



中國香港體適能總會

Physical Fitness Association of Hong Kong, China



2017

Annual Report 年報

目錄

Content

- 02 會長獻辭
President's Message
 - 03 主席報告
Chairman's Report
 - 04 總會簡介
About Us
 - 05 執行委員會
Executive Committee
 - 06 顧問名單
List of Advisors
 - 07 專責委員會及辦事處架構
Structures of Sub-Committees &
Head Office
 - 09 課程架構
Course Structure
 - 11 其他證書課程
Other Certification Programmes
 - 12 本會講師
PFA Lecturers (2016-17)
 - 13 專業證書課程記錄
Records of Professional
Certification Courses
 - 14 延續教育工作坊記錄
Records of Continuing Education
Symposiums
 - 16 社區體適能服務記錄
Records of Community Physical
Fitness Services and Activities
 - 16 社區及機構體適能活動
Fitness activities in Communities
and Organizations
 - 24 活動花絮
Activity Highlights
 - 27 賽馬會學童Keep Fit方程式
(2016-2017)
Jockey Club Keep Fit Formula for
Children (2016-2017)
 - 31 30周年慶祝活動摘要
Summary of the 30th Anniversary
Celebratory Programmes
- 附錄：財務報告(2016-2017)
Appendix : Financial Report (2016-
2017)



體適能教練的施與受

中國香港體適能總會創會超過三十年，培育過數以千計的體適能教練，當中不乏本地體育及運動科學界的中流砥柱及翹楚。

中國香港體適能總會並非只是體適能行業的「練兵房」或「兵工廠」，本會的培訓十分重視體適能教練的「素質教育」。因此，本會不但重視教練在體適能領域的知識、實務技巧及相關技術之培訓，而且關心教練的思想道德素質、個性發展、個人身體健康和心理健康發展。

本會學員在會內並不是單單學習「應試」內容及技巧，透過課程活動及社區體適能服務，他們可以了解社會對普及健體運動的需要，並感受到「施比受更為有福」的道理。故此，本會學員在學習過程中不但「接受」知識和技術，而且學習如何「施予」和服務

體適能專業(Physical Fitness Profession)不是唯利是圖的，體適能專業是關心社會、惠及社群，以及為社會帶來「益處」的專業。體適能教練以健體運動為手段，為普羅大眾的健康及身心康盛帶來益處。

「教練培訓」及「社區服務」是本會未來發展的著力點。本會期望有更多有志投身體適能專業的人士可以透過教練培訓及社區服務活動獲得「施」與「受」的福樂。

黃平山 醫生

中國香港體適能總會 會長

2017年10月20日



推動體適能三十載 熱心服務永不改

2017年是體適能總會創會三十周年的誌慶年，除了恆常的訓練及教育課程、社區服務及會員活動外，本會舉辦了一連串的慶祝活動，與會員朋友、社區伙伴機構及公眾一同分享推廣體適能的喜悅。特此報告及鳴謝如下：

感謝本會執行委員王香生教授及其研究團隊於2017年3月舉辦了「三十周年特別講座：香港兒童及青少年體力活動報告卡」，為創會三十周年慶祝活動揭開序幕，當晚接近50名會員朋友及伙伴機構代表聚首於山林道體適能總會的會址，場面熱鬧。

踏入4月份，本會於香港浸會大學舉辦了「Samsung第六十屆體育節體適能講座：肌少症與阻力訓練」，邀得本會執行委員蕭明輝博士及香港中華基督教青年會陳敏璇女士與接近250名會員朋友、伙伴機構代表及市民分享運動及康體服務資訊，參加者反應熱烈。

另一方面，本會於4月下旬協辦了「全港氣功健康日2017」，由副主席張應明先生代表，與在場超過500名市民共同感受健體氣功運動。

6月初，本會應星島新聞集團及EDUPlus.hk邀請，以參展機構身份參與假尖沙嘴喜來登酒店舉行的「健康管理全攻略講座」，為參加者提供體適能測試服務。

到了6月中旬，在著名健康產品品牌TANITA支持下，本會分別以協辦機構身份，參與於香港會議展覽中心舉辦之「健康生活博覽2017」，為參加者提供義務身體組成份分析及健體諮詢服務。

之後，本會辦事處全體職員與30多位會員朋友於西貢戶外訓練中心進行「PFA三十周年慶祝日營」，場面溫馨及歡愉。

在副會長江峰先生、副主席阮伯仁先生及張應明先生聯絡下，本會得到廣州體育學院及中國澳門游泳總會的協

助，於7月初假荃灣城門谷游泳池主辦了「粵港澳水中健體比賽暨匯演2017」，吸引接近200名年齡介乎7至73歲的水中健體健兒參與比賽暨匯演活動，並於同晚舉行「粵港澳水中健體聯歡晚宴」，促進粵港澳地區水中健體專項上的專業交流。

到了7月下旬，本會成為首屆「香港運動消閒博覽」的支持機構，於香港會議展覽中心，設置身體組成份分析攤位，為參加者提供健體諮詢服務。謹此再次感謝TANITA支持。

在剛過去的暑假，本會馬不停蹄，協同康樂及文化事務署舉辦「全民運動日2017」活動。在8月6日星期日，本會派出超過240名會員朋友到全港不同體育館駐場，為市民提供免費的體適能服務，受惠人次數以萬計。

時至今天，已進入創會三十周年誌慶的尾聲。「三十周年慶典及晚宴」是壓軸的慶祝活動，同晚亦會舉行「PFA優秀健體教練獎勵計劃2017」得獎者頒獎儀式。

儘管璀璨的慶祝活動即將告一段落，本人卻深信同路人那「熱心服務•惠澤社群」的心志不會磨滅。在此，感謝曾為本會三十周年慶祝活動付出的同事們、會員朋友們和眾伙伴機構，特別需要向慶祝活動籌委會召集人黎培榮先生MH致意。

在未來一年，本會將繼續做好培訓、教育、社區及會員服務等工作，包括已經進入到白熱化階段的「賽馬會學童Keep-Fit方程式」項目。

祝願大家與中國香港體適能總會一起「百尺竿頭、更進一步」！

鍾伯光 教授

中國香港體適能總會 主席

2017年10月20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

副主席
Vice-Chair Person

周碧珠教授 Prof. Bik C. Chow	阮伯仁先生 Mr Bryan P.Y. Yuen	張應明先生 Mr Ricky Y.M. Cheung	韓思思小姐 Miss S.S. Hon
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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	許世全教授 Prof. Stanley S.C. Hui	王香生教授 Prof. Stephen H.S. Wong
沈劍威教授 Prof. Raymond K.W. Sum	楊顯智先生 Mr Edward H.C. Yeung	鄭毓全先生 Mr Joshua Y.C. Cheng
梁達強先生 Mr Kenneth T.K. Liang	程偉健博士 Dr. Joe W.K. Ching	陳凱輝醫生 Dr. Raymond H.F. Chan
蕭明輝博士 Dr. Parco M.F. Siu		

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

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

顧問名單

List of Advisors

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 Advisers

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

執行委員會按實際需要，邀請權威及知名人士擔任義務「顧問」一職。

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

專責委員會及辦事處架構

Structures of Sub-Committees & Head Office

行政管理委員會 Administration & Management Committee

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

培訓及教育委員會 Training & Education Committee

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

社區服務委員會 Community Services Committee

主席 Chair	韓思思小姐	Miss S.S. HON
成員 Members*	江 峰先生	Mr F. KONG
	黎培榮先生	Mr P.W. LAI, MH
	楊顯智先生	Mr Edward H.C. YEUNG
秘書 Secretary	馬煒賢先生	Mr Terrence W.Y. MA
	梁家威先生	Mr Kelvin K.W. LEUNG

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

專責委員會及辦事處架構

Structures of Sub-Committees & Head Office

傳訊及推廣委員會 Communication & Promotion Committee

主席 Chair	張應明先生	Mr Ricky Y.M. CHEUNG
成員 Members*	許世全教授	Prof. Stanley S.C. HUI
	黎培榮先生	Mr P.W. LAI, MH
	魏開義先生	Mr Roy H.Y. NGAI
	郭致偉博士	Dr. Ron C.W. KWOK
	袁慧儀博士	Dr. Yvonne W.Y. YUAN
秘書 Secretary	黃永森先生	Mr Sam W.S. WONG

研究及出版委員會 Research & Publication Committee

主席 Chair	周碧珠教授	Prof. Bik C. CHOW
成員 Members*	魏開義先生	Mr Roy H.Y. NGAI
	蕭明輝博士	Dr. Parco M.F. SIU
	王香生教授	Prof. Stephen H.S. WONG
	潘德賢小姐	Miss Carrie T.Y. POON
秘書 Secretary	潘德賢小姐	Miss Carrie T.Y. POON

辦事處 Head Office

行政總監 Executive Director	黃永森先生	Mr Sam W.S. WONG
教育主任 Education Officer	陳嘉威博士	Dr. Jacky K.W. CHAN
助理行政主任 Assistant Administration Officer	潘德賢小姐	Miss Carrie T.Y. POON
助理發展主任 Assistant Development Officer	馬煒賢先生	Mr Terrence W.Y. MA
	梁家威先生	Mr Kelvin K.W. LEUNG
行政助理 Administrative Assistant	曾穎心小姐	Miss Ingrid W.S. TSANG
清潔助理 Cleaning Assistant	葉鳳葵女士	Ms F.K. YIP

賽馬會學童Keep-Fit方程式

項目經理 Programme Manager	葉佩芬女士	Miss Momie P.F. IP
教學導師 Teaching Associate	盧加殷小姐	Miss Chris K.Y. LO
活動助理 Programme Assistant	黃雪瑤小姐	Miss Fiona S.Y. WONG
	黃卓勉先生	Mr. Vita C.M. WONG
	麥嘉明先生	Mr. Steven K.M. MAK
文員 Clerk	馮可榆小姐	Miss Brenda H.Y. FUNG

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

課程架構

Course Structure

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

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

專業證書課程 Professional Certification Courses

專業級別VII

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

專業級別VI

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

專業級別V

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

專業級別IV

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

專業級別III

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

伸展訓練導師證書
Stretching Instructor Certification

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

器械健體導師證書
Resistance Training Instructor Certification

健體舞導師證書
Aerobic Dance Instructor Certification

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

老人健體導師證書
Elderly Fitness Instructor Certification

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

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

專業級別II

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

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

專業級別I

體適能基礎證書
Physical Fitness Foundation Certification

延續教育工作坊 Continuing Education Symposiums

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

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

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

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

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

專業級別 Level	類別名稱 Type	培訓時數 Training hours	獲取資格 Requirements	證書有效期 Certification Valid period
VII	專家證書 Specialist Certification	≥ 1000 小時 Hours	持有由本地或國內外認可學術機構頒發的體育、運動科學、運動醫學、醫學、康復科學及其他健康體適能相關專業的學士或以上學位 Possess Bachelor or above qualification in Physical Education, Exercise Science, Sports Medicine, Medicine, Rehabilitation Science or other health-fitness related professions from local or overseas recognized academic institutes 已持有「資深體適能教練證書」資歷 Possess 'Senior Fitness Trainer Certification' qualification 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification 順利通過評審委員會的批審 Approval of Judging Panel	4年 4 years
VI	資深教練證書 Senior Fitness Trainer Certification	≥ 216 小時 Hours	持有有效的「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 4 years
V	一級私人教練證書 Personal Fitness Trainer (I) Certification	≥ 132 小時 Hours	持本會認可有效的「二級私人體適能教練證書」 Possess PFA valid 'Personal Fitness Trainer (II) Certification' 於取得「二級私人體適能教練證書」後，累積一年或以上的體適能及運動教學經驗（不少於100小時相應的實務經驗） Accumulate 1 year or above teaching experience in physical fitness and sports after obtaining 'Personal Fitness Trainer (II) Certification' (No less than 100 hours of relevant practical experiences) 持最少兩項本會認可有效的「導師證書」資格 Possess 2 or above 'Instructor Certification' qualifications 持最少一項本會認可「延續教育系列或指導員證書」 Possess 1 or above 'Continuing Education Series or Practitioner Certification' 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification 順利通過評審委員會的批審 Approval of Judging Panel	4年 4 years
IV	二級私人教練證書 Personal Fitness Trainer (II) Certification	≥ 84 小時 Hours	持本會認可有效的「器械健體導師證書」資格 Possess PFA valid 'Resistance Training Instructor Certification' 持本會認可的「體適能測試領袖證書」 Possess PFA 'Physical Fitness Assessment Leader Certification' 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification 順利通過「二級私人體適能教練證書」培訓及考核 Passed the training and assessment of 'Personal Fitness Trainer (II) Certification'	4年 4 years
III	導師證書 Instructor Certification	≥ 60 小時 Hours	持「基礎證書」資格 Possess 'Foundation Certification' qualification 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification 順利完成「導師證書」培訓及考核 Passed the training and assessment of 'Instructor Certification'	4年 4 years
II	領袖證書 Leader Certification	36 小時 Hours	18歲或以上 Aged 18 years old or above 持「基礎證書」資格 Possess 'Foundation Certification' qualification 順利完成「領袖證書」培訓及考核 Passed the training and assessment of 'Leader Certification'	永久 Permanent
I	基礎證書 Foundation Certification	24 小時 Hours	17歲或以上 Aged 17 years old or above 中五或以上教育程度 Form 5 or above Education Level 順利完成「基礎證書」培訓及考核 Passed the training and assessment of 'Foundation Certification'	永久 Permanent
證書的認受性 Recognition of Certifications : <ul style="list-style-type: none"> • 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 				
<p>***有關課程詳細資料，請瀏覽本會網頁 www.hkpa.org.hk***</p> <p>***For more detailed information, please visit our website at www.hkpa.org.hk***</p>				

該等資歷獲康樂及文化事務署認可，證書持有人可執教由該署舉辦的相關康體訓練班，特顯本會的專業地位。The above-mentioned credentials are recognized by the Leisure and Cultural Services Department (LCS D). Certificate holders are eligible to provide professional services in the community sports programmes organized by LCS D. This reflects our professional status.

其他證書課程

Other Certification Programmes



1998年始，本會獲全球首屈一指的運動醫學組織——美國運動醫學學院認可，授權於香港地區開辦ACS M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 (2016-2017)

PFA Lecturers

委任講師 Appointed Lecturers

區永河先生
Mr W.H.AU
陳創羽先生
Mr Charles C.Y. CHAN
陳大衛先生
Mr David CHAN
陳國雄先生
Mr Terry K.H. CHAN
陳凱輝醫生
Dr. Raymond H.F. CHAN
陳國基醫生
Dr. K.K. CHAN
陳嘉寶小姐
Miss Katie K.P. CHAN
陳嘉威博士
Dr. Jacky K.W. CHAN
陳靄允小姐
Miss Karly O.W. CHAN
陳偉德先生
Mr Roy W.T. CHAN
陳詠兒小姐
Miss W.Y. CHAN
陳育輝先生
Mr. Y.F. CHAN
陳漢雄先生
Mr H.H. CHAN
鄭毓全先生
Mr Joshua Y.C. CHENG
張文惠博士
Dr. William M.W. CHEUNG
張應明先生
Mr Ricky Y.M. CHEUNG
程偉健博士
Dr. Joe W.K. CHING
周碧珠教授
Prof. Bik B.C. CHOW
鍾伯光教授
Prof. P.K. CHUNG
鍾演妮小姐
Miss Kinnee Y.N. CHUNG

馮子漢先生
Mr Brian T.H. FUNG
侯 燦小姐
Miss Angela Soek HAU
何玉儀小姐
Miss Krista Y.Y. HO
韓思思小姐
Miss S.S. HON
黃雅君博士
Dr. Wendy Y.J. HUANG
許世全教授
Prof. Stanley S.C. HUI
江 峰先生
Mr F. KONG
江關煥園女士
Mrs Marriane W.Y. KONG
鄭金榮先生
Mr K.W. KWONG
黎培榮先生 MH
Mr P.W. LAI MH
李本利先生
Mr Bonnie B.L. LEE
李致機先生
Mr C.K. LI
李致和先生
Mr Daniel C.W. LEE
梁鳳蓮博士
Dr. Elean F.L. LEUNG
梁兆文先生
Mr S.M. LEUNG
梁達強先生
Mr Kenneth T.K. LIANG
林伏波博士
Dr. Violette F.P. LIN
盧徑遠先生
Mr Felix K.Y. LO
陸子聰博士
Dr. Jim T.C. LUK
吳兆權博士
Dr. Robert S.K. NG

吳少彬醫生
Dr. Ben S.P. NG
魏鄒鳳卿女士
Mrs Loretta F.H. NGAI
魏開義先生
Mr Roy H.Y. NGAI
潘世顯先生
Mr Derek S.H. POON
蕭明輝博士
Dr. Parco M.F. SIU
沈劍威教授
Prof. Raymond K.W. SUM
鄧樹麟先生
Mr Samson S.L. TANG
蘇俊龍博士
Dr. Billy C.L. SO
王香生教授
Prof. Stephen H.S. WONG
黃振僑先生
Mr J.K. WONG
黃愛玲小姐
Miss O.L. WONG
黃安東先生
Mr O.T. WONG
黃平山醫生
Dr. John P.S. WONG
黃思靈先生
Mr Sidney S.L. WONG
黃永森先生
Mr Sam W.S. WONG
邱德民先生
Mr Gordis T.M. YAU
楊顯智先生
Mr Edward H.C. YEUNG
嚴 晉小姐
Ms T. YIM
葉 良先生
Mr L. YIP
阮伯仁先生
Mr Bryan P.Y. YUEN

助理講師 Assistant Lecturers

何偉強先生
Mr W.K. HO

專業證書課程紀錄

Records of Professional Certification Courses

本會於二零一六至一七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 2015/16 were specified below.

課程 Course	開辦數目 Quantity	報讀人數 Enrolment	合格率 Passing rate
體適能基礎證書課程及考試 Physical Fitness Foundation Certification Course / Exam	14	439	92%
體適能測試領袖證書課程及考試 Physical Fitness Assessment Leader Certification Course / Exam	4	92	79%
器械健體導師證書課程及考試 Resistance Training Instructor Certification Course / Exam	4	131	57%
老人健體導師證書課程及考試 Elderly Fitness Instructor Certification Course / Exam	2	58	58%
兒童體適能導師證書課程及考試 Children Fitness Instructor Certification Course / Exam	2	56	98%
水中健體導師證書課程及考試 Hydro-Fitness Instructor Certification Course / Exam	1	28	61%
伸展訓練導師證書課程及考試 Stretching Instructor Certification Course / Exam	1	34	89%
團體有氧運動導師證書課程及考試 Group Aerobic Exercise Instructor Certification Course / Exam	1	22	77%
二級PFA私人體適能教練證書課程及考試 PFA Personal Fitness Trainer (II) Certification Course / Exam	1	15	75%
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	105	100%
總計 Total	38	924	88%

延續教育工作坊紀錄

Records of Continuing Education Symposiums

本會於二零一六至一七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 2016/17 were specified below.

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

日期 Date	課題 Topics	節數 Session	報讀人數 Enrolment
7/4/2016	按摩治療介紹 Introduction to Massage Therapy	1	24
4/7/2016	提昇表現及體型藥物的危害 The Dangers of Performance and Image Enhancing Drugs (PIEDs)	1	14
6/7/2016	肩關節的功能解剖學 Functional Anatomy of Shoulder Joint	1	20
8/7/2016	個人化營養學 — 預防疾病及強化體質營養 Personalized Nutrition - Disease Prevention and Health Promotion	1	14
9/7/2016	中醫學與運動表現提升 Chinese Medicine and Sports Performance	1	24
23/7/2016	上班族代謝健康風險及工作間普拉提 Metabolic Health Risks and Pilates in Office	1	19
10/8/2016	肩膊穩定肌群的角色和訓練方法 Roles and Training of Shoulder Stabilizers	1	18
30/8/2016	「網球按摩」好辦法 Introduction of "Tennis Ball" Sports Massage	1	20
12/11/2016	下肢運動創傷之物理治療及復康運動 Lower Limb Related Physiotherapy and Rehabilitation Exercise	1	23
總計 Total		9	176

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

日期 Date	課題 Topics	節數 Session	報讀人數 Enrolment
29/4/2016	當教練遇上「三高」的時候 When Coach Meets Hypertension, High Blood Glucose, High Cholesterol	1	13
27/3/2016	香港兒童及青少年體力活動報告卡 Physical Activity Report Card of HK Children and Adolescents	1	32
21/4/2016	Samsung第五十九屆體育節體適能專題講座：水中及戶外健體運動 Samsung 59th Festival of Sport Seminar: Hydro Fitness and Outdoor Fitness Exercise	1	104
總計 Total		3	149

延續教育工作坊紀錄

Records of Continuing Education Symposiums

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
15/4/2016	七分鐘體能訓練大揭秘!? 利用體重作高強度的循環式訓練 The Secret of 7-minute Fitness Training: Using Body Weight for High Intensity Circuit Training	1	31
17/4/2016 & 26/3/2017	槓啞鈴(Free Weight)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	2	37
19/6/2016	槓啞鈴(Free Weight)指導員系列(三)：肩旋肌群及三角肌訓練詳解 Free Weights Practitioner Series 3: Specific Training for Deltoid and Rotator Cuff Muscles	1	19
2/7/2016	高強度間歇(HIIT)的原理和應用 The Theory and Application of HIIT	1	25
31/7/2016	槓啞鈴(Free Weight)指導員系列(四)：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	22
5/8/2016	TRX 懸掛式訓練研習 Introduction to TRX Suspension Training	1	19
12/8/2016	核心訓練新方法 New Techniques in Core Training	1	20
4/9/2016	有氧訓練 溫故知新 New insights in Aerobic Training	1	13
10/3/2016	保加利亞訓練袋工作坊 Experiencing Bulgarian Bag	1	14
15/10/2016	以色列自衛術工作坊 Experiencing Krav Maga	1	20
16/10/2016	槓啞鈴(Free Weight)指導員系列(五)：背肌群及肱二頭肌訓練詳解 Free Weights Practitioner Series 5: Specific Training for Biceps and Back Brachii Muscles	1	17
20/11/2016	槓啞鈴 (Free Weight)指導員系列(六):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	19
30/11/2016	Monark 單車、次最大運動測試的介紹 Introduction of Monark Bike and Submaximal Exercise Test	1	11
15/12/2016	水中跑步及健康工作坊 Deep Water Running & Health Workshop	1	16
19/2/2017	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: Traditional Exercise and Specific Training for Pectorals	1	12
4/3/2017	伸展與運動表現和後恢復 Stretching for Sport Performance and Sport Recovery	1	12
總計 Total		17	307

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
5/4/2016 & 23/11/2016 & 5/12/2016	健身球及橡筋帶指導員訓練 Fitball and Elastic Band Practitioner Training	3	37
7/6/2016 & 28/2/2017	初級普拉提運動 (Mat Work) 指導員訓練 Elementary Pilates (Matwork) Practitioner Training	2	19
19/8/2016	綜合性運動按摩應用指導員訓練 Integrated Sports Massage Practitioner Training	1	10
13/9/2016	姿勢評估及矯健技巧指導員訓練 Postural Assessment and Correctional Exercise Practitioner Training	1	7
總計 Total		7	73

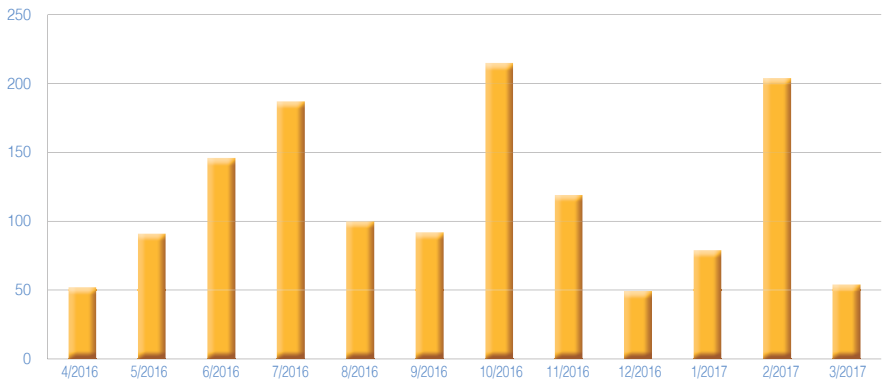
社區體適能服務紀錄

Records of Community Fitness Services

於二零一六至二零一七年度，本會與外間團體合作舉辦社區體適能服務的次數共為1,388次，服務人次共46,709。

During the year of 2016/2017, PFA provided more than 1,307 community fitness services to different government departments, community organizations, schools and cooperates, nearly 46,709 people has been served.

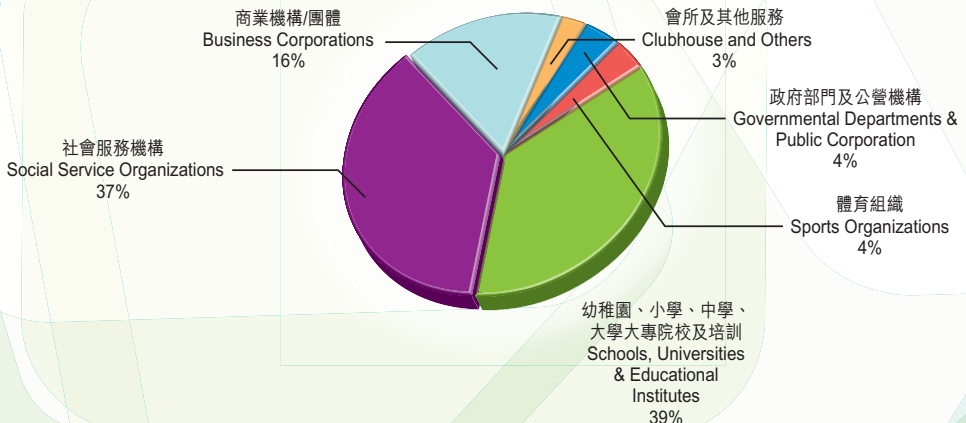
二零一六至二零一七年度社區體適能服務每月記錄
Monthly statistics on the Community Physical Fitness Services



根據統計顯示，本年度與本會合作的團體及機構多達114間。

合作團體及機構業務及服務性質分佈：

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



社區體適能服務紀錄

Records of Community Fitness Services

本會於二零一六至二零一七年度的合作團體及機構名單：

Collaborative bodies and organizations in 2016/2017:

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

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)
香港金融管理局 衛生署 職業安全健康局

體育組織 Sports Organizations

中國香港體育協會暨奧林匹克委員會
健毅體育會 灣仔區文娛康樂體育會 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

中華基督教會元朗堂真光幼稚園
中華基督教會香港志道堂基博幼稚園
天水圍循道衛理中學
天主教多默幼稚園
天主教修會學校聯會
太古小學
右思維幼稚園
弘志幼稚園(東涌)
多默家教會
竹園區神召會將軍澳康樂幼兒學校
東涌天主教學校
東華三院王胡麗明幼稚園
東華三院李黃慶祥紀念幼稚園
東華三院郭一葦中學
油蔴地天主教小學
青衣商會石蔭幼稚園
保良局元朗幼稚園暨幼兒中心
保良局李徐松聲紀念幼稚園
宣道會陳朱素華紀念中學
香島中學
香港中文大學
香港四邑商工總會黃隸珊紀念中學
香港扶幼會許仲繩紀念學校
香港青少年服務處梁文燕紀念中學(沙田)
香港保護兒童會新航黃埔幼兒學校
香港真光中學(小學部)
香港教育學院匯豐幼兒教育中心
香港理工大學
浸信會白光幼稚園
神召會麥嘉倫紀念幼稚園
荃灣公立何全耀紀念中學
基督教宣道會天頌幼兒學校
基督教香港崇真會黃埔堂
救世軍梨木樹幼兒學校
救恩書院
箇色園主辦可藝中學
聖公會李兆強小學
裘錦秋中學(屯門)
漢華中學
樂善堂張葉茂清幼稚園
職業訓練局

社區體適能服務紀錄

Records of Community Fitness Services

社會服務機構 Social Service Organizations

王澤森長者地區中心	香港路德會青彩中心
汽車交通運輸業總工會	香港遊樂場協會
防癆會林貝聿嘉健康中心	香港糖尿病肢體學會
亞洲糖尿病基金會	香港癌症基金會
兒童脊科基金	香港醫藥援助會
明愛元朗長者社區中心	浸信會愛群社會服務處
明愛牛頭角長者中心	荃灣安全健康社區督導委員會
明愛鄭承峰長者社區中心	基督教香港崇真會福禧頤樂天地
東涌安全健康城市	基督教家庭服務中心
東華三院越峰成長中心	救世軍長康社區展能暨宿舍服務
東華三院龐永紹長者鄰舍中心	博愛醫院慧妍雅集新Teen地
長者鄰舍中心(藍田)	循道衛理楊震社會服務處彩虹長者綜合服務中心
青年成就(JA)	童軍知友社
保良局夏利萊博士伉儷綜合復康中心	新生精神康復會石排灣綜合培訓中心
建設健康九龍城協會	新生精神康復會安泰軒(屯門)
建造業總工會	聖雅各福群會
政府人員協會	葵青安全社區及健康城市協會
柏雨長者鄰舍中心	蓬瀛仙館
香港青年協會運動市集	
香港青暉社、青暉婦女會、香港青年義工團聯合秘書處	
香港婦聯	
香港聖公會	

商業團體/機構 Business Corporations

Above the Line Communications and Production	
Action Waterfall	
Grand Waterfall	金城營造有限公司
Me Fitness Limited	科德寶•寶翎有限公司
RoadShow Media Ltd.	英皇集團
Xebec Media Ltd	香港電台
九龍塘會	凌速博覽有限公司
十八和弦傳媒工作室有限公司	雲通科技有限公司
和富社會企業	奧美公共關係有限公司
東方海外貨櫃航運公司	新製作有限公司
金門建築	

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
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社區及機構體適能活動

Fitness activities in Communities and Organizations

玩轉公園

Storm The Park

2017年1月至2月

為了讓市民感受公園的活力和歡樂氣氛，並且在假日與家人同樂，本會與康樂及文化事務署在全港各區舉辦「玩轉公園」系列活動，讓遊人在享用公園現有設施之餘，亦可同時參與不同主題的康體活動。



Jan to Feb, 2017

To allow members of the public to experience the vibrancy and joyous atmosphere of parks, and have a fun-filled holiday with family, PFA and the Leisure and Cultural Services Department organized a series of "Storm the Park" activities in different districts. In addition to enjoying the existing park facilities, visitors might also double the fun by taking part in a variety of different recreation and sports activities.



香港遊樂場協會—賽馬會「動歷離島」創意體育計劃 HKPA-Jockey Club Innovative and Adventurous 'Sports For Island' Programme

2017年2月至7月

本會獲香港遊樂場協會邀請，參與旗下的賽馬會「動歷離島」創意體育計劃，提供體適能服務體驗給一眾離島區小學生，期間教活絡授伸展運動及進行有趣的體適能測試體驗，如十字跳、反覆橫跨及立定跳遠。



Feb to July, 2017

PFA was invited by Hong Kong Playground Association and participated in the "Jockey Club Innovative and Adventurous 'Sports For Islands' Programme". Primary school students in Island District have experienced physical fitness exercises from PFA such as stretching exercise and interesting physical fitness assessments.



社區及機構體適能活動

Fitness activities in Communities and Organizations

渣打馬拉松嘉年華2017
Standard Chartered Hong Kong
Marathon Carnival 2017



2017年2月4及5日

本會獲渣打銀行邀請於渣打馬拉松嘉年華中主持「過三關體能大挑戰」遊戲。

4 & 5 Feb, 2017

PFA was invited by Standard Chartered Bank to organize a 'Tic Tac Toe Fitness Challenge Game' in Standard Chartered Hong Kong Marathon Carnival.

健康生活博覽2017：
身體組成份測試及諮詢
Health Expo 2017: Body Composition Assessment
and Consultation



2017年6月9至11日

本會參與了在香港會議展覽中心舉行的健康博覽2017，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及諮詢。

9 to 11 Jun, 2017

In order to raise public awareness of physical fitness, PFA joined the Health Expo 2017 in 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 and consultation to the public.

社區及機構體適能活動

Fitness activities in Communities and Organizations

世界牛奶日2017
World Milk Day 2017

2017年6月18日

菲仕蘭（香港）有限公司於香港舉辦「世界牛奶日2017」藉此提高公眾對兒童健康的關注，向香港家庭推動兒童「均衡營養」及「適量運動」的健康生活模式，並宣揚牛奶的營養價值和對人體健康的重要性。本會於活動當日分別提供幼兒及成人的體適能測試服務，讓公眾了解自己的體能狀況。



18 June 2017

FrieslandCampina (Hong Kong) Ltd organized a 'World Milk Day 2017' in Hong Kong. In order to enhance public awareness on the health of local children and facilitate healthy lifestyle of "balanced diet" and "regular physical activity" among children to Hong Kong families. PFA provided the different physical fitness assessments for children and adults in the event.

大使培訓(賽馬會跨代樂頤年推廣計劃)
Ambassador Training (Jockey Club
Intergenerational Communication and
Health Promotion Programme)

2017年7月至9月

由嶺南大學亞太老年學研究中心主辦的賽馬會跨代樂頤年推廣計劃，為推廣大眾對長者的關懷及加強長者的防跌意識及認知能力。本會獲他們邀請分別教授一眾年青人及年輕又具活力的中年人土有關活絡伸展運動及椅上毛巾操，以及能刺激認知功能的體能遊戲。

July to Sep, 2017

Asia-Pacific Institute of Ageing Studies, Lingnan University organized 'Jockey Club Intergenerational Communication and Health Promotion Programme' and promoted the concepts of elderly care and the fall prevention against elderly to the community. PFA was invited to educate the stretching exercise, chair-tower fitness exercise and cognitive training for youngsters and young-olds.



社區及機構體適能活動

Fitness activities in Communities and Organizations

運動及消閒博覽2017 Sports and Leisure Expo 2017

2017年6月9及11日

本會參與了由香港貿易中心在香港會議展覽中心舉行的運動及消閒博覽2017，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合成份測試及諮詢。

9 to 11 Jun, 2017

In order to enhance public awareness of the physical fitness, PFA joined the 'Sports and Leisure Expo' which organized by Hong Kong Trade Development Council and located in 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 and consultation to the public.



全民運動日2017 Sport for All Day 2017



2017年8月6日

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

06 Aug, 2017

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

社區及機構體適能活動

Fitness activities in Communities and Organizations

社區服務(包括各類體適能健體服務、講座及工作坊)

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

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

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



活動花絮

Activity Highlights

2016年5月22日

紅茶館BBQ會員活動

當日晚上7時正已經到達位於油麻地的活動場地，食物和飲品所有東西一早都已經準備好，一到達活動場地很快會員們就開始燒烤，食物味道都不錯喔，款式也很多！

而場地亦設有卡拉OK房，讓會員們大展歌喉！會員們吃飽了就到上層唱歌，談天說地！見到每一個會員都玩得很開心！對這次活動都很滿意！謝謝大家參與！



BBQ activity

All the participants gathered in the at the venue station at 7 p.m. All the equipment ,food and drinks were ready for us, so we could start immediately on arrival. The food were good! There was a karaoke room for us. That was a good time for our members to enjoy the music and increase their friendship.

Thanks for all the participants, we really had a great time with all of you.

2016年9月3日



遊船河

為了加強會員之間的互動性，本會舉行「遊船河」，與會員及親屬朋友共渡了一個愉快的周末。在此感謝各會員的支持及參與。展望未來繼續獲得您們的支持，舉辦更多有益身心的會員活動。

A boat trip

In order to strengthen the coheston among members , a boat trip was organized. Members together with their family members and friends had a joyful moment at the weekend. We thanked for their support and participation. We would organize more healthy activities in the future , please continue your precious support.

2016年10月20日

第三十屆周年晚會暨聚餐晚會已於倫敦大酒樓舉行，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。雖然當晚天文台掛上3號颱風訊號，但無影響各來賓與會員們的心情、整晚均興高采烈、喜氣洋洋，場面熱鬧。

The 30th Annual General Meeting cum Dinner Gathering 20 Oct 2016

The annual general meeting was held at the London Restaurant. There were eighteen tables in total and over 200 members and guests attending the meeting and banquet. Although the meeting was affected by the Typhoon Signal No.3 . It never influenced much on the emotions of the participants.



賽馬會學童Keep Fit方程式

Jockey Club Keep Fit Formula for Children

辦事處：香港新界荃灣青山道 455-457 號
華懋荃灣廣場13樓 1304室
電話：852-28908228
網址：www.fit123.hk

Office : Suite 1304, 13th Floor,
Chinachem Tsuen Wan Plaza,
455-457 Castle Peak Road,
Tusen Wan, N.T. Hong Kong
Tel : 852-28908228
Website : www.fit123.hk

活動紀錄 (由2016年9月1日至2017年8月31日)

Record of activities (for the period from 1st September 2016 to 31st August 2017)

		2016/17
體適能素養與文化顧問委員會 Advisory Board Meeting	次數Meeting(s):	6
學童體適能發展高峰會 Academic Seminar	次數Seminar(s):	2
	受惠人數Beneficiaries:	466
訓練員證書課程 Coach Certification Course	次數Course:	5
	受惠人數Beneficiaries:	111
跨學科教案 Design and release of Cross-disciplinary Physical Fitness Curriculum to Students	次數Release(s) (每次4科教案x 6級別 each: 4 lesson-plans x 6 grades)	8
	受惠人數Beneficiaries:	40,729
Keep-Fit 獎勵計劃 Physical Fitness Award Scheme	次數Launch(es):	2
	受惠人數Beneficiaries:	40,729
網上研討會及網上研討會 Webinar and On-line Learning Session	次數Time(s):	3
	受惠人數Beneficiaries:	211
全港家庭運動日 Territory-Wide Family Sports Day	次數Sport Day(s)	1
	受惠人數Beneficiaries:	5,805
臨校探訪 School Visits	次數Visit(s):	155

賽馬會學童Keep Fit方程式

Jockey Club Keep Fit Formula for Children

月份 Months	伙伴計劃 (幼稚園) - 教練支援服務 Kindergartens (2016-17) : Supporting services applied for			
	教師培訓 Kindergarten teachers training	主題式體能遊樂課 Theme-based physical fitness class	親子體能活動 Physical fitness fun day	總數 Total
九月 September	3	2	0	5
十月 October	4	5	2	11
十一月 November	3	1	5	9
十二月 December	2	2	2	6
一月 January	2	2	0	4
二月 February	3	2	2	7
三月 March	1	3	6	10
四月 April	5	2	7	14
五月 May	1	2	3	6
六月 June	2	1	9	12
七月 July	0	5	3	8
八月 August	1	1	2	4
參與幼稚園 Total KGs	27	28	41	96
參與人數 Total Participants	740	4,320	10,200	15,260

賽馬會學童Keep Fit方程式

Jockey Club Keep Fit Formula for Children

月份 Months	先導計劃 (小學) - 教練支援服務 Primary (2016-17) : Supporting services applied for				
	體適能小領袖 訓練 Training for Physical Fitness Leaders	親子講座及體 驗日 Family Day and Experiential Talk	專業教練支援 服務 Professional Supporting Services	跨學科教學 Cross Disciplinary Lesson	總數 Total
九月 September	0	0	0	0	0
十月 October	1	0	0	0	1
十一月 November	0	0	0	0	0
十二月 December	0	0	1	0	1
一月 January	0	0	3	0	3
二月 February	0	0	4	3	7
三月 March	2	0	2	1	5
四月 April	4	0	2	15	21
五月 May	0	1	0	0	1
六月 June	0	0	0	0	0
七月 July	0	0	0	0	0
參與小學 Total Schools	7	1	12	19	39
參與人數 Total Participants	140	120	17	475	752

賽馬會學童Keep Fit方程式

Jockey Club Keep Fit Formula for Children

訓練員證書課程

本學年與香港教育大學及嶺南大學合辦訓練員證書課程，分別於2017年3月25日及4月1日舉行，為兒童體適能教練培育年青接班人。

Coach Certification Course

Two Coach Certification Course co-worked with The Education University of Hong Kong and Lingnan University had been held on 25 March and 1 April 2017 respectively.



「智」 「Fit」 家庭運動日

日期：2016年10月8至9日 (星期六及日)

時間：上午九時半至下午七時

地點：荃灣愉景新城 L1 天幕大堂

Territory-wide Sports & Fun Day

The first Territory-wide Sports & Fun Day was held from 8th to 9th October 2016 (Sat & Sun) at Discovery Park Tsuen Wan (9:30am-7:00pm).



賽馬會學童Keep Fit方程式

Jockey Club Keep Fit Formula for Children

學童體適能發展高峰會

日期：2017年7月8日(星期六)

時間：上午十時至下午十二時十五分

地點：香港理工大學Z座207演講廳

Academic Seminar

The Academic Seminar 2017 had been held on 8 July 2017 (Sat) at 10:00am at Lecturer Theatre 207, Block Z, The Polytechnic University.



30周年慶祝活動摘要

Summary of the 30th Anniversary Celebratory Programmes

月份 Month	活動 Programme
二月 February	正式公佈「三十周年徽號」，並訂定本年二月一日至十月三十一日為「慶祝期」。 Launch the official logo of the 30th anniversary and affirm the celebratory period from 1st February to 31st October of 2017.
三月 March	啟動「三十周年網頁」，介紹三十周年誌慶資訊。 Launch the official webpage of the 30th anniversary and introduce relevant information on the 30th anniversary.
	舉辦「三十周年特別講座：香港兒童及青少年體力活動報告卡」。 Organize a 30th anniversary special talk on “Physical Activity Report Card for Children and Young People in Hong Kong”.
四月 April	開始接受「PFA優秀健體教練獎勵計劃2017」提名及申請。 Accept nominations and applications for “Excellent Fitness Professional Award Scheme 2017”.
	舉辦「Samsung第六十屆體育節體適能講座：肌少症與阻力訓練」。 Organize “Samsung 60th Festival of Sport Physical Fitness Seminar: Sarcopenia and Resistance Training”.
	協辦「Malee 全港氣功健康日2017」。 Co-organize “Malee Hong Kong Qigong Health Day 2017”.
五月 May	截止「PFA優秀健體教練獎勵計劃2017」提名及申請。 Close nominations and applications for “Excellent Fitness Professional Award Scheme 2017”.
六月 June	支持6月9至11日於香港會議展覽中心舉辦之「Health Expo 2017」活動。 Support “Health Expo 2017” which will be held at Hong Kong Convention & Exhibition Centre” from 9th to 11th June.
	舉辦「PFA三十周年慶祝日營」。 Organize “PFA 30th Anniversary Celebration Day Camp”.

30周年慶祝活動摘要

Summary of the 30th Anniversary Celebratory Programmes

七月 July	舉辦首屆「粵港澳水中健體比賽暨匯演」。 Organize “Guangdong-Hong Kong-Macao Hydro-Fitness Competition & Integrative Performance” .
八月 August	協辦8月6日由康樂及文化事務署舉辦之「全民運動日2017」活動。 Co-organize “Sport For All Day” initiated by the Leisure and Cultural Services Department on 6th August.
九月 September	公佈「PFA優秀健體教練獎勵計劃2017」得獎者名單。 Announce the list of Awardees of “Excellent Fitness Professional Award Scheme 2017” .
十月 October	舉辦「PFA三十周年慶典」。 Organize “PFA 30th Anniversary Celebratory Ceremony” .

附錄：財務報告(2016-2017)

Appendix: Financial Report (2016-2017)

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, 2017, 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, 2017 and of its financial performance and its cash flows for the year ended 31st March, 2017 in accordance with Hong Kong Financial Reporting Standards ("HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA").

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 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

附錄：財務報告(2016-2017)

Appendix: Financial Report (2016-2017)

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 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 our agreed terms of engagement, 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.

附錄：財務報告(2016-2017)

Appendix: Financial Report (2016-2017)

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

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

Li, Tang, Chen & Co.

Celiified Public Accountants (Practising)

附錄：財務報告(2016-2017)

Appendix: Financial Report (2016-2017)

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, 2017

	2017	2016
HK\$	HK\$	HK\$
NON-CURRENT ASSETS		
Property, plant and equipment	271,998	278,871
CURRENT ASSETS		
Inventories	40,402	29,863
Other receivables, deposits and prepayments	2,093,983	1,853,933
Tax recoverable	26,643	34,993
Cash and cash equivalents	2,983,537	3,882,529
	<u>5,144,565</u>	<u>5,801,318</u>
CURRENT LIABILITIES		
Receipts in advance	143,126	285,767
Account payable and accrued expenses	716,171	857,532
Temporary receipt	2,000	705,663
Designated donation from Hong Kong Jockey Club Charities Trust	195,403	269,306
	<u>1,056,700</u>	<u>2,118,268</u>
NET CURRENT ASSETS	4,087,865	3,683,050
NET ASSETS	<u>4,359,863</u>	<u>3,961,921</u>
Representing:		
ENDOWMENT FUND	444,603	444,603
ACCUMULATED FUND	3,915,260	3,517,318
	<u>4,359,863</u>	<u>3,961,921</u>

附錄：財務報告(2016-2017)

Appendix: Financial Report (2016-2017)

李湯陳會計師事務所
LI, TANG, CHEN & CO.
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PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 31ST MARCH, 2017

	2017 HK\$	2016 HK\$
MEMBERSHIP FEE	205,785	229,120
SURPLUS FROM ACTIVITIES	3,045,819	3,237,773
QUALITY EDUCATION FUND PROJECT	-	-
HONG KONG JOCKEY CLUB CHARITIES TRUST PROGRAMME	-	-
SPONSORSHIP INCOME	254,108	169,406
SUNDRY INCOME	110,428	171,158
STAFF COSTS	(2,108,709)	(2,320,602)
DEPRECIATION	(60,709)	(54,454)
OTHER OPERATING EXPENSES	<u>(998,923)</u>	<u>(970,552)</u>
SURPLUS BEFORE TAXATION	447,799	461,849
TAXATION	<u>(49,857)</u>	<u>(56,503)</u>
SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR	<u>397,942</u>	<u>405,346</u>



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

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