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Fitness Activities in Communities and Organizations



以促進體能活動為己任

香港有越來越多人患上非傳染病，並因此導致健康欠佳、傷殘和早逝。有見及此，衛生署自2018年開始，大力倡議《邁向2025 香港非傳染病防控策略及行動計畫》。促進市民恆常參與體能活動是其中一項重中之重的的工作，亦都是中國香港體適能總會的職責所在。

本會在剛過去一年花上大量的人力資源鼓勵機構夥伴和服務使用者勤參與體能活動。我們在2018年6月舉辦了首次「全城體測日」，藉著腰圍量度及椅上坐前伸測試，喚起市民參與體能活動的動機。2019年4月，我們與港協暨奧委會合作，舉辦了首次「第62屆體育節-粵港澳大灣區水中健體比賽暨匯演」，與來自大灣區的友好，分享參與水中體能活動的樂趣。而且，本會在過去幾年都參與每年在香港會議及展覽中心舉行的「健康博覽」，為市民提供身體組成分析及關節活動評估服務之餘，亦提醒他們恆常參與體能活動的重要。另外，本會自2009年

開始協辦康文署主導的「全民運動日」，每年接觸數以萬計的市民，這些亦都是推廣體能活動的好機會。

單單依靠上述大型活動進行體能活動宣傳並不足夠。本會希望超過二千多名會員朋友及百多個機構夥伴建立更龐大的社區網絡，令促進市民參與體能活動的工作做得更加事半功倍。讓我們在未來一年彼此協力，為香港市民的體適能福祉努力！

黃平山 醫生

中國香港體適能總會 會長

2019年10月4日



惠澤不同社群參與運動的需要

中國香港體適能總會一直認同「運動是良藥(Exercise is Medicine)」的理念。運動(Exercise)是指有目標、計劃、系統的持續性體能活動(Physical Activity)，藉以改善健康及體適能。不論年齡、性別、種族、教育背景、經濟狀況、健康狀況，任何人只要願意改善其健康及體適能，他們應獲得平等參與運動的機會，繼而開展自己的健體計劃。因此，不單一般市民需要運動，慢性病患者和殘疾人士亦需要參與運動來幫助預防及促進康復。

本會在過去一年以「協辦機構」身份參與推動「香港中文大學賽馬會運動良藥計劃」及康樂及文化事務署的「殘疾人士體育訓練計劃」，為慢性病患者和殘疾人士精心設計獨特的健體處方，為他們提供平等參與運動的機會。因應特殊社群(Special Population)的健體服務發展需要，本會在未來一段日子將為體適能導師舉辦相關的專業培訓及延續教育活動。事實上，在過去一年，本會教育及專業發展委員會分別於四月及六月先後開辦首次的「水中復健及深水健體訓練應用證書課程」及「運動良藥：慢性病患者健體指導員培訓課程」，為合共接近200名體適能導師提供了培訓機會。現在他們已準備就緒，為慢性病患者和殘疾人士提供所需服務。

本會於未來年度將會協助康樂及文化事務署舉辦「健體教練專業研討會暨實務工作坊」。我們將會邀請專家、學者發表專題演講，並舉辦各式各樣的實務工作坊，務求讓社會的體適能導師能夠在短時間內提升與慢性病患者和殘疾人士有關的健體知識和技術，從而促進社區康體服務的多元及包容性。

孔子有云：「敏而好學；不恥下問。」讓我們一起以服務的心為心，虛心求教，以期惠澤更多特殊社群。

鍾伯光 教授JP

中國香港體適能總會 主席
2019年10月4日

總會簡介

About Us



中國香港體適能總會成立於1986年，屬於非牟利的體育總會。本會獲香港特區政府及中國香港體育協會暨奧林匹克委員會認可，致力推動香港體適能專業發展。

Physical Fitness Association of Hong Kong, China (PFA) is a non-profit making national sports association which has been established since 1986. We are recognized by the Hong Kong S.A.R. Government and the Sports Federation and Olympic Committee of Hong Kong, China, and committed to professional development of physical fitness in Hong Kong.

願景 Vision

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

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

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

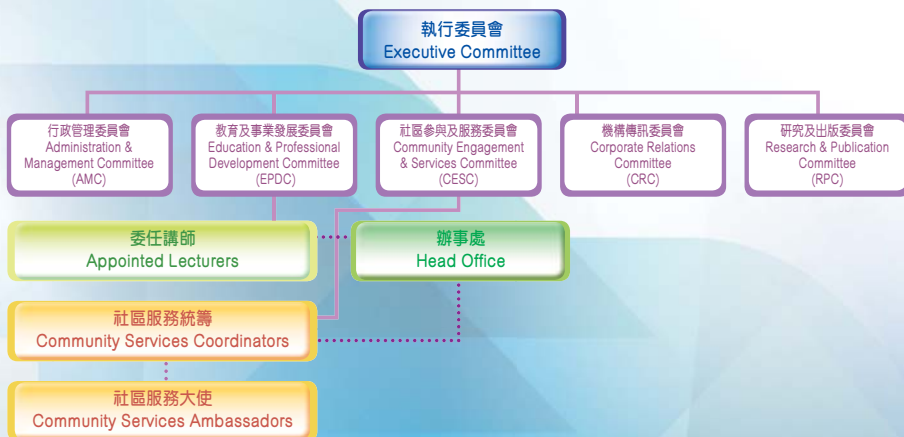
使命 Mission

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

工作 Work

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

組織架構 Organization Structure



執行委員會

Executive Committee

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
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主席
Chairman
鍾伯光教授
Prof. P.K. Chung, JP

副主席
Vice-Chairperson

周碧珠教授 Prof. Bik C. Chow	沈劍威博士 Dr. Raymond K.W. SUM	阮伯仁先生 Mr Bryan P.Y. Yuen	韓思思小姐 Miss S.S. Hon
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秘書
Secretary
江關煥園女士
Mrs Marriane W.Y. Kong

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

執行委員
Executive Committee Members

黎培榮先生 Mr P.W. Lai, MH	王香生教授 Prof. Stephen H.S. Wong	許世全教授 Prof. Stanley, S.C. HUI
張應明先生 Mr Ricky Y.M. CHEUNG	楊顯智先生 Mr Edward H.C. Yeung	鄭毓全先生 Mr Joshua Y.C. Cheng
梁達強先生 Mr Kenneth T.K. LIANG	程偉健博士 Dr. Joe W.K. Ching	蕭明輝博士 Dr. Parco M.F. Siu

執行委員會是由本地的醫生、體育學者、本地大專院校體育系教職員、高級體育行政人員、社福機構高級行政人員及資深體適能工作者所組成。

Executive Committee is composed of medical doctors, scholars of Physical Education and Exercise Science, senior officials in tertiary institutes, sports or non-governmental organizations, and experienced fitness professionals in the industry.

顧問名單

List of Advisors

已故永遠榮譽會長Permanent Honorary President：

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

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

執行委員會按實際需要，邀請權威及知名人士擔任義務「顧問」一職。

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

專責委員會及辦事處架構 Structures of Committees & Head Office

行政管理委員會 Administration & Management Committee

主席 Chair	鍾伯光教授 Prof. P.K. CHUNG, JP
成員 Members*	江關煥園女士 Mrs Marriane W.Y. KONG 黎培榮先生 Mr P.W. LAI, MH 魏鄒鳳卿女士 Mrs Loretta F.H. NGAI 王香生教授 Prof. Stephen H.S. WONG
秘書 Secretary	黃永森先生 Mr Sam W.S. WONG

教育及專業發展委員會 Education and Professional Development Committee

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

社區參與及服務委員會 Community Engagement and Services Committee

主席 Chair	韓思思小姐 Miss S.S. HON
成員 Members*	江 峰先生 Mr F. KONG 楊顯智先生 Mr Edward H.C. YEUNG 魏鄒鳳卿女士 Mrs LORETTA F.H. NGAI 陳國基醫生 Dr. K.K. CHAN 黃詠珊小姐* Miss Jennifer W.S. WONG
秘書 Secretary	黃永森先生 Mr Sam W.S. WONG 馬煒賢先生 Mr Terrence W.Y. MA 梁家威先生 Mr Kelvin K.W. LEUNG

*成員名單按英文姓氏排序 List of members is ordered by surnames.

專責委員會及辦事處架構

Structures of Committees & Head Office

機構傳訊委員會 Corporate Relations Committee

主席 Chair	沈劍威博士	Dr. Raymond K.W. SUM
成員 Members*	張應明先生 許世全教授 江關煥園女士 黎培榮先生 魏開義先生 郭致偉博士* 廖允揚先生* 蘇俊龍博士* 袁慧儀博士*	Mr Ricky Y.M. CHEUNG Prof. Stanley S.C. HUI Mrs Marriane W.Y. KONG Mr P.W. LAI, MH Mr Roy H.Y. NGAI Dr. Ron C.W. KWOK Mr Adrian W.Y. LIU Dr. Billy C.L. SO Dr. Yvonne W.Y. YUAN
秘書 Secretary	黃永森先生 馬焯賢先生	Mr Sam W.S. WONG Mr Terrence W.Y. MA

研究及出版委員會 Research & Publication Committee

主席 Chair	周碧珠教授	Prof. Bik C. CHOW
成員 Members*	魏開義先生 蕭明輝博士 王香生教授 陳嘉威博士* 黃雅君博士*	Mr Roy H.Y. NGAI Dr. Parco M.F. SIU Prof. Stephen H.S. WONG Dr. Jacky K.W. CHAN Dr. Wendy Y.J. HUANG
秘書 Secretary	黃永森先生 潘德賢小姐 馬焯賢先生	Mr Sam W.S. WONG Miss Carrie T.Y. POON Mr Terrence W.Y. MA

辦事處 Head Office

行政總監 Executive Director	黃永森先生	Mr Sam W.S. WONG
項目經理 Programme Manager	葉佩芬女士	Ms Momie P.F. IP
助理行政主任 Assistant Administration Officer	潘德賢小姐	Miss Carrie T.Y. POON
助理發展主任 Assistant Development Officer	馬焯賢先生 梁家威先生	Mr Terrence W.Y. MA Mr Kelvin K.W. LEUNG
行政助理 Administrative Assistant	陳麗琪小姐 吳振杰先生	Miss Kissi L.K. CHAN Mr Mars C.K. NG
清潔助理 Cleaning Assistant	葉鳳葵女士	Ms F.K. YIP

*成員名單按英文姓氏排序 List of members is ordered by surnames.

課程架構

Course Structure

為了廣傳健康體適能的理念，本會自創會以來致力營辦各種體適能專業證書課程和考試，以培育充足的本地健體導師，服務普羅大眾。

In order to promote concepts of health and physical fitness, we have been organizing a wide variety of fitness professional certification courses and examinations since our establishment. This ensures that a steady and sufficient supply of instructors to satisfy the service demand of general public.

專業證書課程 Professional Certification Courses

專業級別VII

PFA健康體適能專家證書
PFA Health Fitness Specialist Certification

專業級別VI

PFA資深體適能教練證書
PFA Senior Fitness Trainer Certification

專業級別V

一級PFA私人體適能教練證書
PFA Personal Fitness Trainer (I) Certification

專業級別IV

二級PFA私人體適能教練證書
PFA Personal Fitness Trainer (II) Certification

專業級別III

高級體適能測試領袖證書
Physical Fitness Assessment Leader (Advanced Level) Certification

伸展訓練導師證書
Stretching Instructor
Certification

團體有氧運動導師證書
Group Aerobic Exercise
Instructor Certification

器械健體導師證書
Resistance Training Instructor Certification

健體舞導師證書
Aerobic Dance Instructor Certification

兒童體適能導師證書
Children Fitness Instructor Certification

老人健體導師證書
Elderly Fitness Instructor Certification

水中健體導師證書
Hydro-Fitness Instructor Certification

壓力處理及鬆弛技巧導師證書
Stress Management & Relaxation
Techniques Instructor Certification

專業級別II

體適能測試領袖證書
Physical Fitness Assessment Leader Certification

優質健行領袖證書
Quali-Walk Leader Certification

專業級別I

體適能基礎證書
Physical Fitness Foundation Certification

延續教育工作坊 Continuing Education Symposiums

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

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

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

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

課程架構

Course Structure

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

專業級別 Level	類別名稱 Type	培訓時數 Training hours	獲取資格 Requirements	證書有效期 Certification Valid period
VII	專家證書 Specialist Certification	≥1000 小時 Hours	<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准 Approval of Judging Panel 	4年 4 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准 Approval of Judging Panel 	4年 4 years
V	一級私人教練證書 Personal Fitness Trainer (I) Certification	≥132 小時 Hours	<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」 Possess 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准 Approval of Judging Panel 	4年 4 years
IV	二級私人教練證書 Personal Fitness Trainer (II) Certification	≥84 小時 Hours	<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 4 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 4 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' 	永久 Permanent
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
- 香港特別行政區政府－康樂及文化事務署 Leisure and Cultural Services Department, HKSAR
- 香港特別行政區政府－紀律部門 Disciplinary departments, HKSAR
- 本地各大專院校 Tertiary institutes in local areas
- 本地各大公營及私營機構 Different public and private organizations in local areas
- 中小學及社區內非政府機構 Schools and non-governmental organizations in community
- 美國運動醫學學院 American College of Sports Medicine
- 美國春田大學 Springfield College, U.S

有關課程詳細資料，請瀏覽本會網頁 www.hkpf.org.hk

For more detailed information, please visit our website at www.hkpf.org.hk

該等資歷獲康樂及文化事務署認可，證書持有人可執教由該署舉辦的相關康體訓練班，特顯本會的專業地位。

The above-mentioned credentials are recognized by the Leisure and Cultural Services Department (LCSD). Certificate holders are eligible to provide professional services in the community sports programmes organized by LCSD. This reflects our professional status.

其他證書課程 Other Certification Programmes



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

We have been authorized by the American College of Sports Medicine (ACSM), which is one of the most famous sports medicine institutes worldwide, to operate their ACSM Health Fitness specialist Certification workshop in Hong Kong as early as 1998. This, again, positively reflects our professionalism and high standard in fitness professional training.



自2010年始，本會更加正式與嶺南大學持續進修學院合辦全日制「體適能培訓及管理高級文憑」課程，為有志投身體適能行業的青少年，提供專上教育服務。

In order to assist teenagers in developing career in the fitness industry, we have also been co-organizing "Higher Diploma in Fitness Training and Management" programme, with the Lingnan Institute of Further Education since 2010.

本會講師 (2018-2019)

PFA Lecturers

委任講師 Appointed Lecturers

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

助理講師 Assistant Lecturers

陳玉儀小姐 Miss Kathy Y.Y. CHAN	鄧鍵明先生 Mr K.M. CHENG	蔡慧欣小姐 Miss Jay W.Y. TSOI	黃永輝先生 Mr W.F. WONG
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Records of Professional Certification Courses

本會於二零一八至一九年度期間所舉辦的專業證書課程及考試紀錄如下：

Records of professional certification courses and examinations organized during the year of 2018/19 were specified below.

課程 Course	開辦數目 Quantity	報讀人數 Enroiment	報考人數 (合格率)
體適能基礎證書課程 Physical Fitness Foundation Certification Course / Exam	18	564	
體適能基礎證書公開考試 Physical Fitness Foundation Certification Exam	32		896(73%)
體適能測試領袖證書課程 Physical Fitness Assessment Leader Certification Course	4	84	
體適能測試領袖證書課程及考試 Physical Fitness Assessment Leader Certification Course / Exam	4		82(79%)
器械健體導師證書課程 Resistance Training Instructor Certification Course	7	132	
器械健體導師證書考試 Resistance Training Instructor Certification Exam	7		152(58%)
老人健體導師證書課程 Elderly Fitness Instructor Certification Course	2	50	
老人健體導師考試 Elderly Fitness Instructor Certification Exam	2		63(73%)
兒童體適能導師證書課程 Children Fitness Instructor Certification Course	2	37	
兒童體適能導師證書考試 Children Fitness Instructor Certification Exam	2		39(95%)
水中健體導師證書課程 Hydro-Fitness Instructor Certification Course	1	42	
水中健體導師證書考試 Hydro-Fitness Instructor Certification Exam	2		41(70%)
伸展訓練導師證書課程 Stretching Instructor Certification Course	1	36	
伸展訓練導師證書考試 Stretching Instructor Certification Exam	1		38(90%)
團體有氧運動導師證書課程 Group Aerobic Exercise Instructor Certification Course	1	12	
團體有氧運動導師證書考試 Group Aerobic Exercise Instructor Certification Exam	1		16(38%)
成人心肺復甦法及自動體外心臟去纖維性顫動法證書課程 Adult Cardio-Pulmonary Course and Automated External Defibrillation Provider Course	8	114	114(100%)
總數 Total	45 51	1071	1441(75%)

延續教育工作坊紀錄

Records of Continuing Education Symposiums

本會於二零一八至一九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 2018/19 were specified below.

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

日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
25/5/2018	預防及治療性的運動貼紮(上肢) Introduction to Upper-Limb Taping Techniques	1	17
30/5/2018	網球按摩 好辦法 Introduction of "Tennis Ball" Sports Massage	1	26
總計 Total		2	43

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
2/11/2018	長跑運動的心理學 Sport Psychology of Long-distance Running	1	30
14/1/2019	雜耍暨扯鈴基礎技巧體驗工作坊 Introductory Juggling Experiencing Workshop	1	8
總計 Total		2	38

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
3/10/2018 & 12/2/2019	健身球及橡筋帶指導員訓練 Fitball and Elastic Band Practitioner Training	2	32
3/7/2018	初級普拉提運動 (Mat Work) 指導員訓練 Elementary Pilates (Matwork) Practitioner Training	1	15
6/4/2018 & 8/3/2019	綜合性運動按摩應用指導員訓練 Integrated Sports Massage Practitioner Training	2	28
26/3/2019	職場骨骼肌肉健體指導員 Workplace Musculoskeletal Fitness Practitioner Training	1	15
21/6/2018	姿勢評估及矯健技巧指導員訓練 Postural Assessment and Correctional Exercise Practitioner Training	1	14
總計 Total		7	104

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
17/4/2018 & 17/7/2018 & 27/10/2018	身心伸展運動體驗工作坊 Experiencing Body-mind Stretching Exercise Workshop	3	59
21/4/2018	認識「氣動式健體訓練」工作坊 Introduction to Pneumatic Fitness Training Workshop	1	11
24/4/2018	FLEXI-BAR 及 XCO-TRAINER 初體驗 Experiencing FLEXI-BAR and XCO-TRAINER	1	22
20/5/2018	槓啞鈴(Free Weight)指導員系列(3): 肩旋肌群及三角肌訓練詳解 Free Weights Practitioner Series 3: Specific Training for Deltoid and Rotator Cuff Muscles	1	20
30/5/2018	體適能研習坊: 動感單車新體驗工作坊	1	22
10/6/2018	槓啞鈴(Free Weight)指導員系列(4): 肱二頭肌及大腿肌群訓練詳解 Free Weights Practitioner Series 4: Specific Training for Biceps and Thigh Muscles	1	20
18/08/2018	4D Pro 彈弓吊索訓練工作坊(一) 4D Pro Bungee Fitness Workshop	1	17
16/9/2018	水中健體訓練工作坊(一) Hydro Fitness Workshop I	1	25
14/10/2018	槓啞鈴(Free Weight)指導員系列(5): 背肌群及肱二頭肌訓練詳解 Free Weights Practitioner Series 5: Specific Training for Biceps and Back Brachii Muscles	1	20
11/11/2018	槓啞鈴(Free Weight)指導員系列(6): 動作鑑定技巧及各肌群訓練程序詳解 Free Weights Practitioner Series 6: Essentials on Movement Analysis	1	20
14/1/2019	伸展訓練溫故知新工作坊 Revisiting Stretching Training	2	39
20/1/2019	槓啞鈴(Free Weight)指導員系列(1)傳統入門運動與胸大肌訓練詳解 Free Weights Practitioner Series 1: Specific Training for Pectorals	1	22
27/1/2019	團體有氧運動導師課先修班 Preparatory Workshop of Group Aerobic Exercise Instructor (GAEI) Course	1	20
24/2/2019	槓啞鈴(Free Weight)指導員系列(2)徒手及負載式肱三頭肌/腹肌訓練詳解 Free Weights Practitioner Series 2: Specific Training for Triceps and Abdominal Muscles	1	20
總計 Total		17	337

本會出版書籍

Publication

2017年，本會一口氣出版三本健體書籍，依時間順序分別為《器械健體導師手冊》、《體適能導師綜合理論》和《水中健體導師手冊》。

Physical Fitness Association of HK published three textbooks in 2017. They were “Resistance Training Instructor Manual, “Comprehensive Theories for Physical Fitness Instructor”, and “Hydro-fitness Instructor Manual” in sequential order.

《器械健體導師手冊》一書由本會執行委員、講師和職員合作籌備、製作和編校，歷時多年，並於2017年6月份順利出版，為本會「器械健體導師證書課程」的指定用書。內容圖文並茂，適合器械健體教練和器械健體愛好者閱讀及參考。

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 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, students who are pursuing sports-related qualifications, and fitness enthusiasts. 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.



社區體適能服務紀錄

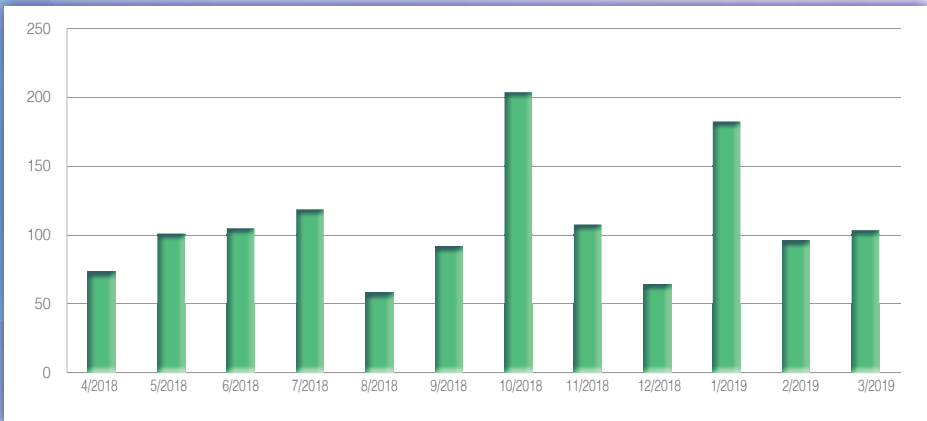
Records of Community Fitness Services

於二零一八至二零一九年度，本會與外間團體合作舉辦社區體適能服務的次數共為1,317次，服務人次共43,435。

During the year of 2018/2019, PFA provided more than 1,317 community fitness services to different government departments, community organizations, schools and cooperates, nearly 43,435 people has been served.

二零一八至二零一九年度社區體適能服務每月記錄

Monthly statistics on the Community Physical Fitness Services

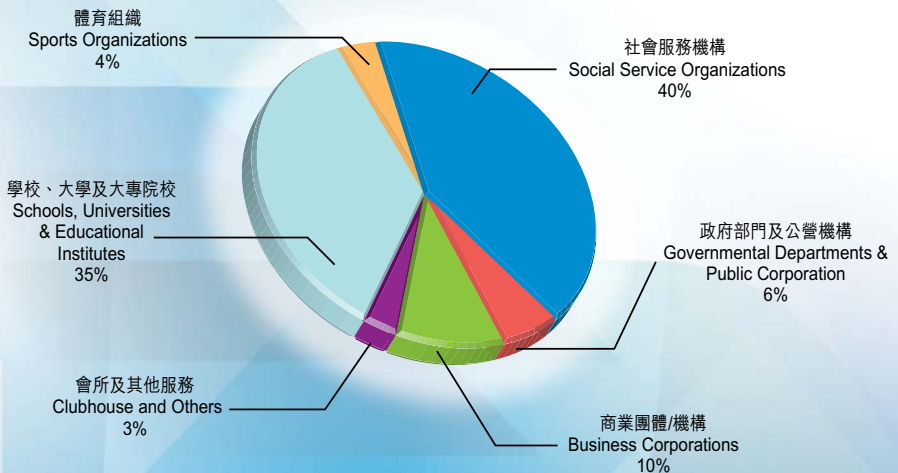


根據統計顯示，本年度與本會合作的團體及機構多達98間。

合作團體及機構業務及服務性質分佈：

According to statistical records, about 98 corporate bodies and organizations co-organized services with us.

Their business and service nature were presented below.



本會於二零一八至二零一九年度的合作團體及機構名單：

Collaborative bodies and organizations in 2018/2019:

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

香港金融管理局

康樂及文化事務署(包括總部、各區辦事處、香港太空館及香港公共圖書館)

漁農自然護理署

衛生署

職業安全健康局

醫院管理局港島東聯網

體育組織 Sports Organizations

中國香港體育協會暨奧林匹克委員會

警察柔道會

灣仔區文娛康樂體育會

灣仔體育總會

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

中華基督教會香港志道堂基博幼稚園

中華基督教會深愛堂幼稚園

天主教修會學校聯會

天主教彩霞邨潔心幼稚園

天主教慈幼會伍少梅中學

世德幼稚園

可藝中學

宏福中英文幼稚園暨幼兒園

東華三院方譚遠良幼稚園

東華三院郭一葦中學

東華三院蕭旺李滿福幼兒園

金巴崙長老會耀道中學

青衣商會石蔭幼稚園

宣道會陳朱素華紀念中學

香島中學

香港大學

香港中文大學

香港中文大學逸夫書院

香港四邑商工總會黃棣珊紀念中學

香港教師會李興貴中學

香港理工大學

海霸街官立小學

荃灣公立何傳耀紀念中學

啟思幼稚園(馬灣)

基督教香港信義會元朗信義中學

基督教香港信義會元朗信義中學

港九街坊婦女會孫方中書院

薈色園主辦可瑞幼稚園

圓玄學院妙法寺內明陳呂重德紀念中學

新九龍婦女會沙角幼兒園

滬江小學

漢華中學

樂善堂梁泳釗幼稚園

嶺南大學

寶覺中學

社區體適能服務紀錄

Records of Community Fitness Services

社會服務機構 Social Service Organizations

國際扶輪第3450地區	香港聖公會將軍澳安老服務大樓
女青年會深水埗綜合家居照顧服務隊	香港聖公會麥理浩夫人中心
仁愛堂胡忠長者地區中心	香港聖公會慈光堂長者中心
竹園區神召會彩雲長者鄰舍中心	香港遊樂場協會
汽車交通運輸業總工會	香港癌症基金會
防癆會林貝聿嘉健康中心	海港青年商會
兒童脊科基金	基督教香港崇真會黃埔堂
旺角街坊會陳慶社會服務中心	基督教家庭服務中心
明愛元朗長者社區中心	救世軍竹園綜合服務竹園長者中心
明愛天悅長者中心	救世軍自力更生綜合就業援助計劃
明愛西貢長者中心	博愛醫院郭興坤長者鄰舍中心
明愛梨木樹長者中心	循道愛華村服務中心社會福利部興華耆樂中心
東華三院王少清長者中心	循道衛理灣仔長者服務中心
東華三院男天匯男士成長中心	黃祖棠長者地區中心
東華三院黃祖棠長者地區中心	新生精神康復會
建造業總工會建造業關懷基金綜合服務中心	楊震社會服務處彩虹長者綜合服務中心
香港中華基督教青年會	葵青安全社區及健康城市協會
香港青年協會	路德會青彩中心
香港基督教女青年會賽馬會樂齡活學中心	羅競成議員辦事處
香港基督教女青年會將軍澳綜合社會服務處	關心您的心

商業團體/機構 Business Corporations

22 PLUS 創意傳訊	奇峰推廣製作有限公司
EF Language Solutions Hong Kong Limited	思明市場策劃及公關有限公司
Infinite Public Relations Limited	香港佳美航空膳食有限公司
Junior Achievement Hong Kong	健康博覽
Kum Shing (K.F.) Construction Company Limited	雲頂郵輪集團

會所及其他服務 Clubhouse and Others

九龍塘會	中國海外物業服務有限公司(歌賦嶺)	曼克頓山會所
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全城體測日2018
Physical Fitness
Assessment Day
2018



『全城體測日』由中國香港體適能總會主辦，並獲多個學術機構、專業團體、社福機構及工商企業支持。透過大型公共關係及推廣活動，喚起大眾的健康意識，使更多人關注自己的體適能狀況、骨骼肌肉健康、代謝症候群及心血管健康風險。

“Physical Fitness Assessment Day (PFA Day)” was organized by Physical Fitness Association of Hong Kong, China and had received support from different parties, including academic institutes, professional bodies, social services organizations, industrial and commercial enterprises. By means of major public relation and promotion activities, it aimed to arouse health consciousness of the general public, and facilitate more people to be concerned about their fitness levels, musculoskeletal health, as well as health risks in relation to metabolic syndrome and cardiovascular health.

全城體測日2018支持機構名錄

List of Supporting Organizations of Physical Fitness Assessment Day 2018

非牟利機構 Non-Profit-Making Organizations

繽紛體育基金 Brighten Sport Foundation	自然健身氣功會 Nature Health Qigong Association
民眾安全服務隊 Civil Aid Service	香港童軍總會 Scout Association of Hong Kong
香港航空青年團 Hong Kong Air Cadet Corps	香港基督教少年軍 The Boy's Brigade, Hong Kong
香港運動醫學及科學學會 Hong Kong Association of Sports Medicine and Sports Science	適健中心 The Centre on Health & Wellness
香港兒童健康基金 Hong Kong Childhealth Foundation	香港青年獎勵計劃 The Hong Kong Award For Young People
香港西醫工會 Hong Kong Doctors Union	香港女童軍總會 The Hong Kong Girl Guides Association
香港物理治療學會 Hong Kong Physiotherapy Association	香港醫學會 The Hong Kong Medical Association
香港海事青年團 Hong Kong Sea Cadet Corps	香港交通安全會 The Hong Kong Road Safety Association
香港智障人士體育協會 Hong Kong Sports Association for Persons with Intellectual Disability	香港基督教青年會 YMCA of Hong Kong
香港基督教女青年會 Hong Kong Young Women's Christian Association	東華三院高黃慕貞紀念全人健康中心暨AJR慈善基金復康診所 TWGHs. Ko Wong Mo Ching Memorial Holistic Healthcare Center cum AJR Charitable Foundation Rehabilitation Clinic

機構傳訊活動記錄

Records of Corporate Relations Activities

商業機構 Commercial Companies

健康博覽 Health Expo	普康醫學儀器有限公司 Pro-Med Technology Ltd
TANITA	4D PRO BUNGEE FITNESS
ME Fitness Limited	AUM Yoga Academy
SportiHealth	

大學及大專院校 Universities & Tertiary Education Institutes

香港大學運動中心 Centre for Sports and Exercise, Hong Kong University	嶺南大學持續進修學院 Lingnan Institute of Further Education
香港城市大學 City University of Hong Kong	嶺南大學 Lingnan University
香港浸會大學運動及體育學系 Department of Sport and Physical Education, Hong Kong Baptist University	香港中文大學教育學院體育部 Physical Education Unit, Faculty of Education, The Chinese University of Hong Kong
香港科技大學 Hong Kong University of Science and Technology	香港理工大學 The Hong Kong Polytechnic University

全城體測日2018開展禮

Kick-off Ceremony of Physical Fitness Assessment Day 2018

全城體測日開展禮於2018年6月8日上午假香港會議展覽中心順利完成。本會很榮幸邀請到民政事務局局長劉江華先生JP作為開展禮主禮嘉賓。席間，本會除公佈全城體測日2018椅上坐前伸測試及WHO腰圍量度的研究結果外，更有由本會導師帶領一眾家長、小朋友及嘉賓進行親子運動。

Kick-off Ceremony of Physical Fitness Assessment Day 2018 had been completed successfully on 8 Jun 2018 at Hong Kong Convention & Exhibition Centre. It was our honor that Mr Lau Kong-wah, JP, Secretary for Home Affairs served as the Guest of Honors. Apart from launching the research data of flexibility assessment and WHO waist circumference measure of Physical Fitness Assessment Day 2018, our accredited instructors also guided the parents, children and guests to do parent-child fitness exercise.



全城體測日2018海報
Poster of Physical Fitness Assessment Day 2018



民政事務局局长劉江華JP代表致辭
Keynote Speech by Mr Lau Kong-wah, JP,
Secretary for Home Affairs



親子運動示範
Parent-Child Exercise
Demonstration



大合照
Group Photo

機構傳訊活動記錄

Records of Corporate Relations Activities

『全城體測日』@ 健康博覽 PFA Day @ Health Expo 2018

由本會主辦的「全城體測日2018」在2018年6月8至10日一連三日於香港會議展覽中心舉行。活動期間，榮幸地獲得主要伙伴的支持及協助，他們除技術支援外，更分別提供專業儀器測量參加者的平衡力、關節靈活度和身體組成份。完成三個測試後，參加者可與本會私人健體教練進行健康諮詢及分析。

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



關節靈活度評估
Assessment of range of motion



身體組成份分析
Body Composition Analysis

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

We were glad that our major partners not only provided onsite technical support, but also rendered all professional equipment for free. As a result, participants could experience balance, range of motion and body composition assessment collectively. After assessment, participants could also obtain fitness consultation from personal fitness trainers.

The booth activities were very attractive. The participants really appreciated the services. Overall the 'Physical Fitness Assessment Day 2018' was well organized. PFA will continue the good job and raise the public awareness of health and fitness. We are looking forward to organizing more meaningful programmes in the future.



健體諮詢
Fitness Consultation



平衡力測試
Balance Ability Assessment

第62屆體育節粵港澳大灣區水中健體比賽暨匯演 2019 The 62nd Sport Festival's Guangdong-Hong Kong--Macao and the Greater Bay Area Hydro-Fitness Competition and Integrative Performance 2019

由中國香港體育協會暨奧林匹克委員會主辦，中國香港體適能總會、廣州體育學院、中國澳門游泳總會、珠海市體育總協辦，康樂及文化事務署資助之『第62屆體育節粵港澳大灣區水中健體比賽暨匯演 2019』，將於 2019 年 4 月 7 日(星期日)下午 2 時至 6 時假城門谷游泳池舉行。本活動邀請到中國香港體育協會暨奧林匹克委員會義務副秘書長 黃寶基先生 MH、中國香港體適能總會會長 黃平山醫生、廣州體育學院運動訓練學院副院長 譚苗青女士、珠海市體育總會秘書長 藍玉娟女士、及中國澳門游泳總會理事 黃秀清女士擔任主禮嘉賓。廣州體育學院代表表演了「水中拉丁」、「水中划手掌舞」、「及「水中深水棒操」，另外復康會適健中心代表示範了「水中 HICT」。來自四地十三隊水中健體健兒參與了本年度的賽事。



觀眾席盛況



中國香港體適能總會會長黃平山致辭



港協暨奧委會義務副秘書長黃寶基先生MH致辭

水中健體(Hydro-Fitness)是其中一種深受市民大眾歡迎的體適能活動。港珠澳大橋的開通象徵著粵港澳大灣區更緊密的關係，港珠澳地區的體育交流更趨頻繁。水中健體運動這全民健身項目能進一步凝聚各區力量，且能夠進一步鼓勵更多區內市民參與有益身心的社區康樂活動。

為加強“全民運動”原素，本活動更加插同樂活動讓不同年齡人士參與，內容包括親子水健「共融」樂、水中奔 FUN 跑、水中 舞吧！及 Deep Water 運動新體驗。在資深水中健體導師帶領下進行水中健體動作，配以不同輔助工具及不同節拍，讓參加者在關節較少壓力下強健體魄，享受另類運動體驗。



一眾主禮嘉賓合照

機構傳訊活動記錄

Records of Corporate Relations Activities

The 62nd Sport Festival's Guangdong-Hong Kong—Macao and the Greater Bay Area Hydro-Fitness Competition and Integrative Performance 2019 took place at Shing Mun Valley Swimming Pool on 7th April 2019 from 2pm to 6pm. The event was organized by Sports Federation and Olympic Committee of Hong Kong, China and co-organized by Physical Fitness Association of Hong Kong, China, Guangzhou Sport



香港的參賽隊伍



珠海市體育總會代表隊



來自深圳的參賽隊伍



香港的參賽隊伍



來自廣州的小朋友隊伍



香港復康會適健中心參賽隊伍



簡單而隆重的頒獎禮

University, Swimming Association of Macao, China and Zhuhai All Sports Federation. The guests of honors included Mr P. K. WONG, MH (SF&OC), Dr John Wong (PFA), Ms Yan M. Q. (GZSU), Ms Lan Y. J. (ZHASF) and Ms Huang X. Q. (SAMC). The representatives of GZSU demonstrated Aqua-Latin, Aqua-Hip-Hop and Deep Water Noodle Dance and the representatives of Hong Kong Society for Rehabilitation practiced Aqus-HICT in the event. There were 13 teams of Hydro-Fitness enthusiasts participating in the event.

Hydro-Fitness is one of the popular fitness activities in Hong Kong. The opening of Hong Kong-Zhuhai-Macao Bridge symbolizes the close relationship among the areas. The sports exchange becomes more frequent afterwards. Hydro-Fitness belongs to sport-for-all activity by which sport enthusiasts cohere and encourage one another to engage in healthy sports activities.

To highlight 'Sport for All' element, different exercise orientation sessions were organized, including parent-child aqua fun, water jogging, aqua zumba and deep water workout. All exercise sessions were conducted by experienced instructors. With an aid of aquatic equipment and energetic music background, participants experienced an unusual workout under an environment with less joint impact.

機構傳訊活動記錄

Records of Corporate Relations Activities



同樂環節



精彩表演

運動良藥：慢性病患者健體指導員培訓課程

Exercise is Medicine: Fitness Instructor Training Programme for Patients with Chronic Diseases (EIMPWCD-06/19)

由香港中文大學主辦、香港賽馬會慈善信託基金捐助的「運動良藥」計劃正式啟動，中國香港體適能總會獲邀協辦「運動良藥：慢性病患者健體指導員培訓課程」。自5月初展開網上宣傳以來，短短一週已收到超過350個網上申請。經過大會的嚴格遴選，最終120多名健體教練脫穎而出，獲邀參與兩週合共約24小時的課程。而且，他們還與其餘百多位醫護專業人士出席6月15及16日假座香港中文大學舉行的「運動良藥」健康研討會，接受來自美國運動醫學學院的海外專家、學者的密集式培訓。在不久的將來，成功通過評核的健體教練將有機會獲邀執教在新界東開展的「運動良藥」社區訓練班，鼓勵高血壓或糖尿病患者恆常運動，以產生積極的治療效果，並預防多種慢性疾病所帶來的後遺症。謹此向多達120多位課程學員致以謝意，感謝大家認真學習，使出席率創有史以來的新高——超過百分之九十五。另外，我們亦十分感謝三位來自美國和星加坡的講師、一眾本地講師、許世全教授、中大EIM團隊，以及本會辦事處課程部同工的努力。

The “Exercise is Medicine”(EIM) project, sponsored by the Chinese University of Hong Kong and donated by the Hong Kong Jockey Club Charities Trust, was officially launched. The Physical Fitness Association of Hong Kong, China was invited to co-organise the “Exercise is Medicine: Fitness



活動花絮

Activity Highlights



Instructor Training Programme for Patients with Chronic Diseases”. Since the launch of the online promotion in early May, more than 350 online applications have been received within just one week. After the strict selection of the conference, more than 120 fitness coaches were invited to participate in this two-week course of about 24 hours. They also attended the “Health Conference” seminar held by the Chinese University of Hong Kong on June 15 and 16 with intensive training from overseas experts and scholars from the American College of Sports Medicine. Fitness coaches who successfully passed the assessment will have the opportunity to be invited to teach the EIM community training class in New Territories East to encourage and promote EIM among the health care professionals and advocate the delivery of exercise prescription as an important means of treating and preventing disease, in fact regular exercise is an effective treatment for a variety of chronic illness, such as patients with diabetes and high blood pressure symptoms. It is glad to express gratitude to our participants. Thank you for your hard work, so that the attendance rate has reached a new high in history -- more than 95%. The last but not least, it is grateful effort from our three lecturers from the United States and Singapore, a number of local lecturers, Professor HUI S.C., the EIM team of CUHK, and the staff of HKPFA Education Team.



活動花絮

Activity Highlights

2018年10月12日



第三十二屆周年晚會暨聚餐晚會已於富臨皇宮 皇室①號酒樓舉行，本會一共筵開十八席，超過二百位嘉賓及會員朋友聚首一堂。除了年度晚宴外，還有幸運抽獎，雜耍表演和大笑瑜伽運動表演。

The 32nd Annual General Meeting cum Dinner Gathering was held at the Fulum Group (Royal One) Restaurant on 12 Oct 2018, There were eighteen tables in total and over 200 members and guests attending the meeting and banquet. Apart from the dinner, there were lucky draw, juggling performance and laughing yoga activity.





活動花絮

Activity Highlights

2019年6月23日

一年一度的奧運日暨奧運歡樂跑已於2019年6月23日香港體育學院舉行，本會有幸獲邀參與慶祝這項年度盛事。是次活動，本會組織了兩支隊伍參與3公里歡樂跑賽事，亦跑出了優異成績。本會展望將來能夠舉辦更多活動供會員參與，藉此促進本會與會員間之交流。

The Olympic Day Run was held on 23 June 2019 at Hong Kong Sports Institute. It was our honor to have an opportunity to participate in the event. PFA arranged two teams to take part in 3km race and they finally obtained outstanding results. We are looking forward to organizing more activities for members in order to maintain close relationship with members.



社區及機構體適能活動

Fitness activities in Communities and Organizations

西貢戶外康樂中心夏令營2018

Sai Kung Outdoor Recreation Center Summer Camp 2018

在去年八月二十五日,康樂及文化事務署於西貢戶外康樂中心舉辦了「體適能及康樂同樂夏令營2018」。是次夏令營雖為期一天,但活動內容十分豐富有趣。當中包括參加者消暑的水中健體運動和刺激的攀爬等,為各營友的夏日帶來運動的趣味。

本次活動的內容及費用均吸引了不同年齡層的人士報名參加,成功為市民提供一個於暑假期間運動的機會,同時向大眾推廣了平日較少機會接觸的活動,如箭藝等。故康文署主辦此次夏令營確切地為參加者增添了不少假日的樂趣。



LCSD held the "Fitness and Leisure Summer Camp 2018" on 25th August 2018. It was a day camp with different types of interesting activity, including hydro-fitness exercise and climbing.

The day camp attracted people of different age to join. It provided participants with opportunities to do exercise and experience some sport activities with they seldom engage in their daily lives. The day camp made participates memorable and energetic moment in summer.

The day camp attracted people of different age to join. It provided participants with opportunities to do exercise and experience some sport activities with they seldom engage in their daily lives. The day camp made participates memorable and energetic moment in summer.

世界脊骨日2018

World Spine Day 2018

本會獲兒童脊科基金邀請參與2018年10月14日舉行的「世界脊骨日2018」,本會助理講師黃永輝先生於台上帶領一眾家長及小朋友進行親子呼拉圈健體操。台下亦設有立定跳遠及雙腳連續跳等遊戲攤位,由本會導師主持及帶領參加者進行活動。

PFA was invited by Children Chiropractic Foundation and participated in "World Spine Day 2018". The event was held on the 14 October 2018. Our assistant lecture, Mr Wong Wing Fai, led all the participants to do parent-child hula hoop fitness exercise. Some game booths were set in the event, such as standing long jump and fitness challenges.



社區及機構體適能活動

Fitness activities in Communities and Organizations

「我智Fit」健體計劃—學童體適能測試 “iSmart” Fitness Scheme

「我智Fit」健體計劃一體適能測試於2018年10月20日順利進行。活動目的是讓學生更了解自身的體能狀況及提供一個標準讓參加者更有動力去做運動。

本會獲康樂及文化事務署邀請，委派導師為學童進行一連串的體適能測試，其中包括手握力測試、坐前伸測試、立定跳遠等測試。此外，當日亦舉辦了家長健康講座，讓家長透過活動提升對子女健康的關注，避免子女出現過重或過輕的情況。

“iSmart” Fitness Scheme’s Assessment Day was successfully held on 20th October 2018. This Programme aimed to raise participants’ awareness on their physical fitness status and motivate them to do more fitness exercises.

PFA was glad to receive an invitation from LCSD. We assigned instructors to conduct a series of physical fitness assessments, including strength of gripping, sit-and-reach etc. Also, there was a seminar parents’ on physical fitness. It was expected that parents could increase their awareness on children’s health so as to get rid of weight problem of their children.



學校體育推廣計劃 (特殊學校) School Sports Programme (Special School)

「學校體育推廣計劃 (特殊學校)」由康樂及文化事務署主辦。計劃是希望在配合學校的運作下，為特殊學生提供一個接觸多元化體育運動的機會。

康文署邀請了本會的導師為多所特殊學校的學生進行體適能運動訓練，如健體律動、椅上伸展運動、徒手健體運動及體能運動訓練等。透過不同形式的體能遊戲及運動，改善他們的身體穩定性及協調能力，促進平衡力、身體協調及敏捷度，提升日常生活的素質及功能。



The programme was held by LCSD which aimed to provide an opportunity of doing exercise for those students who have special needs. LCSD invited our instructors to carry out fitness training for students with special needs. Activities included physical fitness exercises, stretching exercise, and bodyweight exercises. Through engaging in different games and exercise, it was believed that their abilities of stability, balance and coordination could be strengthened. As a result, their functions of daily life could be enhanced.

Let's Move! 喜動嘉年華2019 Let's Move! Carnival 2019

康樂及文化事務署一直在社區努力推行「傷健共融」的政策，讓特殊學校的學生亦能與常人一樣體驗運動樂趣。本會於2019年1月24日獲康樂及文化事務署邀請在九龍公園體育館進行的Let's Move! 喜動嘉年華2019中，擺設體能遊戲攤位。當天有多所特殊學校的學生及同行人士一同參與運動示範及各式攤位遊戲，讓他們體驗運動的樂趣。



LCSD emphasizes on equal opportunity in nurturing sporting culture of Hong Kong. It is important to help students with special needs engage in sport activities as what ordinary students are doing. PFA was invited by LCSD to take part in the captioned event on 24th January 2019 at Kowloon Park Sports Center. We set up some fitness game booths by which many students with special need were benefited and the experience should be very unforgettable.



扶輪超馬嘉年華2019 Rotary Hong Kong Ultramarathon 2019

本會社區服務團隊首次獲邀為「扶輪超馬嘉年華2019」帶領親子體適能同樂活動，活動已於2019年3月24日順利舉行，感謝天公造美，吸引近千人次參與活動。

Our Community service team was invited to take part in Rotary Hong Kong Ultramarathon 2019 and to carry out the parent-child physical fitness activities, the event was held on 24th March 2019. We were thankful with nice weather on that day and approximately 1,000 citizens participated in the carnival.



社區及機構體適能活動

Fitness activities in Communities and Organizations

第七屆全港運動會十八區誓師暨啦啦隊大賽

The 7th Hong Kong Games and the 18 Districts' Pledging cum Cheering Team Competition

本會獲康樂及文化事務署邀請，參與第七屆全港運動會十八區誓師暨啦啦隊大賽的舞台表演節目。

本會團體有氧運動導師Miss Lo以全港運動會主題曲《人人起勁》編排了一系列健體動作組合，並帶領一眾柴灣IVE學生們在舞台上示範團體有氧運動，為十八區誓師暨啦啦隊大賽掀動熱情。



PFA was invited by LCSD to be one of the show

performers in The 7th Hong Kong Games and the 18 Districts' pledging cum cheering team competition.

Our group aerobic exercise instructor, Miss Lo, designed a fitness style of choreography for the theme song of the Hong Kong Games on behalf of PFA. She also led the students of IVE (Chai Wan) to have a performance in the function.

健康博覽2019

Health Expo 2019

本會參與了在香港會議展覽中心舉行的健康博覽2019，向大眾推廣體適能，並榮幸地獲得由TANITA贊助的身體成分分析儀，為一眾市民提供身體組成份測試，另外亦設有關節靈活度測試，市民完成測試後可與本會私人健體教練進行健體諮詢。



In order to raise public awareness on physical fitness, PFA joined health Expo 2019 at Hong Kong Convention and Exhibition Centre. It was our honor to have the product sponsorship of bioelectric impedance analysis device from TANITA so that we could provide the body composition assessment service to the public. Moreover, we also organized another booth to provide range of motion assessment service for visitor. Visitor can seek advice from our personal trainer after finishing the assessments.

全民運動日2019 Sports for All Day 2019

「全民運動日2019」已於2019年8月4日(日)在康樂及文化事務署轄下多區體育館順利進行，本會作為協辦機構派出超過200名導師協助提供不同形式的體適能服務。

是次活動乃一年一度的運動盛事，旨在以免費提供康體活動及設施的方式鼓勵全港市民參與各式各樣的運動項目，養成每日至少運動三十分鐘的良好習慣。

“Sport For All Day 2019” was successfully held on 4th August. LCSD organized sport carnivals in 18 districts' sports centers. PFA was one of the co-organizers and assigned over 200 members to help provide different physical fitness services in the carnivals.

“Sport for All Day” is an important annual sport event, which aims to encourage all citizens to participate in sport activities and cultivate the culture of sport and exercise. Free-of-charge sport activities and facilities were offered on “Sport for All Day”





財務報告(2018-2019)

Financial Report (2018-2019)

李湯陳會計師事務所

LI, TANG, CHEN & CO.

Certified Public Accountants (Practising)

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED

(incorporated in Hong Kong and limited by guarantee)

OPINION

We have audited the financial statements of Physical Fitness Association of Hong Kong, China Limited (“the Association”) set out on pages 6 to [•], which comprise the statement of financial position as at 31st March, 2019, and the statement of comprehensive income, the statement of changes in funds and the statement of cash flows for the year then ended, and notes on the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Association as at 31st March, 2019 and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards (“HKFRSs”) issued by the Hong Kong Institute of Certified Public Accountants (“HKICPA”) and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

BASIS FOR OPINION

We conducted our audit in accordance with Hong Kong Standards on Auditing (“HKSAs”) issued by the HKICPA. Our responsibilities under those standards are further described in the Auditor’s Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Association in accordance with the HKICPA’s Code of Ethics for Professional Accountants (“the Code”), and we have fulfilled other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

OTHER INFORMATION

The executive committee members are responsible for the other information. The other information comprises the information included in the report of the executive committee, but does not include the financial statements and our auditor’s report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon..

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

RESPONSIBILITIES OF EXECUTIVE COMMITTEE MEMBERS AND THOSE CHARGED WITH GOVERNANCE FOR THE FINANCIAL STATEMENTS

The executive committee members are responsible for the preparation of financial statements that give a true and fair view in accordance with HKFRS issued by the HKICPA and the Hong Kong Companies Ordinance, and for such internal control as the executive committee members determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the executive committee members are responsible for assessing the Association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the executive committee members either intend to liquidate the Association or to cease operations, or have no realistic alternative but to do so.

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

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. This report is made solely to you, as a body, in accordance with section 405 of the Hong Kong Companies Ordinance, and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report.

Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with HKSAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain

audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the executive committee members.
- Conclude on the appropriateness of the executive committee members' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

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

Li, Tang, Chen & Co.
Certified Public Accountants (Practising)

李湯陳會計師事務所
LI, TANG, CHEN & CO.
Certified Public Accountants (Practising)

PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED
STATEMENTS OF FINANCIAL POSITION AS AT 31ST MARCH, 2019

	HK\$	2019 HK\$	2018 HK\$
NON-CURRENT ASSETS			
Property, plant and equipment		341,391	160,326
CURRENT ASSETS			
Inventories	36,322		36,322
Other receivables, deposits and prepayments	2,265,954		1,673,707
Tax recoverable	19,074		92,282
Cash and cash equivalents	4,186,169		3,842,248
	<u>6,507,519</u>		5,644,559
CURRENT LIABILITIES			
Receipts in advance	802,207		407,879
Account payable and accrued expenses	1,100,342		569,676
Temporary receipt	9,452		2,000
Designated donation from Hong Kong Jockey Club Charities Trust	-		121,499
	<u>1,912,001</u>		<u>1,101,054</u>
NET CURRENT ASSETS		4,595,518	4,543,505
NET ASSETS		<u>4,936,909</u>	<u>4,703,831</u>
Representing:			
ENDOWMENT FUND		444,603	444,603
ACCUMULATED FUND		4,492,306	4,259,228
		<u>4,936,909</u>	<u>4,703,831</u>

李湯陳會計師事務所
LI, TANG, CHEN & CO.
Certified Public Accountants (Practising)

PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED
STATEMENT OF COMPREHENSIVE INCOME
FOR THE YEAR ENDED 31ST MARCH, 2019

	2019 HK\$	2018 HK\$
MEMBERSHIP FEE	252,120	277,440
SURPLUS FROM ACTIVITIES	3,320,915	3,171,382
HONG KONG JOCKEY CLUB CHARITIES TRUST PROGRAMME	-	-
SPONSORSHIP INCOME	211,757	254,108
SUNDRY INCOME	103,931	123,422
OTHER OPERATING EXPENSES	<u>(3,655,645)</u>	<u>(3,634,584)</u>
SURPLUS BEFORE TAXATION	233,078	191,768
TAXATION	<u>-</u>	<u>(9,537)</u>
SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR	<u><u>233,078</u></u>	<u><u>182,231</u></u>