

「PFA二級私人體適能教練證書」之教練可申請專業級別第V至VII證書。於本會專業證書的七級架構內，第V至VII證書著重導師的專業知識與教學經驗的累積，並肯定教練於體適能行業的教學年資。此乃本會專業架構內的高級證書。證書的申請程序如下：

Instructors who obtained “PFA Personal Fitness Trainer (II) Certification” can apply for professional certifications of Level V to Level VII. Under the seven levels of PFA course structure, Level V to Level VII certifications emphasize both professional knowledge and practical experience of fitness instructors, and affirm the teaching experience of instructors in physical fitness industry. These are advanced certifications of PFA. Application procedures are listed below:

申請資格 Eligibility requirements

- 申請人須符合下列資歷 Applicants should fulfill the following requirements: :

專業級別 Level	證書 Certification	申請資格 Requirements
VII	PFA健康體適能專家證書 PFA Health Fitness Specialist Certification	<ol 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
VI	PFA資深體適能教練證書 PFA Senior Fitness Trainer Certification	<ol style="list-style-type: none"> 持有效的「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
V	一級PFA私人體適能教練證書 PFA Personal Fitness Trainer (I) Certification	<ol 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

申請程序 Application Procedures

- 合資格之申請人填妥表格後，連同有關證明文件副本及費用親臨/郵寄至本會辦事處（九龍尖沙咀山林道9-11號卓能中心17樓）The completed application form, together with copies of relevant documents and application fee can be submitted at PFA office or by post (17/F, Cheuk Nang Centre, 9-11 Hillwood Road, Tsim Sha Tsui, Kowloon).
- 評審委員會定期審核申請文件，如有需要，申請人須後補資料 The judging panel reviews application on a regular basis. Applicants need to submit additional information when it is requested.
- 申請時間約需3個月 Application process lasts for 3 months.

費用 Fee

- 各項證書之申請費用如下 Application fee for various certification is listed below :

一級PFA私人體適能教練證書 PFA Personal Fitness Trainer (I) Certification	HK\$250
PFA資深體適能教練證書 PFA Senior Fitness Trainer Certification	HK\$250
PFA健康體適能專家證書 PFA Health Fitness Specialist Certification	HK\$250

評審委員會 Judging Panel

- 評審委員會由本會教育及專業發展委員會的成員組成，負責審核遞交之申請。如有需要，評審委員可要求申請人進行面試。The Judging Panel is in charge of the approval of application, which is consisted of members from the Education and Professional Development subcommittee of PFA. The judging panel may request for an interview when it is necessary.

資歷頒發 Award of certification

- 成功審批之申請人可獲頒發該專業級別之證書乙張 Successful applicant will be awarded the specified professional certification.

導師名冊 Instructor List

- 經成功審批之教練名字將會上載至本會網頁的「導師名冊」上以供公眾查閱。The name of the instructor of successful application will be listed in “Instructor List” on PFA website.

證書有效期 Validation Period

- 證書之有效期為4年，導師須於證書到期前申請重審以更新有關證書。Certification is valid for 4 years, instructors should renew the certification before validation period.

證書重審

證書種類 Type of Certification	所需學分 CECs	專業知識 Educational Knowledge	實務經驗 Practical Experience	重審費用 Revalidation Fee
一級PFA私人體適能教練證書 PFA Personal Fitness Trainer (I) Certification	60	42	18	HK\$250
PFA資深體適能教練證書 PFA Senior Fitness Trainer Certification	60	42	18	HK\$250
PFA健康體適能專家證書 PFA Health Fitness Specialist Certification	60	42	18	HK\$250

專業級別第V至VII級申請表格

Professional Certification Level V to VII Application Form

申請人姓名 Applicant's Name : _____ (中文 Chinese) _____ (English)

會員號碼 Membership No. : _____

聯絡電話 Contact No. : _____

電郵 e-mail : _____

申請類別 Type of Application :

- 專業級別第V級：一級PFA私人體適能教練證書 Level V: PFA Personal Fitness Trainer (I) Certification
 專業級別第VI級：PFA資深體適能教練證書 Level VI: PFA Senior Fitness Trainer Certification
 專業級別第VII級：PFA健康體適能專家證書 Level VII: PFA Health Fitness Specialist Certification

第一部分 Part One：體適能及運動教學經驗 Practical Experience in Physical fitness and Sports

活動/課程名稱 Name of Program/ Course	活動/課程日期 Date of Program/ Course	教學時數 Teaching Hours	附件編號 Attachment No.

第二部分 Part Two：成人心肺復甦法資格 Eligibility of Adult Cardio Pulmonary Resuscitation

證書名稱 Name of Certification	有效期 Validation Period	頒發機構 Award Organization	附件編號 Attachment No.
	至 To		

第三部分 Part Three：學歷 Academic Qualification (只適用於「PFA健康體適能專家證書」之申請人 Applicable to "PFA Health Fitness Specialist Certification" ONLY)

學歷 Academic qualification	教育機構名稱 Name of Educational Institutes	頒發日期 Award date	附件編號 Attachment No.

申請人簽署 Signature of Applicant : _____

申請日期 Date of Application : _____