及體能活動態度研究(2023/24) 」(小一至小六)

“Survey Study of Students’ Physical Fitness and Their Attitudes toward Physical Education (Primary Schools, 2023/24



(MVPA601：一星期平均每天累積最少 60 分鐘中等至劇烈強度的體能活動)

本會獲教育局委託，於 2023 至 2024 學年期間為上述計劃提供數據收集服務及研究分析，以調查及分析香港小學生的體能活動相關行為、對體能活動的態度、飲食習慣、睡眠質量及其他影響體能活動參與度之相關因素。

本會派出由數十位合資格的統籌及測試員組成的數據收集團隊，到訪 24 所小學，學校偏佈全港、九、新界區，為超過 4600 名小學生作體適能測試及問卷調查。體適能調查項目包括身高(厘米)、體重(千克)、身體質量指數(即 BMI)、生物電阻抗分析(脂肪百分比)、手握力(千克)、一分鐘仰臥起坐(次)、坐前伸(厘米)、十五米漸進式心肺耐力跑(轉數)，以及六分鐘(八歲或以下)或九分鐘(九歲或以上)耐力跑/步行(米)。而問卷調查的目標則為了解小學生的飲食習慣、睡眠習慣、屏幕時間、體能活動參與度，以及對體育的態度。

是次研究結果已交予教育局作參考，作為調整體育課程指引及配套之參考藍本，並配合教育局對 MVPA601 的推動，重申運動與健康的重要性，期望全港小學生發展一個更活躍及健康的學習與生活方式。

In the 2023-2024 academic year, HKPFA was commissioned by the Education Bureau (EDB) to collect and analyze data on primary school students' physical activity behaviors, attitudes, eating habits, sleep quality, and other factors.

HKPFA's team conducted fitness tests and questionnaires with over 4,600 students from 24 schools in Hong Kong, Kowloon, and the New Territories. The tests included height, weight, BMI, BIA, hand grip strength, sit-ups, sit-and-reach, and endurance runs.

The findings were submitted to the EDB to help refine Physical Education curriculum guidelines and promote a healthier lifestyle among primary school students in Hong Kong.

# 近期活動花絮

## Recent Programme Highlights

「說好香港故事」體適能業界 2024 研討會暨《精明地揀選體適能服務指引》發佈會  
2024 Fitness Industry Symposium: Telling Good Stories of Hong Kong



體適能是追求優質生活的其中一個關鍵因素。隨著普羅大眾的運動意識愈來愈高，市民對體適能服務的需求與日俱增。現時，在本地提供體適能訓練設施及相關訓練服務的健身中心多達三千，而且由商業市場主導。有關當局並沒有設立任何法例及服務準則來規管體適能行業，業內偶有出現良莠不齊狀況。一小撮負面個案經過大眾媒體廣泛報導後，卻大大破損了市民大眾對體適能業界的信任。

有見及此，本會與亞洲運動及體適能專業學院 (AASFP) 於 2024 年 6 月 27 日破天荒地合辦「說好香港故事」體適能業界 2024 研討會，邀請社福機構界別的體適能服務營辦者現身說法，分享與「體適能」及「運動」相關的「好人、好事」，藉以引導與會者及市民大眾用開闊的眼光看體適能業界發展，共同為業界注入「正能量」，一起為體適能服務提供者打氣。與此同時，研討會亦加入「業界對談」環節，請來大專教育界、學術界、體適能業界及商界代表，就著「教練專業素養」及「企業社會責任」兩大課題，分享獨到的見解。

本會及 AASFP 同場亦與近 200 位與會者及特邀嘉賓發佈《精明地揀選體適能服務指引》，向市民大眾提出五個保護自己的消費錦囊，提醒他們在選購體適能服務時，須先進行以下五步曲：

**第一步：了解自己的需要**

**第二步：了解及查詢服務範疇**

**第三步：辨識體適能教練的專業資格**

**第四步：參考用家經驗及比較不同服務經營者的價格和收費模式**

**第五步：仔細閱讀服務合約**



Physical fitness is one of the key factors in the pursuit of a quality of life. With the increasing exercise awareness of the general public, the demand for physical fitness services is increasing day by day. At present, there are as many as 3,000 fitness centres providing fitness training facilities and related training services in Hong Kong, and the commercial market is dominant. There is currently no legislation or service standard in place to regulate the fitness industry, and there are occasional negative cases in the industry. A handful of negative cases have been widely reported by the mass media, but they have greatly undermined the public's trust in the physical fitness industry.

In view of this, HKPFA and the Asian Academy for Sports and Fitness Professionals (AASFP) jointly organised the 2024 Fitness Industry Symposium "Telling Good Stories of Hong Kong" on 27 June 2024 to cheer up the physical fitness service providers. At the same time, the seminar also included an "Industry Dialogue" session, where representatives from the tertiary education, academia, fitness industry and business sectors shared their insights on the two major topics of "Coaching Professionalism" and "Corporate Social Responsibility".

With nearly 200 attendees and special guests, HKPFA and AASFP also released the "Guidelines on Smart Choice of Fitness Services", which provided the public with five tips to take before purchasing fitness services:

**Step 1: Understand your needs**

**Step 2: Understand and enquire about the scope of services**

**Step 3: Identify the professional qualifications of the fitness coach**

**Step 4: Reference from other users' experiences, and compare the prices and charging models of different service operators**

**Step 5: Read the service contract carefully**

# 近期活動花絮

## Recent Programme Highlights

### 智能健體新里程研討會

#### Smart Fitness New Milestone Symposium



健體科技日新月異，近年可穿戴科技產品成為運動科學界的最熱門課題和趨勢，而電子虛擬運動亦大受市民歡迎。不少創科企業或公司正在利用人工智能技術協助不同年齡的人士建立運動習慣及提升他們對健體運動的興趣，而疫情時代催化了全球數碼化發展。

有見及此，於 Archon Wellness Limited 及 GOFA 支持下，本會於 2023 年 7 月 15 日下午舉辦「智能健體新里程研討會」，分享及探討健體運動數碼化為後疫情時代所帶來的機遇，同時介紹智能健體產品及服務方面的研究與服務成果，研討會吸引近百人出席。

精彩活動亦包括智能互動團體訓練遊戲、線上運動訓練應用程式、智能跳繩、AI 5G 動作表現遊戲及智能單車比賽等，讓參加者體驗 AI 和 5G 技術在體適能中的應用，促進跨界別合作及交流的機會。而研討會尾聲則由本會專責委員潘梓竣博士發佈「新型冠狀病毒康復研究」。

In recent years, wearable technology has become the hottest topic and trend in the field of sports science, and electronic virtual sports has also become very popular among the public. Many I&T companies are using AI technology to help people of different ages build exercise habits and increase their interest in physical exercise, and the pandemic has catalyzed the global digital development.

In view of this, with the support of Archon Wellness Limited and GOFA, HKPFA held the "Smart Fitness New Milestone Symposium" on the afternoon of 15 July 2023 to share and explore the opportunities brought by the digitalization of fitness in the post-epidemic era, and to introduce the research and service results of smart fitness products and services, which attracted nearly 100 attendees.

Exciting activities also included smart interactive group training games, online sports training apps, smart rope skipping, AI 5G motion performance games and smart cycling competitions, allowing participants to experience the application of AI and 5G technologies in physical fitness, and fostering opportunities for cross-sector collaboration and exchange. At the end of the seminar, Dr. Poon Tsz Chun, committee member of HKPFA, released the results of "Novel Coronavirus Recovery Study".

# 近期活動花絮

## Recent Programme Highlights

慶祝中華人民共和國成立 75 周年活動

celebration of the 75th Anniversary of the Founding  
of the People's Republic of China

### 慶祝中華人民共和國成立七十五周年國慶維港開心跑

本會受康文署邀請出席慶祝中華人民共和國成立七十五周年之國慶維港開心跑，本會資深教練李亦愛教練及兩位其他教練，帶領 75 位銀髮朋友們參與活力動感健身操。

活動當天，參與者們在輕快的音樂中，進行了一系列簡單而有趣的健體動作。教練們的帶領讓現場氣氛熱烈，銀髮朋友們鍛鍊了身體，展現出活力和朝氣，讓整個維港充滿了歡樂的氛圍。

這次活動不僅是對國慶的慶祝，也是鼓勵銀髮族積極參與健身運動，提升身心健康的一個良好契機。

Our association joined the Happy Run at Victoria Harbour, celebrating the 75<sup>th</sup> anniversary of the Founding of PRDC Senior Coach Li Yik Oi and two other coaches led 75 elderly participants in a fun, dynamic fitness exercise.

Participants enjoyed lively music and simple fitness activities, creating a vibrant atmosphere and showcasing their energy and vitality.

### 全民動樂迎國慶 千人齊做伸展操



本會受職安局委託，於 9 月 21 日成功舉辦了一場盛大的活動 - 千人伸展操。此次活動在 D-Park 舉行，吸引了 750 名參加者共同參與，創下「最多人同時做拉力帶伸展操」的健力士世界紀錄。

當天，PFA 派出了 53 位專業教練，負責指導和協調活動進行。參加者們在教練的帶領下，使用拉力帶進行了一系列精心設計的伸展動作。

現場氣氛熱烈，參加者們熱情高漲，隨著教練的帶領一起伸展。這次活動不僅讓大家享受了運動的樂趣，還增進了社區的凝聚力，展現了大家對健康生活的共同追求。

隨著這一創舉的成功，期望未來將有更多類似的活動舉辦，推動全民運動的熱潮。

Our association, commissioned by the Occupational Safety and Health Council, organized the Thousand-Person Stretch Exercise on September 21 at D-Park, attracting 750 participants and setting a Guinness World Record.

HKPFA provided 53 coaches to lead the participants to do resistance band stretches. The lively atmosphere showcased the community's enthusiasm for a healthy lifestyle. We hope to host more events like this to promote fitness.

# 近期活動花絮

## Recent Programme Highlights

全民運動日 2024

Sport For All Day 2024



今年的「全民運動日」於 2024 年 8 月 4 日盛大舉行，主題為「親子體能 與你『童』行」。活動由康樂及文化事務署主辦，旨在促進家庭間的互動，鼓勵親子共同參與健身，提升身心健康。

東昌街體育館成為活動的重點場地，吸引了數百名市民參加。行政長官李家超及其他政府官員也親臨現場，與市民一起體驗活動，展現對健身活動的支持。

其中「90 秒體能挑戰」為活動的重點，包括六個具香港特色的遊戲，如搶包山和扒龍舟。參加者佩戴電子手環，以遊戲的形式進行挑戰，吸引了男女老少的熱情參與。

同時，本會邀請了「香港基督教女青年會戴翰芬幼兒學校」的 6 對親子表演親子活力操，並與神秘嘉賓「蜘蛛女鄭麗莎 Lisa」及其兒子 Lisa 仔仔共同表演，展現親子默契。

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。希望明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。

This year's "Sport for All Day" took place on August 4, 2024, with the theme "Parent-Child Fitness." The event was organized by the Leisure and Cultural Services Department, aiming to promote family interaction and encourage fitness.

Tung Cheong Street Sports Centre, was the there centre, attracting hundreds of participants, including Chief Executive John Lee Ka-chiu. The highlight was the "90-Second Fitness Challenge," featuring games like bun-snatching and dragon boat rowing.

Our association invited parent-child pairs from YWCA Tai Hon Foun Nursery School to perform fitness dance on stage, along with special guest, "Spider-Woman Lisa Cheng Lai-sa" and her son. The event was a success, showcasing the importance of a physical exercise and health.

# 財務報告(2023-2024)

## Financial Report (2023-2024)

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 2024, 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 2024, 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 ("HKSAAs") 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)**

PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED  
STATEMENT OF FINANCIAL POSITION AS AT 31 MARCH 2024

HK\$	2024 HK\$	2023 HK\$
<b>NON-CURRENT ASSETS</b>		
Property, plant and equipment	70,573	18,603
Right-of-use assets	1,447,431	1,999,873
	<u>1,518,004</u>	<u>2,018,476</u>
<b>CURRENT ASSETS</b>		
Inventories	36,322	36,322
Accounts receivable, other receivables, deposits and prepayments	2,406,135	937,012
Tax recoverable	-	38,814
Cash and cash equivalents	22,442,453	21,501,558
	<u>24,884,910</u>	<u>22,513,706</u>
<b>CURRENT LIABILITIES</b>		
Contract liabilities	199,296	311,468
Accounts payable and accrued expenses	8,945,461	8,047,421
Temporary receipt	9,452	9,452
Activities in progress	469,575	5,334,144
Lease liabilities	537,455	521,233
Tax Payable	807,151	-
	<u>10,968,390</u>	<u>14,223,718</u>
<b>NET CURRENT ASSETS</b>	<u>13,961,520</u>	<u>8,289,988</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<u>15,434,524</u>	<u>10,308,464</u>
<b>NON-CURRENT LIABILITIES</b>		
Lease liabilities	957,555	1,495,011
<b>NET ASSETS</b>	<u>14,476,969</u>	<u>8,813,453</u>
Representing:		
<b>ENDOWMENT FUND</b>	444,603	444,603
<b>ACCUMULATED FUND</b>	14,032,366	8,368,850
	<u>14,476,969</u>	<u>8,813,453</u>

PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED  
STATEMENT OF COMPREHENSIVE INCOME  
FOR THE YEAR ENDED 31 MARCH 2024

	2024 HK\$	2023 HK\$
MEMBERSHIP FEE	201,324	207,512
SURPLUS FROM ACTIVITIES	11,023,895	3,952,113
SUNDRY INCOME	182,469	693,931
HONG KONG JOCKEY CLUB CHARITIES TRUST PROGRAMME	16,079,555	17,665,766
FINANCE COST	(88,766)	(47,408)
OTHER OPERATING EXPENSES	(20,886,889)	(24,554,022)
SURPLUS BEFORE TAXATION	6,511,588	917,892
INCOME TAX EXPENSE	(848,072)	-
SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR	5,663,516	917,892



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