



2024 Annual Report

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會長獻辭

President's Message



本人謹代表中國香港體適能總會，衷心感謝各界一直以來的支持。本會邁向新里程，山林道永久會址正式命名為「黃平山醫生體適能教育學院」，本人深感榮幸。此命名不僅是個人光榮，更象徵本會推動體適能教育的承諾，為專業培訓與社區健康奠定堅實基礎。

過去一年，本會積極拓展服務範疇。我們欣喜於 2025 年 3 月及 11 月，分別與香港房屋協會合作，為彩頤居及雋悅長者房屋項目提供一站式健體及健康設施管理服務，將專業體適能概念融入長者生活，促進「積極樂頤年」。

同時，本會獲香港賽馬會慈善信託基金捐助，推行「賽馬會老友運動計劃—體適能樂活耆園」。計劃進展順利，截至 2025 年中，已惠及近 4,000 名長者，成效令人鼓舞。

展望來年，本會將於 2026 年迎來創會四十周年誌慶。誠邀大家與我們一同回味過去四十年服務社會的點滴，分享這份喜悅與成就。讓我們秉持初心，繼續推動全民健康，建設活力香港。

黃平山 醫生

中國香港體適能總會會長

2025 年 12 月 4 日



主席報告

Chairman's Report

本人謹代表中國香港體適能總會董事局及執委會，欣然呈報 2024/25 年度的工作成果。過去一年，本會在五大範疇均取得顯著進展，現概要匯報如下：

行政管理

為配合本會急速發展，我們積極優化組織架構。隨著香港賽馬會、香港房屋協會及利希慎基金等專項計劃的開展，辦事處全職員工人數相應增加，以確保服務質素。我們更透過內部晉升機制，推薦兩位表現出色的同事分別升任「署任助理總監（社區發展）」及「高級社區發展主任」，強化社區項目的統籌能力。

2025 年 3 月，我們隆重舉辦山林道永久會址命名典禮，將全新裝修的會址命名為「黃平山醫生體適能教育學院」，以此向黃平山醫生多年來的卓越領導和貢獻致以崇高敬意。

教育及專業發展

本年度與里仁健康合作，推出「健康顧問基礎證書」及「健康顧問進階證書」課程，培育健康管理專才。同時，我們重啟壓力處理培訓，推出「壓力處理及身心舒緩導師證書」課程，回應社會對身心健康的迫切需求。

社區參與及服務

在「賽馬會老友運動計劃 - 體適能樂活耆園」順利推進的同時，本會獲利希慎基金捐助，推出「SMART 跨代虛擬運動計劃」。此計劃將本會與本地科技公司共同研發的「體感大激鬥」升級為跨代互動運動平台，促進長者與兒童的運動交流，推動智能遊戲化社區體育。

此外，我們與香港房屋協會建立合作關係，為彩頤居及雋悅長者房屋項目提供一站式健體及健康設施管理服務，將專業體適能概念融入長者日常生活，實踐「積極樂頤年」的理念

機構傳訊

為迎接 2026 年創會四十周年，我們正積極籌備一系列誌慶活動。同時，官方網頁重建工作已密鑼緊鼓地展開，預計明年以全新面貌服務市民。我們亦推出了全新的會員管理及課程報名電腦系統，提升運作效率及會員體驗。

研究及出版

本會連續兩年為教育局完成全港中小學生體適能狀況及體育態度調查，並提供專業建議。在出版方面，《壓力處理及身心舒緩導師手冊》已正式發行。我們更與科技業界緊密合作，探索人工智能與科學健體的融合發展，其中與 GOFA 合作的「銀齡樂」應用程式，成為本會在此領域的首個示範項目。

展望未來，本會將繼續堅守使命，推動體適能專業發展，服務社會各界。謹此感謝各董事局成員、執委會同仁、員工及義工的無私奉獻，以及各合作機構的鼎力支持。

沈劍威 教授

中國香港體適能總會
董事局秘書長暨執委會主席

2025 年 12 月 4 日

只提供中文版本 Chinese version only

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。本會是中國香港特別行政區認可「體適能」體育項目監管機構，受香港特區政府及中國香港體育協會暨奧林匹克委員會委託，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 established in 1986. HKPFA is the recognized governing body for "Physical Fitness" sports of Hong Kong SAR, commissioned by the Government of Hong Kong SAR and the Sports Federation and Olympic Committee of Hong Kong, China to foster the professional development of physical fitness in Hong Kong.

願景 Vision

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

為市民創建健康生活 Create Healthy Life for the General Public

為社會營造和諧氣氛 Promote Harmonious Environment for the Community

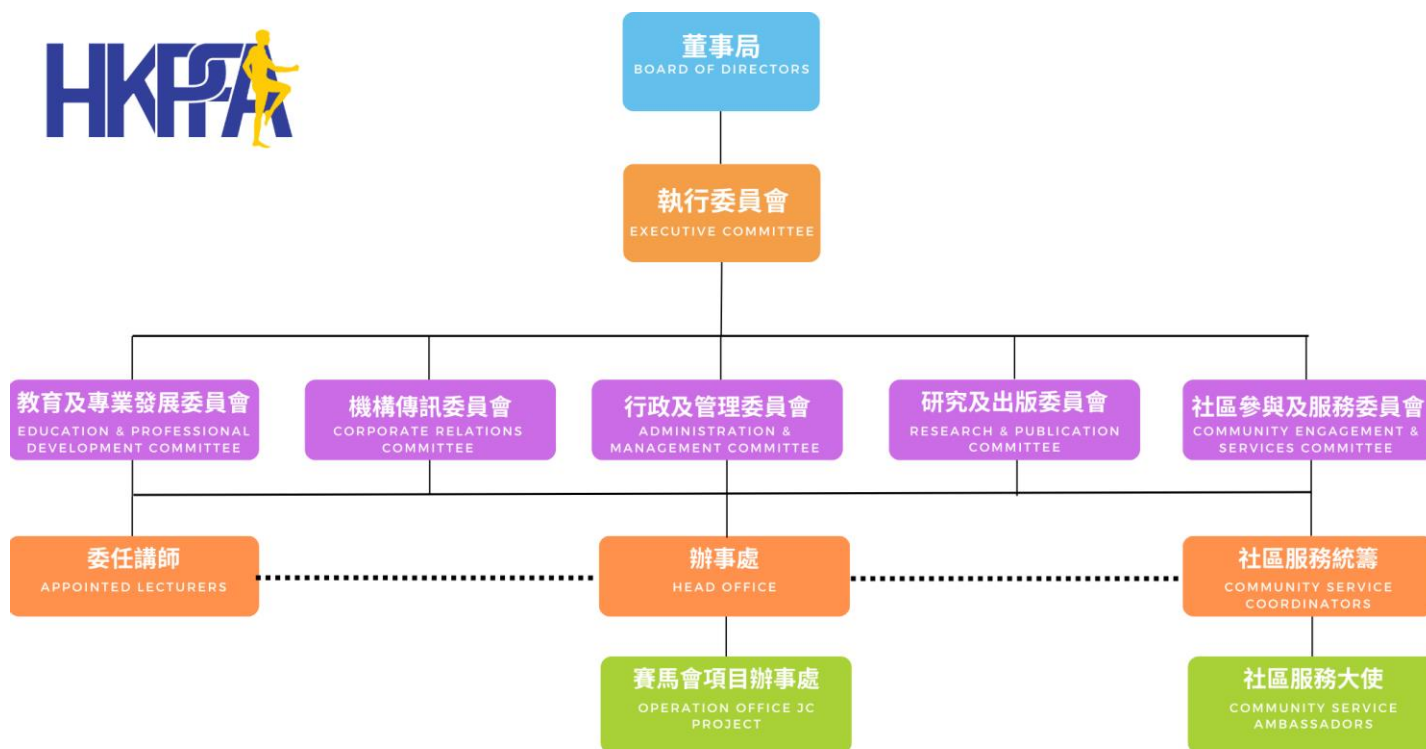
使命 Mission

- 倡導健康體適能及運動安全的概念
Advocate concepts of health, physical fitness and exercise safety
- 推動健康體適能的專業教育及社區教育工作
Advance professional and community education of health and physical fitness
- 促進大眾參與體能活動的平等機會
Promote equal opportunities for general public to participate in physical activities
- 發展健康體適能大型活動及社區服務
Develop major events and community services that relate to health and physical fitness

工作 Work

- 培訓本地健體導師人才為大眾市民提供優質服務
Educate fitness professionals to provide quality services to the general public
- 推動社區為本的健康體能測試計劃普及運動處方理念
Launch community-based physical fitness assessment scheme and spread concept of exercise prescription
- 廣泛建構社區脈絡合辦多元化的體能活動
Develop community networks and co-organize a wide variety of physical activities with partners
- 定期出版會訊及文宣刊物廣傳健康體適能資訊
Publish newsletters, bulletins and papers to promote health and fitness information

組織架構 Organization Structure



會長 President



黃平山醫生
Dr. John P.S. Wong

副會長 Vice-President



魏開義先生
Mr Roy H.Y. Ngai



容樹恆教授 太平紳士 榮譽勳章
Prof. Patrick S.H. Yung, JP MH



王香生教授
Prof. Stephen H.S. Wong



許世全教授
Prof. Stanley S.C. Hui

秘書長 Secretary General



沈劍威教授
Prof. Raymond K.W. Sum

創會董事成員 Founding Director



江 峰先生
Mr F. Kong



黎培榮先生 榮譽勳章
Mr P.W. Lai, MH



江關煥園女士
Mrs Marriane W.Y. Kong

董事局成員 Board of Directors



陳大衛先生
Mr David Chan



魏鄒鳳卿女士
Mrs Loretta F.H. Ngai



楊顯智先生
Mr Edward H.C. Yeung



韓思思博士
Dr. S. S. Hon



阮伯仁先生
Mr Bryan P.Y. Yuen

主席 Chairman



沈劍威教授

Prof. Raymond K.W. Sun

副主席 Vice-Chairperson



韓思思博士

Dr. S. S. Hon



阮伯仁先生

Mr Bryan P.Y. Yuen



鄭毓全先生

Mr Joshua Y.C. Cheng



蕭明輝教授

Prof. Parco M.F. Siu

秘書 Secretary



程偉健博士

Dr. Joe W.K. Ching



楊顯智先生

Mr Edward H.C. Yeung

司庫 Treasurer

執行委員 Executive Committee Members



黃雅君教授

Prof. Wendy Y.J. Huang



李致和博士

Dr. Daniel C.W. Lee



黃安東先生

Mr On Tung Wong



廖允瑋先生

Mr Adrian W.Y. Liu



陳國雄先生

Mr Terry K.H. Chan



陳麗允博士

Dr. Karly O.W. Chan



何偉強先生

Mr Ray W.K. Ho



潘梓竣博士

Dr. Eric T.C. Poon



蘇俊龍博士

Dr. Billy C.L. So



孫風華博士

Dr. Bob F.H. Sun



譚家敏博士

Dr. Winnie K.M. Tam



黃彩琪博士

Dr. Choi Ki Wong



黃詠珊小姐

Miss Jennifer W.S. Wong

職員列席代表

Non-Voting Representative from Office



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	香港浸會大學運動及健康科學系 系主任及教授 Department Chairperson and professor, Department of Sport and Health Sciences
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
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	沈劍威教授	Prof. Raymond K.W. Sum
成員 Members*	鄭毓全先生	Mr Joshua Y.C. Cheng
	程偉健博士	Dr. Joe W.K. Ching
	韓思思博士	Dr. Sze Sze Hon
	陸子聰博士	Dr. Jim T.C. Luk
	蕭明輝教授	Prof. Parco M.F. Siu
	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
	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
	周志清博士	Dr. Gary C.C. Chow
	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
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*	黃雅君教授	Prof. Wendy Y.J. Huang
	廖允瑋先生	Mr Adrian W.Y. Liu
	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
	溫希琳小姐	Miss Phoebe H. L. Wan

*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	Dr. Daniel C.W. Lee
	廖允瑋先生	Mr Adrian W.Y. Liu
	黃安東先生	Mr On Tung Wong
	陳靄允博士	Dr. Karly O.W. Chan
	蔡紹明博士	Dr. Siu Ming Choi
	馬文心小姐	Miss Margo M.S. Ma
	麥慧詩小姐	Miss. Angel W.S. Mak
	蘇俊龍博士	Dr. Billy C.L. So
	黃彩琪博士	Dr. Choi Ki Wong
秘書 Secretary	黃永森博士	Dr. Sam W.S. Wong
	潘德賢女士	Ms Carrie T.Y. Poon
	吳振杰先生	Mr Mars C.K. Ng
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	Dr. Jim T.C. Luk
	黃雅君教授	Prof. Wendy Y.J. Huang
	陳嘉威博士	Dr. Jacky K.W. Chan
	焦姣 博士	Dr. Jojo J. Jiao
	林伏波博士	Dr. Violette F.P. Lin
	吳兆權博士	Dr. Robert S.K. Ng
	潘梓峻博士	Dr. Eric T.C. Poon
	孫風華博士	Dr. Bob F.H. Sun
	譚子敬博士	Dr. Bjorn T.K. Tam
	茹柏鴻博士	Dr. Angus P.H. Yu
	鄭晨 博士	Dr. Chen Zheng
秘書 Secretary	黃永森博士	Dr. Sam W.S. Wong
	吳振杰先生	Mr Mars C. K. Ng

*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
署任助理總監(社區發展) Acting Assistant Director (Community Development)	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
高級社區發展主任 Senior 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
健體教練及項目主任 Programme Officer & Fitness Instructor	李俊賢先生	Mr Ryan C.Y. Lee
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)	謝綽妍小姐	Miss Edith C. Y. Tse
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	林顯聰先生	Mr. Lincoln H.C. Lam
項目幹事 Programme Executive	岑同心小姐	Miss Kristy T.S. Sum
清潔助理 Cleaning Assistant	葉鳳葵女士	Ms F.K. Yip
長者屋苑項目 Elderly Estate Project		
健體教練 Fitness Instructor	馮進希先生	Mr. C.H. Fung
健體教練 Fitness Instructor	吳澤謙先生	Mr. Jeffery C.H Ng
會所助理 Recreation Assistant	何俊偉先生	Mr. T.H. Ho
會所助理 Recreation Assistant	蘇慧蘭小姐	Miss. W.L. So

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	壓力處理及身心舒緩技巧導師證書 Stress Management & Mind-Body Relaxation 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
基層醫療系列 Primary Healthcare Series	技能及技術增進系列 Skills & Techniques Enhancement Series

課程架構

Course Structure

各證書級別的資歷要求 Eligibility requirements of different certification levels				
專業級別 Level	類別名稱 Type	培訓時數 Training hours	獲取資格 Requirements	證書有效期 Certification Valid period
VII	專家證書 Specialist Certification	≥1,000 小時 Hours	<ul style="list-style-type: none"> ✓ 持有由本地或國內外認可學術機構頒發的體育、運動科學、運動醫學、醫學、康復科學及其他健康體適能相關專業的學士或以上學位 Possess Bachelor or above qualification in Physical Education, Exercise Science, Sports Medicine, Medicine, Rehabilitation Science or other health-fitness related professions from local or overseas recognized academic institutes ✓ 已持有「資深體適能教練證書」資歷 Possess 'Senior Fitness Trainer Certification' qualification ✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓ 順利通過評審委員會的批審 Approval of Judging Panel 	4 年 years
VI	資深教練證書 Senior Fitness Trainer Certification	≥216 小時 Hours	<ul style="list-style-type: none"> ✓ 持有有效的「一級私人體適能教練證書」 Possess PFA valid 'Personal Fitness Trainer (I) Certification' ✓ 於取得「一級私人體適能教練證書」後，累積兩年或以上的體適能及運動教學經驗（不少於 100 小時相應的實務經驗） Accumulate 2 year or above teaching experience in physical fitness and sports after obtaining 'Personal Fitness Trainer (I) Certification' (No less than 100 hours of relevant practical experiences) ✓ 持本會認可有效的「高級體適能測試領袖證書」或同等資歷 Possess PFA valid 'Physical Fitness Assessment Leader (Advanced level) Certification' ✓ 持最少三項本會認可有效的「導師證書」資格 Possess 3 or above 'Instructor Certification' qualifications ✓ 持最少兩項本會認可「延續教育系列或指導員證書」 Possess 2 or above 'Continuing Education Series or Practitioner Certification' ✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓ 順利通過評審委員會的批審 Approval of Judging Panel 	4 年 years
V	一級私人教練證書 Personal Fitness Trainer (I) Certification	≥132 小時 Hours	<ul style="list-style-type: none"> ✓ 持本會認可有效的「二級私人體適能教練證書」 Possess PFA valid 'Personal Fitness Trainer (II) Certification' ✓ 於取得「二級私人體適能教練證書」後，累積一年或以上的體適能及運動教學經驗（不少於 100 小時相應的實務經驗） Accumulate 1 year or above teaching experience in physical fitness and sports after obtaining 'Personal Fitness Trainer (II) Certification' (No less than 100 hours of relevant practical experiences) ✓ 持最少兩項本會認可有效的「導師證書」資格 Possess 2 or above 'Instructor Certification' qualifications ✓ 持最少一項本會認可「延續教育系列或指導員證書」 1 or above 'Continuing Education Series or Practitioner Certification' ✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓ 順利通過評審委員會的批審 Approval of Judging Panel 	4 年 years
IV	二級私人教練證書 Personal Fitness Trainer (II) Certification	≥84 小時 Hours	<ul style="list-style-type: none"> ✓ 持本會認可有效的「器械健體導師證書」資格 Possess PFA valid 'Resistance Training Instructor Certification' ✓ 持本會認可的「體適能測試領袖證書」 Possess PFA 'Physical Fitness Assessment Leader Certification' ✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓ 順利通過「二級私人體適能教練證書」培訓及考核 Passed the training and assessment of 'Personal Fitness Trainer (II) Certification' 	4 年 years
III	導師證書 Instructor Certification	≥60 小時 Hours	<ul style="list-style-type: none"> ✓ 持「基礎證書」資格 Possess 'Foundation Certification' qualification ✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓ 順利完成「導師證書」培訓及考核 Passed the training and assessment of 'Instructor Certification' 	4 年 years
II	領袖證書 Leader Certification	≤36 小時 Hours	<ul style="list-style-type: none"> ✓ 18 歲或以上 Aged 18 years old or above ✓ 持「基礎證書」資格 Possess 'Foundation Certification' qualification ✓ 順利完成「領袖證書」培訓及考核 Passed the training and assessment of 'Leader Certification' ✓ #持有本會「體適能導師證書」 Possessing "Fitness Instructor Certificate" from PFA ✓ #適用於「兒童體育素養測試領袖證書」 Applicable to 'Childhood Physical Literacy Assessment Leader Certification' 	永久 Permanent #4 年 years
I	基礎證書 Foundation Certification	24 小時 Hours	<ul style="list-style-type: none"> ✓ 17 歲或以上 Aged 17 years old or above ✓ 中五或以上教育程度 Form 5 or above Education Level ✓ 順利完成「基礎證書」培訓及考核 Passed the training and assessment of 'Foundation Certification' 	永久 Permanent

證書的認受性 Recognition of Certifications

- 中國香港體育協會暨奧林匹克委員會 Sports Federation & Olympic Committee of Hong Kong, China
- 香港特別行政區 - 康樂及文化事務署 Leisure and Cultural Services Department, HKSAR
- 香港特別行政區 - 紀律部門 Disciplinary departments, HKSAR
- 本地各大專院校 Tertiary institutes in local areas

- 本地各大公營受私營機構 Different public and private organizations in local areas
- 中小學及社區內非政府機構 Schools and non-governmental organizations in community
- 美國運動醫學學院 American College of Sports Medicine
- 美國春田大學 Springfield College, U.S.

有關課程詳細資料，請瀏覽本會網頁 www.hkpfa.org.hk

For more detailed information, please visit our website at 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.

出版書籍

Publication

《器械健體導師手冊》一書由本會執行委員、講師和職員合作籌備、製作和編校，歷時多年，並於 2017 年 6 月份順利出版，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。

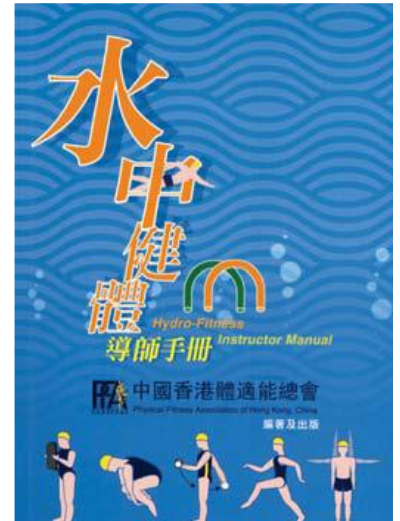
“Comprehensive Theories for Physical Fitness Instructor” was published in September 2017 and officially used as the required textbook for the “Physical Fitness Foundation Certificate Course” and the reference textbook for PFA’s Fitness Instructor Certificate course. The content covers concept of physical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



<<壓力處理及身心舒緩導師手冊>> 集結「Fit 總」多年來主辦「壓力處理導師證書課程」的筆記編輯而成，內容包括理論基礎（如壓力源、壓力與身心反應變化）、壓力評估方法及身心鬆弛技巧（如呼吸及身心伸展）。本手冊旨在讓體適能從業員了解壓力的「心身」反應與健康關係的基本知識，促進從業員推廣身心連繫的運動訓練模式。本手冊於 2025 年 3 月出版，為本會「壓力處理及身心舒緩導師證書課程」的指定用書。內容理論與實踐並重，圖文並茂，適合體適能教練、輔導員、社會工作者、心理學家及醫療健康專業人員等參閱。



The "Stress Management and Mind-Body Relaxation Instructor Manual" was a compilation of notes from years of PFA's "Stress Management Instructor Certificate Course." The content included theoretical foundations (such as sources of stress, changes in psychological and physiological responses to stress), stress assessment methods, and mind-body relaxation techniques (such as breathing and body-mind stretches). This manual aimed to help fitness professionals understand the basic knowledge of the mind-body response to stress and its relationship with health, and to promote exercise training models emphasizing mind-body connection. Published in March 2025, this manual was the designated textbook for PFA's "Stress Management and Mind-Body Relaxation Instructor Certificate Course." The content balanced theory and practice, with rich illustrations, making it suitable for fitness coaches, counselors, social workers, psychologists, and healthcare professionals.

本會講師 (2025 年度)

PFA Lecturers(2025)

委任講師 Appointed Lecturers

區永河先生 Mr W.H. Au	周志清博士 Dr. Gary C.C. Chow	李本利先生 Mr. Bonnie B.L. Lee	潘世顯先生 Mr. Derek S.H. Poon	黃思靈先生 Mr. Sidney S.L. Wong
歐陽嘉謙先生 Mr. Calvin K.H. AU Yeung	朱嘉文小姐 Ms. Carmen K.M. Chu	李致和博士 Dr. Daniel C.W. Lee	潘梓竣博士 Dr. Eric T.C. Poon	黃詠珊小姐 Ms. W.S. Wong
陳國雄先生 Mr. Terry K.H. Chan	鍾伯光教授 Prof. P.K. Chung	李亦愛小姐 Ms. Y.O. Lee	薛曉琪小姐 Ms. Michelle H. Sit	黃永森博士 Dr. Sam W.S. Wong
陳大衛先生 Mr. David Chan	鍾演妮小姐 Ms. Kinnie Y.N. Chung	梁鳳蓮博士 Dr. Elean F.L. Leung	蕭明輝博士 Dr. Parco M.F. Siu	黃永輝先生 Mr. W.F. Wong
陳嘉寶小姐 Ms. Katie K.P. Chan	馮子漢先生 Mr. Brian T.H. Fung	梁沛忠先生 Mr. P.C. Leung	蘇俊龍博士 Dr. Billy C.L. So	楊顯智先生 Mr. Edward H.C. Yeung
陳嘉威博士 Dr. Jacky K.W. Chan	何偉強先生 Mr. Ray W.K. Ho	梁兆文先生 Mr. S.M. Leung	沈劍威教授 Prof. Raymond K.W. Sum	茹柏鴻博士 Dr. Angus P.H. Yu
陳靄允博士 Dr. Karly O.W. Chan	韓思思博士 Dr. S.S. Hon	李致機先生 Mr. C.K. Li	孫風華博士 Dr. Bob F.H. Sun	阮伯仁先生 Mr. Bryan P.Y. Yuen
陳詠兒小姐 Ms. W.Y. Chan	黃雅君教授 Prof. Wendy Y.J. Huang	梁達強先生 Mr. Kenneth T.K. Liang	譚家敏博士 Dr. Winnie K.M. Tam	阮兆綸先生 Mr. S.L. Yuen
陳玉儀小姐 Ms. Kathy Y.Y. Chan	許世全教授 Prof. Stanley S.C. Hui	廖允瑒先生 Mr. Adrian W.Y. Liu	譚子敬博士 Dr. Bjorn T.K. Tam	容樹恆教授 Prof. Patrick S.H. Yung
陳漢雄先生 Mr. H.H. Chan	焦 姣博士 Dr. Jojo J. Jiao	林伏波博士 Dr. Violette F.P. Lin	蔡慧欣小姐 Ms. Jay W.Y. Tsoi	鄭 晨博士 Mr. Chen Zheng
鄭毓全先生 Mr. Joshua Y.C. Cheng	江 峰先生 Mr. F. Kong	盧徑遠先生 Mr. Felix K.Y. Lo	黃彩琪博士 Dr. C.K. Wong	
鄭鍵明先生 Mr. K.M. Cheng	江子楊先生 Mr. T.Y. Kong	陸子聰博士 Dr. Jim T.C. Luk	王香生教授 Prof. Stephen H.S. Wong	
張應明先生 Mr. Ricky Y.M. Cheung	江關煥園女士 Mrs. Marriane W.Y. Kong	馬文心小姐 Ms. Margo M.S. Ma	黃振僑先生 Mr. J.K. Wong	
程偉健博士 Dr. Joe W.K. Ching	賴清漳先生 Mr. Lawrence C.W. Lai	吳兆權博士 Dr. Robert S.K. Ng	黃愛玲小姐 Ms. O.L. WONG	
蔡紹明博士 Dr. S.M. Choi	黎培榮先生 Mr. P.W. Lai	魏鄧鳳卿女士 Mrs. Loretta F.H. Ngai	黃安東先生 Mr. O.T. Wong	
周碧珠教授 Prof. Bik B.C. Chow	羅英勤醫生 Dr. George Y.K. Law	魏開義先生 Mr. Roy H.Y. Ngai	黃平山醫生 Dr. John P.S. Wong	

委任助理講師 Appointed Assistant Lecturer

陳展基先生
Mr. Keith C.K. Chan

專業證書課程記錄

Records of Professional Certification Courses

本會於二零二四至二五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 2024/25 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	14	505	
體適能基礎證書公開考試 Physical Fitness Foundation Certification Exam	40	822	89%
優質健行領袖證書課程 Quali-walk Leader Certification Course	2	72	
優質健行領袖證書考試 Quali-walk Leader Certification Exam	2	72	100%
體適能測試領袖證書課程 Physical Fitness Assessment Leader Certification Course	4	88	
體適能測試領袖證書考試 Physical Fitness Assessment Leader Certification Exam	4	91	82%
器械健體導師證書課程 Resistance Training Instructor Certification Course	5	72	
器械健體導師證書考試 Resistance Training Instructor Certification Exam	5	84	60%
長者健體導師證書課程 Elderly Fitness Instructor Certification Course	2	72	
長者健體導師證書考試 Elderly Fitness Instructor Certification Exam	3	85	82%
兒童體適能導師證書課程 Children Fitness Instructor Certification Course	2	58	
兒童體適能導師證書考試 Children Fitness Instructor Certification Exam	2	59	100%
伸展訓練導師證書課程 Stretching Instructor Certification Course	1	24	
伸展訓練導師證書考試 Stretching Exercise Instructor Certification Exam	1	23	95%
高級體適能測試領袖證書課程 Physical Fitness Assessment Leader (Advanced Level) Certification Course	1	18	
高級體適能測試領袖證書考試 Physical Fitness Assessment Leader (Advanced Level) Certification Exam	1	20	75%
二級 PFA 私人體適能教練證書課程 PFA Personal Fitness Trainer (II) Certification Course	1	27	
二級 PFA 私人體適能教練證書考試 PFA Personal Fitness Trainer (II) Certification Exam	1	27	88%
總數 Total:	91	2219	84%

延續教育工作坊記錄

Records of Continuing Education Symposiums

本會於二零二四至二五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 2024/25 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
16/4/2024 & 29/8/2024	姿勢評估及矯健技巧訓練課程 Postural Assessment and Correctional Exercise Practitioner Training Course	2	37
5/7/2024	水中太極訓練工作坊 Aqua Tai Chi Training Workshop	1	9
24/2/2024	健身球及橡筋帶指導員訓練課程 Fit ball and Elastic Band Practitioner Training Course	1	15
總計 Total:		4	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
17/1/2025	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	13
25/3/2025	運動貼紮(Sports Taping)工作坊 Sports Taping Workshop	1	16
總計 Total:		2	29

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
2/5/2024	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	25
17/5/2024	身心伸展運動體驗工作坊 Body-mind Stretching Exercise Experience Workshop	1	9
7/10/2024	上班族調節呼吸工作坊 Breathing Adjustment for Office Workers Workshop	1	4
30/10/2024	速度及敏捷訓練工作坊 Speed and Agility Training Workshop	1	16
27/11/2024 & 8/5/2025	淺談肌筋膜舒展工作坊 Introduction on Myofascial Stretching Workshop	2	37
14/12/2024	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 Pectoral	1	9
21/12/2024	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	13
19/2/2025	Flexi-Bar 及 XCO-Trainer 體驗工作坊 Flexi-Bar and XCO-Trainer Experience Workshop	1	16
總計 Total:		9	129

基層醫療系列

Primary Healthcare Series

日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
25/4/2024	預防游泳肩患與提升游泳表現工作坊 Preventing "Swimmer's Shoulder" and Enhancing Swimming Performance Workshop	1	18
22/1/2025	高血壓與糖尿病人士運動須知工作坊 Exercise Guidelines for People with Hypertension and Diabetes Workshop	1	20
總計 Total:		2	38

跨行業學習課程系列

Cross-Industry Learning Programme Series

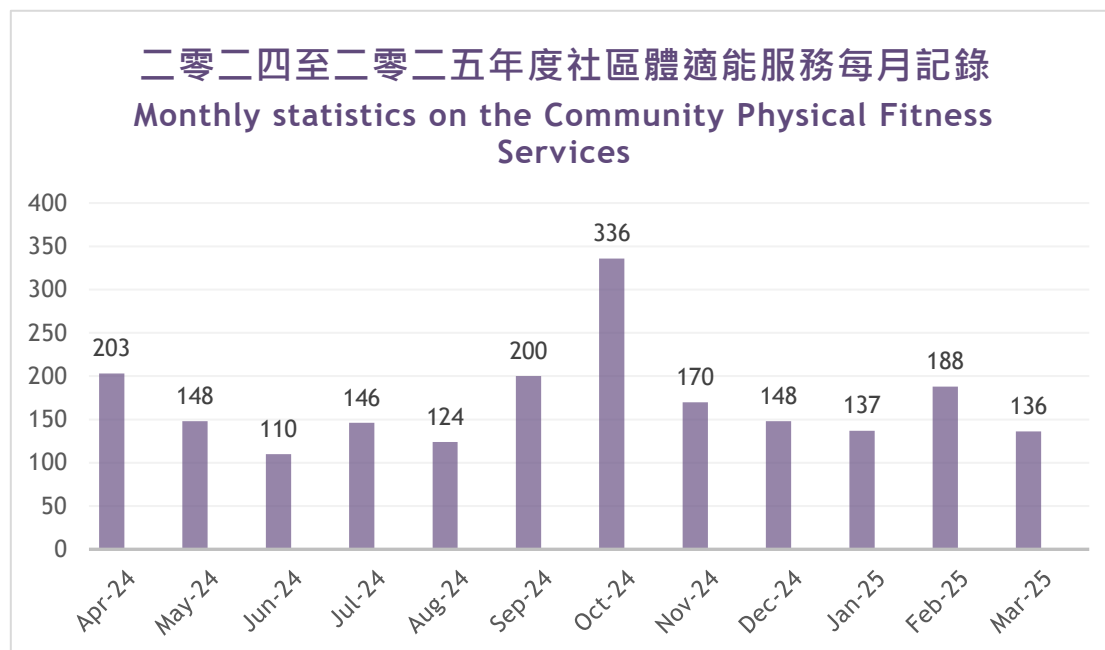
日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
2/5/2024	健身設施管理應用證書 (網上課程) Certificate of Proficiency in Fitness Facilities Management (Online Course)	1	11
7/8/2024	關節防護運動指導應用證書課程 Certificate of Proficiency in Joint Care Exercise Instruction	1	10
總計 Total:		2	21

社區體適能服務記錄

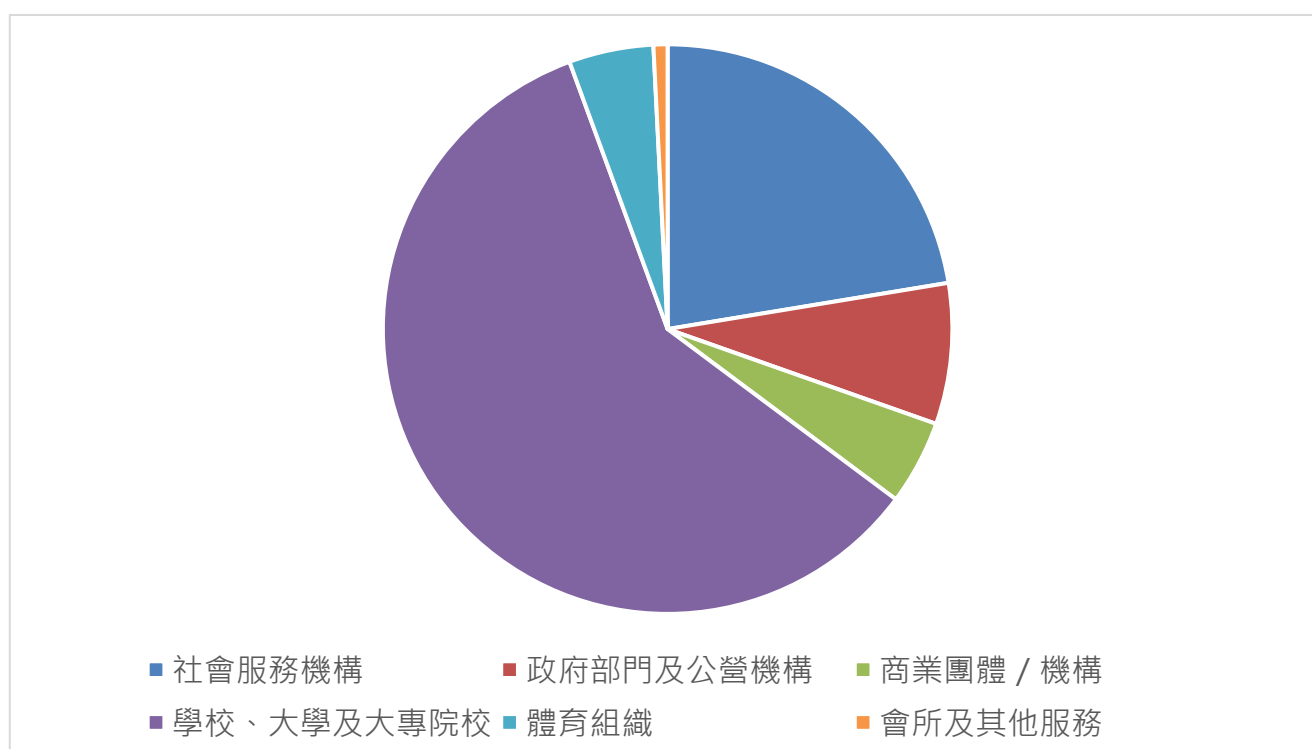
Records of Community Fitness Services

於二零二四至二零二五年度，本會與外間團體合作舉辦社區體適能服務的次數多達 2,046 次，服務人次超過 50,760 人。

During the year of 2024/2025, PFA provided more than 2,246 community fitness services to different government departments, community organizations, schools and cooperates, over 50,760 people has been served.



根據統計顯示，本年度與本會合作的團體及機構多達 125 間。合作團體及機構業務及服務性質分佈：
According to statistical records, about 125 corporate bodies and organizations co-organized services with us. Their business and service nature were presented below.



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)	東區醫院癌症病人資源中心
職業安全健康局	賽馬會溜西洲公眾高爾夫球場
香港金融管理局	深水埗民政事務處
香港太空館	香港房屋協會
保險業監管局	香港國際機場

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
香港奧林匹克之友	澳門體育暨運動科學學會

學校、大學及大專院校 Schools, Universities & Educational Institutes

香港大學	金巴崙長老會耀道中學
香港中文大學	青衣商會天水圍幼稚園
東華三院郭一葦中學	保良局呂陳慧貞幼稚園暨幼兒園
三水同鄉會劉本章學校	保良局李樹福幼稚園
大埔禮賢會幼稚園	保良局李樹福幼稚園幼兒園
中華基督教青年會上水幼稚園	保良局胡忠中學
五旬節林漢光中學	保良局馮梁結紀念幼稚園
仁愛堂田家炳中學	保良局葉吳彬彬幼稚園
仁愛堂劉皇發幼稚園	南屯門官立中學
仁愛堂鄭丁港夫人幼稚園	香港浸信會聯會利安幼兒園
仁濟醫院羅陳楚思中學	香港基督教女青年會安定幼兒學校
元朗信義會生命幼稚園	香港基督教女青年會趣沂幼稚園
天水圍香島中學	香港基督教女青年會戴翰芬幼兒學校
天純幼稚園	香港教師會李興貴中學
太平幼稚園	香港道教聯合會圓玄幼稚園
全完堂幼稚園	孫方中書院
竹園區神召會南昌康樂幼兒學校	恩主教書院
佛教黃藻森學校	荃灣聖母幼稚園
卓基英文學校暨幼稚園	馬鞍山崇真中學
東華三院力勤幼稚園	基督教香港信義會靈工幼兒學校
東華三院捷和鄭氏幼兒園	基督教家庭服務中心 楊蔡慧嫻紀念幼稚園
東華三院雷詠祥兒童中心	基督教康山中英文幼稚園
救世軍卜凱賽琳幼兒學校	聖公會聖匠中學
救世軍白田幼兒學校	聖博德天主教小學(蒲崗村道)
聖德蘭幼稚園	救世軍海富幼兒學校及荔枝角幼兒學校
救世軍荃灣幼兒學校	路德會包美達幼兒園
救恩學校(幼稚園部)	嘉言中英文幼稚園
香港教育大學	嘉諾撒聖方濟各書院
陳蔭川欣康幼兒中心	劍鳴幼稚園
博愛醫院施淑鎮幼稚園幼兒中心	樂善堂梁錫琚書院
博愛醫院陳徐鳳蘭幼稚園幼兒中心	樂善堂劉德學校
博愛醫院陳潘佩清紀念幼稚園	賽馬會體藝中學
循道衛理聯合教會李惠利中學	駿發花園浸信會幼兒學校
雅各中英文幼稚園(深水埗校)	藍田靈糧幼稚園
薈色園主辦可銘學校	懷恩浸信會幼稚園
薈色園主辦可藝中學	寶覺中學
獅子會蔣翠琮中學	觀塘浸信會彩明幼稚園

社會服務機構 Social Services Organizations

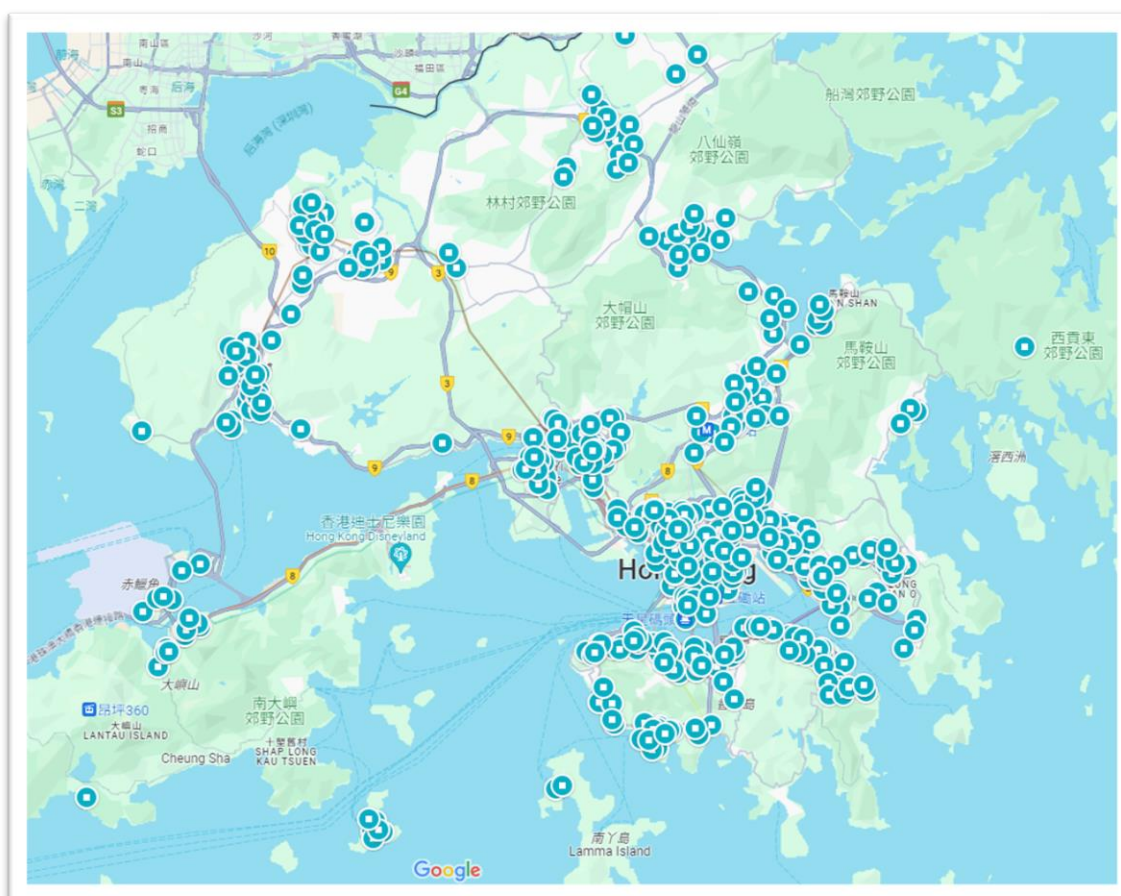
油尖旺地區康健站	香港循道衛理聯合教會教育部
九龍城地區康健站	香港傷健協會
關啟明紀念松鶴老人中心	香港聖公會麥理浩夫人中心
柏雨長者鄰舍中心	基督教家庭服務中心 真光苑長者地區中心
基督教家庭服務中心	香港中華基督教青年會 柴灣長者鄰舍
社區藥物教育輔導會	深水埗中南分區委員會
樂活新中年慈善動力	新生精神康復會
香港盲人體育總會	新生精神康復會田景庇護工場
東華三院凌瑞英中心	新生精神康復會石排灣綜合培訓中心
東華三院 - 東蒲	新生精神康復會新生農場
中華基督教會合一堂耆年中心	葵涌明愛居民互助中心
竹園區社召會慈鳳長者鄰舍中心	香港紅十字會
兒童脊科基金	香港基督教服務處 環翠早期教育及訓練中心
東華三院王澤森長者地區中心	香港復康會沙田地區康健站

商業團體/機構 Business Corporations

22 PLUS 創意傳訊	Archon Wellness Ltd
Health & Wellness Proposition	Kerry Communications Limited
AIA International Limited"	金城營造集團
GF lab international ltd.	
ONENESS	

會所及其他服務 Clubhouse and Other Services

九龍塘會



2018 年至 2025 年期間，本會社區體適能服務網絡遍佈港、九、新界及離島區。

Community fitness services network of PFA had been expanded to every corners of Hong Kong Island, Kowloon, the New Territories and Island districts in the past few years (2018-2025).

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 :



二零二五年一至二月雙月刊

二零二五年三至四月雙月刊

二零二五年五至六月雙月刊



二零二五年七至八月雙月刊



二零二五年九至十月雙月刊



《健康體適能社區期刊》由 2025 年 1 月至 2025 年 11 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
二零二五年一至二月雙月刊	
斷食，減重與健康：「限時飲食」知多 D	代子涵女士
「從科學看 NAD 補充劑：抗衰老的真實與謎團」	張嘉祺女士
減重需要「中途休息」嗎？	曾熙 (Jaclyn Tsang)
二零二五年三至四月雙月刊	
練好體能就夠？身體素養才是終身運動的關鍵	蔡紹明博士
靜態體育類電子遊戲：促進青少年運動的潛力	何偉強先生
二零二五年五至六月雙月刊	
延緩衰老 紓壓人生	魏開義先生
「促進職場員工健康體適能之健康始於足下實例」	許威漢先生、嚴成榮先生 曾冠琮先生、莊宏偉先生 林伏波博士
「佢素人跑者用腳步丈量世界之樂！」	潘偉卓先生、羅淑嫻女士 陳志健先生、莊宏偉先生 林伏波博士
二零二五年七至八月雙月刊	
肥胖型肌少症 (Sarcopenic obesity): 篩查、診斷與彈力帶阻力訓練的成效	梁健忠博士、孫桂萍教授 林清教授、沈劍威教授 楊懌健教授、周雅琳小姐 陳靖霖小姐、黃悅英小姐
穿戴式科技對普羅大眾體能活動及游泳運動員表現的助益初探	郭韻茹博士
《跳高測試大躍進？輕輕跳出過千數據？》	何卓諺先生
二零二五年九至十月雙月刊	
「智 HIIT」體能與健康挑戰計劃：改善輕度智障青少年健康	潘梓竣博士、黃普榮先生、 葉偉傑先生
探索運動與睡眠之間的密切關係	張博睿博士

(只提供中文 Chinese Version Only)

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 2025 年 10 月 10 日為止，已惠及房協轄下 19 個出租屋邨及屋苑，並於 2025 年 4 月起與超過 25 間非政府機構攜手合作，超過三千九百位長者接受計劃所提供之體適能服務。

「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专业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」長者中心 及合作機構的場地定時設立「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。

計劃亦推出創新「到戶體適能測試及健體訓練班」，專為行動不便或體弱長者提供上門服務，讓他們在家中也能在專業指導下安全運動，真正實踐「居家安老，樂享生活」。

在 2025 年 6 月 28 日，本計劃於何文田女青賽馬會人才發展中心舉行「安居·樂活」到戶體適能服務研討會，並邀請專家學者分享經驗，探討長者對「到戶服務」的需求，吸引約 150 人參與。

計劃團隊更於 2025 年 10 月 25 日至 10 月 26 日假鑽石山荷里活廣場舉行嘉年華活動——「耆趣家庭同樂日 2025」，透過多元化體適能遊戲促進跨代互動，營造和諧家庭氛圍，並積極推廣長者體適能發展，強調健康生活的重要性。

"Jockey Club Active Elders Programme - Fitness Fun Yard," is a community charity sports project organised by HKPFA in collaboration with Hong Kong Housing Society(HKHS), with generous support from the Hong Kong Jockey Club Charities Trust. This three-year program was launched in the first quarter of 2024. Up to October 10, 2025, the programme has benefited 19 various housing estates managed by the HKHS. Starting from April 2025, we have partnered with over 25 non-governmental organizations, with more than 3,900 beneficiaries receiving the fitness services provided by the programme.

The programme emphasizes on conducting fitness assessments for elders. 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 elderly centers, introducing an engaging and localized motion-sensing games to make fitness training enjoyable 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.

We also introduces an innovative "Door-to-Door" Home-based Fitness Service, designed specifically for mobility-impaired or frail seniors to provide them with in-home services, ensuring safe exercise under professional guidance and truly embodying the concept of "aging in place, living joyfully."

On June 28, 2025, a seminar on "Home-Based Fitness Services" was held at YWCA Jockey Club Y Plus+ Talent Development Centre in Ho Man Tin, inviting experts and scholars to share insights and discuss seniors' needs for Home-based services, attracting approximately 150 participants.

Additionally, between October 25 and 26, 2025, a carnival event, "Family Fitness Fun Day 2025," was held at Hollywood Plaza in Diamond Hill. The event promoted intergenerational interaction through diverse fitness games, fostered a harmonious family atmosphere, and actively advocated for senior fitness development, emphasizing the importance of healthy lifestyle.

本計劃之社交媒體 Social Media :



主辦機構:



捐助機構:



協辦機構:



*如有任何更改或爭議，主辦機構保留最終決定權。

服務數字參考 (由 2024 年 1 月至 2025 年 10 月 10 日為止):

Activity statistics from January 2024 to October 2025:

項目 Programme:	參與人數/人次 No of Participants:
體能挑戰日(體適能測試) Fitness Assessment	3,924 人 3,924 pax
健體訓練班 Fitness Intervention Course	3,195 人 3,195 pax
樂齡健體閣 Gerontechnology Corner	約 7,406 人次 Approx. 7,406 pax
到戶體適能測試及訓練班 Home-based Fitness Assessment and Intervention Courses	609 人 609 pax
長者體適能大使培訓課程 Elder Ambassador Training Course	60 人 60 pax
知識傳承研討會 Knowledge Transfer Seminar	約 330 人 Approx. 330 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



「安居·樂活」到戶體適能服務研討會 Knowledge Transfer Seminar



近期活動花絮

Recent Programme Highlights

調壓抗衰老線上工作坊暨<<壓力處理及身心舒緩導師手冊>>新書發佈會

本會於 2025 年 6 月 18 日晚舉辦了一場線上工作坊暨新書發佈會，包括 3 大講題，吸引接近一百人參與。



講題 1：「調壓 - 健康生活新典範」

辨識身體與情緒發出的早期壓力警報，不再後知後覺，並「主動調壓」建立為現代健康生活的必備技能，掌握核心調壓機制。

講題 2：「延緩衰老，紓壓人生」

建立「壓力是加速衰老元兇」的認知，並提供透過紓壓來達到內外兼修抗衰老的具體方法。

講題 3：「<<壓力處理及身心舒緩導師手冊>>新書發佈會」

慶祝新書出版，簡介新書內容及核心概念。

Our association held an online workshop and new book launch on the evening of June 18, 2025, featured three main topics and attracted nearly 100 participants.

Topic 1: "Stress Regulation - A New Paradigm for Healthy Living"

Identify early stress warning signals from the body and emotions, no longer react belatedly, and "proactively regulate stress" as an essential modern health skill, mastering the core mechanisms of stress regulation.

Topic 2: "Delay Aging, Destress Your Life"

Develop the understanding that "stress is the culprit that accelerates aging," and provide concrete methods to achieve internal and external anti-aging through stress relief.

Topic 3: "<<Stress Management and Mind-Body Relaxation Instructor Manual>> New Book Launch"

Celebrate the publication of the new book, introducing its content and core concepts.

中國香港體適能總會
壓力處理及身心舒緩導師手冊
調壓·抗衰老 線上工作坊 暨
《壓力處理及身心舒緩導師手冊》
新書發佈會

Zoom
線上工作坊
18/6/2025
時間:
20:30-21:30

報名方法：網上報名
(網上新系統試用)
費用：全免
延續教育學分：出席可獲1個學分
截止報名日期：13/6/2025
名額：額滿即止

主持：黃永森博士
講者：李本利先生
中國香港體適能總會創會主席及榮譽顧問
• 講題：調壓 - 健康生活新典範
講者：魏開義先生
中國香港體適能總會副會長
• 講題：「延緩衰老，紓壓人生」
講者：黃永森博士
中國香港體適能總會行政總監
• 新書發佈

課程部 2838-9594

「家校健康活力運動學堂」

Home-School Health Fitness and Sports Academy



本會自 2024 年於社區服務有新突破，推出全新自負盈虧項目「家校健康活力運動學堂」，計劃至今已服務學校過百次，為接近 3 萬名參加者提供服務。

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，並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。學堂推出項目其中包括親子體適能同樂日、幼兒體適能課程、教師職安健培訓及專業幼師體適能培訓等。同時，為響應教育局建議納入體育課程（小一至中六）的發展方向，學堂積極推行「MVPA60 活力校園計劃」，提供不同類型的體能活動，支援學校推動校園體育氛圍，增加同學們的體能活動量，其中計劃包括智能化的體感遊戲、AI Sport 智能校園等元素。



Since 2024, HKPFA has made new breakthroughs in community service by launching a self-sustaining project called the "Home-School Health Fitness and Sports Academy." To date, the program has served over 100 schools and provided services to nearly 30,000 participants.

We have introduced more intelligent physical games and parent-child exercise models into the preschool sector. Our goal is to collaborate with schools to promote the concept of physical fitness for young children, encouraging both families and schools to embrace a lifestyle centered on physical activity. The academy's programs include Parent-Child Fitness Fun Days, Early Childhood Fitness Courses, Occupational Safety and Health training for teachers, and Professional Fitness Training for preschool educators.

The academy promotes the "MVPA60 Energetic Campus Program" to primary school and secondary school. This program offers various types of physical activities to support schools in fostering a campus sports atmosphere and increasing students' physical activity levels. The program includes intelligent motion-sensing games and AI Sport Smart Campus initiatives.



「鵬程慈善基金 - 智能虛擬運動大賽」於 2025 年 1 月 11 日在啟德體藝館成功舉行。此次活動由中國香港體適能總會、香港教育局及香港兒童健康基金合辦，吸引了 30 隊小學和 10 隊中學參加，挑戰參加者的反應速度和協調能力。比賽中，兩款具香港特色的互動體感遊戲——「維港競速游」及「包山狂熱」成為焦點。參賽學生在遊戲中展現了出色的表現，競爭激烈，氣氛熱烈。

此次活動不僅提升了學生的運動能力，還強化了他們的團隊合作精神，為未來智能虛擬運動的發展奠定了良好基礎。

Bright Future Charitable Foundation - Smart Virtual Sports Challenge took place successfully on January 11, 2024, at the Kai Tak Arena. This event was co-organized by the Physical Fitness Association of Hong Kong, China, the Education Bureau, and the Hong Kong Childhealth Foundation, attracting 30 primary school teams and 10 secondary school teams to join reaction and coordination.

During the competition, two motion battle royale with Hong Kong characteristics—"Victoria Harbour race" and "Bun mountain challenge" were the spotlight. The students showcased outstanding performances, leading to fierce competition and a lively atmosphere.

This event not only enhanced their abilities but also strengthened their team spirit, laying a solid foundation for the future development of smart virtual sports.

SMART 跨代虛擬運動計劃

SMART Virtual Sports Cross Generation Programme



SMART 虛擬運動跨代計劃乃中國香港體適能總承蒙利希慎基金贊助，於 2025 年 10 月啟動之兩年項目，旨在透過虛擬運動科技，促進 50 歲以上非活躍長者與幼童及小學生之體能參與，強化跨代聯繫，共建健康共融社會。計劃以「社區參與、活動工作坊、年度旗艦活動」為核心，設計九項融入香港文化的虛擬運動遊戲，適合不同能力人士，並由專業教練指導確保安全。

計劃免費參與，結合樂齡科技，打破運動限制，提升長者身心健康，促進幼童與長者互動。兩年預計惠及逾 15,000 人，滿意度、體能及心理健康改善達 75% 以上，並於 20 間長者中心建立可持續模式。本計劃與利希慎基金「為社會帶來正面改變，建設更美好的香港」願景契合，推動香港跨代共融、積極樂活的運動文化。

The SMART Virtual Sports Cross Generation Programme, sponsored by Lee Hysan Foundation, is a two-year project starting in October 2025. Targeting inactive older adults (50+), the programme empowers sustained physical activity and enhances social connections. Designed to be fun and simple to follow, it also strengthens cross-generation bonds by actively involving young children alongside older adults.

The program focuses on "community engagement, activity workshops, and an annual flagship event," designing 9 games that incorporate Hong Kong culture, suitable for individuals of varying abilities, guided by professional coaches to ensure safety.

The program is free to participate, combining Gerontechnology to eliminate exercise barriers, enhancing seniors' physical and mental health while promoting interaction between children and seniors. It is expected to benefit over 15,000 people over two years, with a satisfaction rate, physical fitness, and mental health improvement of over 75%. A sustainable model will be established in 20 elderly centers. This program aligns with the Lee Hysan Foundation's vision of "Bringing a positive change to society and building a better Hong Kong," promoting an intergenerational inclusive and active sports culture in Hong Kong.

「中學生體適能及體能活動態度研究(2024/25) 」(中一至中六)

“Survey Study of Students’ Physical Fitness and Their Attitudes toward Physical Education (Secondary Schools, 2024/25)



本會獲教育局委託，於 2024 至 2025 學年期間為上述計劃提供數據收集服務及研究分析，以調查及分析香港中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 26 所中學，學校偏佈全港、九、新界區，為超過 4500 名中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)、皮褶測試(肱三頭肌及內側小肌)(毫米)、一分鐘仰臥起坐(次)、節奏式捲腹(次)、俯臥撐(男)或屈膝俯臥撐(女)(次)、立定跳遠 (厘米)、坐前伸(厘米)、軀幹抬舉(厘米)、十五米漸進式心肺耐力跑(轉數)、以及九分鐘耐力跑/步行(米)。而問卷調查的目標則為了解中學生的飲食習慣、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 MVPA60 的推動，重申運動與健康的重要性，期望全港中學生發展一個更活躍及健康的學習與生活方式。

MVPA60：一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

HKPFA had been commissioned by the Education Bureau (EDB) to provide data collection services and research analysis for the above project in the 2024-2025 academic year, to investigate and analyse the physical activity-related behaviours, attitudes towards physical activities, eating habits, sleep quality and other relevant factors affecting physical activity participation of secondary school students in Hong Kong.

HKPFA's data collection team, comprising dozens of qualified coordinators and testers, visited 26 secondary schools in Hong Kong, Kowloon and the New Territories regions to conduct physical fitness tests and questionnaires for over 4,500 secondary school students. The fitness test items include height (cm), weight (kg), body mass index, i.e. BMI, bioelectrical impedance analysis, i.e. BIA (% fat), skinfold measurements (triceps and calf) (mm), one-minute sit-ups (rep.), curl-up (crunch) (rep.), push-ups (boys)/ bent-knee push-ups (girls) (rep.), standing long jump (cm), sit-and-reach (cm), trunk-lift (cm), 15-meter progressive aerobic cardiovascular endurance run, i.e. 15m-PACER (laps), as well as nine-minute run/ walk (m). On the other hand, the objective of the questionnaire was to understand secondary school students' eating habits, sleep habits, screen time, participation in physical activities, and attitudes towards physical activity.

The results of the study had been submitted to the EDB as a reference blueprint in regulating and adjusting the Physical Education curriculum guidelines and supporting equipment and facilities, and in line with the EDB's advocacy of MVPA60, reiterating the importance of exercise and health, with a view to developing a more active and healthy learning and lifestyle among all secondary school students in Hong Kong.

MVPA60. Accumulate at least 60 minutes of moderate-to-vigorous physical activity per day on average in a week



自二零二五年三月開始，中國香港體適能總會派遣全職教練一直在彩頤居擔任健身室駐場教練，主要協助長者學習及正確使用各類健身器材，並鼓勵他們建立恆常運動的習慣。在這段時間裡，教練觀察到許多長者雖然有運動的意願，但對器材的操作並不熟悉，甚至擔心受傷。他根據每位長者的身體狀況設計合適且安全的運動計劃，讓他們能循序漸進地提升體能和信心。

看到長者們的體能逐漸提升，精神變得更加充沛，笑容與自信隨之增多。這些改變反映出他們在運動上的努力與堅持。透過恆常的訓練，長者們的活動能力明顯改善，日常生活變得更輕鬆自在，這些成果進一步印證了持續運動對長者身心健康的重要性。

Since March 2025, HKPFA's Full-time fitness coach has been serving as the resident coach at the Cheerful Court Fitness Room, primarily assisting seniors in learning the correct use of fitness equipment and encouraging them to establish a habit. During the service, the coach observed that many seniors, despite their willingness to exercise, were unfamiliar with the equipment and worried about injuries. The coach, designed suitable and safe exercise plans tailored to each senior's physical condition, allowing them to gradually improve their fitness and confidence.

The seniors gradually improved their physical fitness and became more energetic, with more smiles and confidence, that reflected their efforts and persistence in exercise. Through regular training, their mobility has been significantly improved, making their daily life easier and more comfortable. The above experience underscored the importance of continuous exercise for their physical and mental health.

慢性疾病風險普測服務

Chronic Disease Risk Screening Service



由中國香港體適能總會與里仁健康聯合舉辦的慢性疾病風險普測服務，於父親節進軍健康博覽 Health Expo 2025，採用 Airdoc 嶄新人工智能眼底片拍攝技術 1 分鐘掃描拍攝眼底相，5 分鐘後獲取 PDF 檔報告，慢性疾病風險無所遁形。

完成普測後，由接受過專業培訓的健康顧問解說報告，幫助參加者了解健康狀況，並即時按需要提供健康建議。

The Chronic Disease Risk Screening Service, co-organized by the Physical Fitness Association of Hong Kong China and Oneness Health, made its debut at the Health Expo 2025 on Father's Day. Utilizing Airdoc's cutting-edge artificial intelligence fundus imaging technology, participants can complete a 1-minute fundus scan and receive a PDF report in 5 minutes, revealing chronic disease risks.

After completing the screening, professional health consultants will interpret the report, helping participants understand their health and providing immediate health advice as needed.

體適能導師康養一天遊

Fitness Instructors' Wellness Day Tour

7 月 1 日，Fit 總一行 43 人前往深圳博愛曙光醫院，參與「體適能導師康養一天遊」活動。是次活動由創會董事江峯先生及行政總監黃永森博士帶領，執委會副主席鄭毓全先生及秘書程偉健博士亦同行。

活動當日行程豐富，上午由林明祥先生與李嘉雯博士分別主講「病從口入」及「身心靈需要」兩大主題課程，內容兼具理論與實踐，讓參加者獲益良多。午膳後，團員可按個人興趣體驗不同的體檢或康養項目，進一步了解自身健康狀況。

On July 1st, a group of 43 members traveled to BOAI Hospital in Shenzhen to participate in the "Fitness Instructors' Wellness Day Tour" activity. The event was led by Founding Director Mr. Kong Feng and Dr. Wong Wing-sum, with Vice Chairman of the Executive Committee Mr. Cheng Yuk Chuen and Secretary Dr. Cheng Wei Kin also in attendance.

The day's agenda was rich and diverse. In the morning, Mr. Lam Ming-cheung and Dr. Lee Ka man delivered two keynote sessions on the topics of "Disease Prevention Through Diet" and "Holistic Wellness Needs," respectively. The presentations combined both theoretical knowledge and practical applications, providing valuable insights to all participants.



山林道場地借用

Venue Rental

本會現已提供場地租用服務，適合各種用途，包括：會議、工作坊、培訓活動、講座、個人及團體訓練，歡迎團體、個人及本會會員租用。

PFA now offers venue rental services, suitable for various purposes including meetings, workshops, training activities, lectures, and individual or group training. Groups, individuals, and members are welcome to inquire about rental opportunities.



中國香港體適能總會

☎ 2838 9594 ☎ 2575 8683 ✉ info@hkpfa.org.hk

地址：香港九龍尖沙咀山林道9-11號卓能中心17樓（鄰近港鐵佐敦站D出口）

場地借用



活動室 1
設全身鏡 (約40個座位)



活動室 2
設全身鏡 (約20個座位)



活動室 1+2

特別優惠

租用10小時起85折
租用20小時起8折

長租伙伴可聯絡本會洽商

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- ✓ 全面的設施配套
- ✓ 景觀開揚、理想市區地點
- ✓ 體能物資借用

歡迎 團體、個人及本會會員 租用

場地資料及申請表格請掃描QR Code參閱



Scan Me!

主辦機構



中國香港體適能總會
PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA

策略伙伴及贊助



利希慎基金會
LEE HYSAN FOUNDATION



SMART

Virtual Sports Cross Generation Programme
跨代虛擬運動計劃

全新計劃 正式啟動!

跨代同樂，運動無界！




Smart 跨代虛擬運動計劃正式啟動

SMART Virtual Sports Cross Generation Programme

中國香港體適能總會承蒙利希慎基金的贊助，將推出為期兩年之全新項目「SMART 跨代虛擬運動計劃」。此計劃旨在透過創新有趣的虛擬運動體驗，促進 50 歲或以上的非活躍長者及學童的體能活動，同時透過讓長者與學童共同參與持續的體能活動，增強跨代社區聯繫，打造健康及共融的生活方式。

Physical Fitness Association of Hong Kong, China, with the generous sponsorship of the Lee Hysan Foundation, is launching a brand-new two-year initiative: the "SMART Virtual Sports Cross Generation Programme." This project aims to promote physical activity among inactive seniors aged 50 or above and students through innovative and engaging virtual sports experiences. By engaging seniors and students in sustainable physical activities together, the initiative seeks to strengthen intergenerational community bonds and foster a healthy, inclusive lifestyle.

40週年活動「你的故事・我們的回憶」 40th Anniversary “Your Story, Our Memories”

為慶祝這個意義非凡的 40 周年，我們誠邀您打開記憶的寶盒，與我們分享那些珍貴的瞬間。

或許是櫃子深處的一張舊照片，記錄了當年汗水與笑容交織的時刻；或許是手機裡珍藏的一段錄音或影片，捕捉了某次活動的歡聲笑語；又或許，是您心中深藏已久的一個故事，關於友情、挑戰與成長。

每一個微小的片段，都是 Fit 總歷史拼圖中不可或缺的一塊。讓我們一起動手，拼湊出我們完整的 Fit 總四十年。

As we celebrate FIT's 40th anniversary, we invite you to share your cherished memories with us — a photo that captures the spirit of the past, a video filled with laughter, or a story of friendship and growth.

Every moment you share helps complete the puzzle of FIT's forty years of history. Let's celebrate this milestone together



The poster is for the HKPFA 40th Anniversary. At the top left is the HKPFA logo with the text '中國香港體壇總會'. At the top right is '40th anniversary' in a cursive font. The main title '40週年' is in large, bold black characters, with '40' circled in blue. Below it, the theme '你的故事 我們的回憶' is written in a stylized font. To the right, a small tag says 'WE NEED YOU'. The central illustration shows a man in a blue shirt and brown shorts holding a yellow megaphone. Surrounding him are various icons representing memories: a photo album, a cassette tape, a film strip, a blue envelope, a blue folder, and a blue book. A yellow tag with the Chinese characters '邀請函' (Invitation) is placed near the man. Below the illustration, a text box contains the message: '一張舊照片，一段錄音，一個故事 能夠拼湊出我們完整的Fit總四十年' (A old photo, a recording, a story can piece together our complete FIT's 40 years). Below this is the phrase '期待您的來信' (We look forward to your letter) and a QR code with the text '掃描QR CODE 上傳您的故事' (Scan QR CODE to upload your story). At the bottom, contact information is listed: '查詢直線: 2679 2610 (Mars)', 'Whatsapp: 9682 7780 (Mars)', and '電郵: Mars@hkpfa.org.hk'.

HKPFA 中國香港體壇總會

40th anniversary

40週年

WE NEED YOU

你的故事 我們的回憶

邀請函

一張舊照片，一段錄音，一個故事
能夠拼湊出我們完整的Fit總四十年

期待您的來信

掃描QR CODE
上傳您的故事

查詢直線: 2679 2610 (Mars)
Whatsapp: 9682 7780 (Mars) 電郵: Mars@hkpfa.org.hk

財務報告(2024-2025)

Financial Report (2024-2025)

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)

QUALIFIED OPINION

We have audited the financial statements of Physical Fitness Association of Hong Kong, China Limited (the "Association") set out on pages 6 to 30, which comprise the statement of financial position as at 31 March 2025, and the statement of comprehensive income and the statement of changes in equity and the statement of cash flows for the year then ended, and notes on the financial statements, including material accounting policy information.

In our opinion, except for the effects of the matter described in the Basis for Qualified Opinion section of our report, the financial statements give a true and fair view of the financial position of the company as at 31 March 2025 and of its financial performance and its cash flows for the year then ended in accordance with HKFRS Accounting Standards 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 QUALIFIED OPINION

Consolidated financial statements of Association and its subsidiaries for the year ended 31 March 2025 have not been prepared as required by HKFRS Accounting Standard 10 "Consolidated Financial Statements". Accordingly, we do not express an opinion on the consolidated financial statements.

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 HKFRS Accounting Standards 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.

The engagement partner on the audit resulting in this independent auditor's report is Pau Wai Sun (practicing certificate number: P06471).

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 2025

	HK\$	2025 HK\$	2024 HK\$
NON-CURRENT ASSETS			
Property, plant and equipment		1,815,656	70,573
Right-of-use assets		904,644	1,447,431
Investment in a subsidiary		10,000	-
		<u>2,730,300</u>	<u>1,518,004</u>
CURRENT ASSETS			
Inventories	36,322		36,322
Accounts receivable, other receivables, deposits and prepayments	2,293,323		2,406,135
Amount due from a subsidiary	6,496,939		-
Cash and cash equivalents	12,297,937		22,442,453
	<u>21,124,521</u>		<u>24,884,901</u>
CURRENT LIABILITIES			
Contract liabilities	339,239		199,296
Accounts payable and accrued expenses	6,461,205		8,945,461
Temporary receipt	9,452		9,452
Activities in progress	421,538		469,575
Lease liabilities	564,952		537,455
Tax Payable	823,012		807,151
	<u>8,619,398</u>		<u>10,958,390</u>
NET CURRENT ASSETS		<u>12,505,123</u>	<u>13,916,620</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>15,235,423</u>	<u>15,434,524</u>
NON-CURRENT LIABILITIES			
Lease liabilities		<u>392,603</u>	<u>957,555</u>
NET ASSETS		<u>14,842,820</u>	<u>14,476,969</u>
Representing:			
ENDOWMENT FUND		444,603	444,603
ACCUMULATED FUND		14,398,217	14,032,366
		<u>14,842,820</u>	<u>14,476,969</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 2025

	2025 HK\$	2024 HK\$
MEMBERSHIP FEE	221,156	201,324
SURPLUS FROM ACTIVITIES	5,908,840	11,023,895
SUNDRY INCOME	111,840	182,469
HONG KONG JOCKEY CLUB CHARITIES TRUST PROGRAMME	5,472,588	16,079,555
FINANCE COST	(62,545)	(88,766)
OTHER OPERATING EXPENSES	(11,267,955)	(20,886,889)
SURPLUS BEFORE TAXATION	383,924	6,511,588
INCOME TAX EXPENSE	(18,073)	(848,0722)
SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR	365,851	5,663,516



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