



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

35th
ANNIVERSARY



年報 2021
ANNUAL
REPORT 22

目錄

Content

03 會長獻辭

President's Message

04 董事局秘書長暨執委會主席報告

Chairman's Report

05 總會簡介

About Us

06 董事局

Board of Directors

07 執行委員會

Executive Committee

08 顧問名單

List of Advisors

10 專責委員會及辦事處

Specialized of Committees & Head Office

13 課程架構

Course Structure

15 其他證書課程

Other Certification Programmes

16 本會講師 (2021-2022)

PFA Lecturers

17 專業證書課程記錄

Records of Professional Certification Courses

18 延續教育工作坊記錄

Records of Continuing Education Symposiums

19 出版書籍

Publication

21 社區體適能服務記錄

Records of Community Fitness Services

24 健康體適能社區期刊

Health & Fitness Community Page

26 賽馬會家校幼兒體適能學堂

Jockey Club Home-School Physical Fitness Academy
for Kindergartens

33 活動花絮

Programme Highlights

40 財務報告(2021-2022)

Financial Report (2021-2022)

會長獻辭

President's Message



適逢中國香港體適能總會(FIT 總)慶祝創會三十五週年，正好回顧過去，展望未來

FIT 總由三十五年前一個眾志成城的社團組織，發展到今天成為一個略具盛名的非政府機構，乃集大成於一身之舉，全賴董事局、執行委員會、專責委員會、顧問團隊、委任講師團隊、社區服務統籌、社區服務大使、夥伴機構和會員朋友的群策群力。

FIT 總希望凝聚「社、民、官、商、學」五方面的力量，一齊共享資源，多合作，多交流，共譜社區康健運動的好景象。我們將會充分地運用社會賦予 FIT 總的多重身份 - 體育總會、專業團體、社會服務機構和教育機構，擔當「統籌者」角色，發揮「橋樑」作用，促使體適能及社區康健運動於「社、民、官、商、學」五方面都取得平衡的發展。

祝願大家在後疫情年代活得更健康、更有魄力！

黃平山 醫生

中國香港體適能總會會長

2022 年 12 月 10 日



董事局秘書長暨執委會主席報告

Chairman's Report

為加強機構的管治能力，中國香港體適能總會 (FIT 總) 於 2021 年 12 月 2 日正式落實架構重組。在會長黃平山醫生領導下，董事局運作一切暢順。

在新管治架構下，董事局於上一屆周年大會委任了十三位全會員，加入執行委員會，本人很榮幸能夠與同儕們共事，為會務發展出謀獻策。此外，為廣納更多社會精英協助推動會務，董事局和執委會分別邀請多名專業人士擔任榮譽顧問、專業顧問和專責委員，本人謹此向他們致以衷心謝意。

疫情肆虐，百業蕭條，體適能行業與各行各業一樣，歷盡艱辛。FIT 總會員朋友發揮體育人非凡的特質 – 堅毅不屈、勇往直前，渡過最艱難的時期，現時昂然地踏入「復常」之路。祝願大家在行業內再創高峰！

2022 年 3 月至 2023 年 3 月是 FIT 總慶祝創會三十五週年之際。基於防疫抗疫的因由，首六個月只能夠透過線上形式「相聚」。可是，單單五次午間延續教育講座，已錄得超過 1,400 人次出席，足見 FIT 總會員朋友團結一致，一呼百應。繼 2022 年 8 月份「全民運動日 2022」、2022 年 10 月「健康博覽 2022」、「社區康健運動合作交流會」、「全港家庭運動日」，以及 2022 年 11 至 12 月「第二屆聯校智能運動 STEM 大賽」後，本會正籌備於 2023 年首季舉行「三十五週年晚會」，藉以回顧過去，展望未來。

在香港賽馬會慈善信託基金捐助下，本會在 2022 年同時推展「賽馬會家校幼兒體適能學堂」和「賽馬會耆跡再現健體計劃」，分別為幼兒和長者們組織別開生面的體適能活動，鼓勵他們積極地應對後疫情年代的挑戰。未來幾年，幼兒、長者和殘疾人士體適能活動將會是本會的發展方針，董事局和執委會都期望在專業課程和服務研發上尋求突破。

正如本會三十五週年慶祝活動中所倡議的口號 – 「同創造·齊分享·全民動起來·進入 FIT 世代」，FIT 總需要會員朋友和社會各界攜手合作，引導市民採納活躍的生活模式，一起勤運動，邁向康盛人生。

沈劍威博士

中國香港體適能總會
董事局秘書長暨執委會主席

2022 年 12 月 10 日

(只有中文版本)

總會簡介

About Us

中國香港體適能總會成立於 1986 年，屬於志願性、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，致力於香港推動健康、體適能和身心康盛的教育和普及工作。

Physical Fitness Association of Hong Kong, China (PFA) is a voluntary and non-profit making national sports association established in 1986. We are recognized by the Government of Hong Kong S.A.R. and the Sports Federation and Olympic Committee of Hong Kong, China, committing to education and promotion of health, physical fitness and wellness in Hong Kong.

願景 Vision

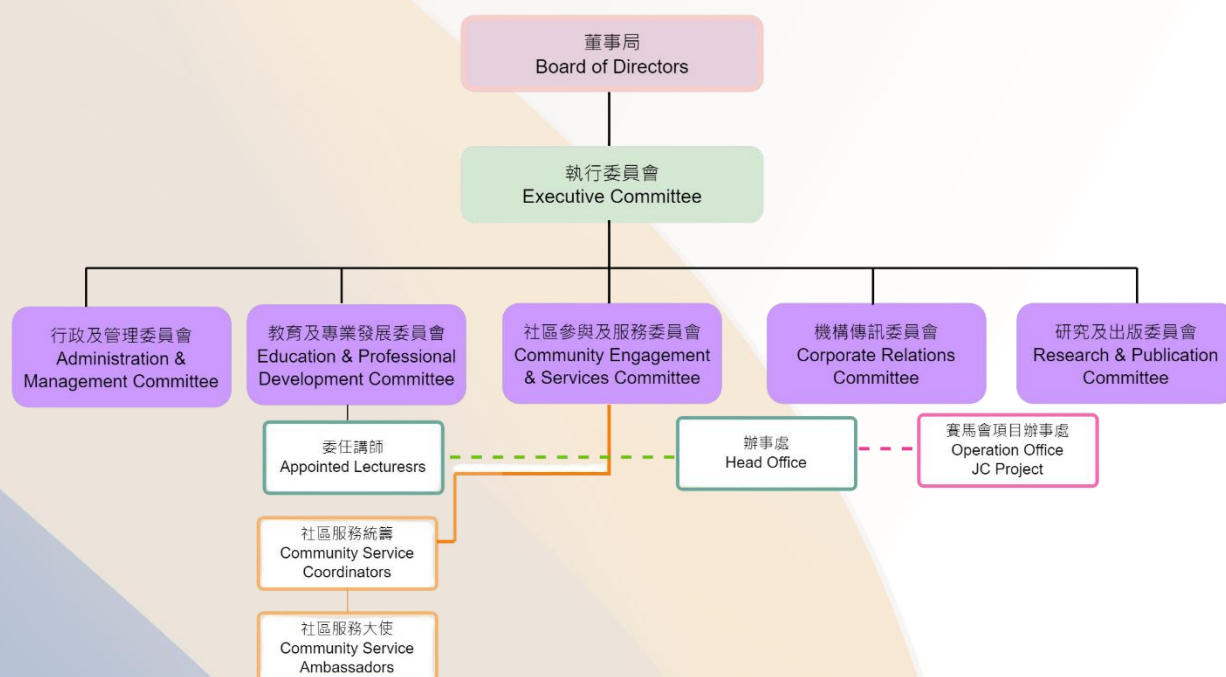
為業界建立專業地位 Develop Professionalism for the Industry

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

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

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

組織架構 Organization Structure



會長 President



黃平山醫生
Dr. John P.S. Wong

副會長 Vice-President



陳大衛先生
Mr David Chan



魏開義先生
Mr Roy H.Y. Ngai



江 峰先生
Mr F. Kong



容樹恆教授 太平紳士
Prof. Patrick S.H. Yung, JP

秘書長 Secretary General



沈劍威博士
Dr. Raymond K.W. Sum

董事局成員 Directors



黎培榮先生 榮譽勳章
Mr P.W. Lai, MH



王香生教授
Prof. Stephen H.S. Wong



許世全教授
Prof. Stanley S.C. Hui



鍾伯光教授 太平紳士
Prof. P.K. Chung, JP



江關煥園女士
Mrs Marriane W.Y. Kong



魏鄒鳳卿女士
Mrs Loretta F.H. Ngai

主席 Chairman



沈劍威博士
Dr. Raymond K.W. SUM

副主席 Vice-Chairperson



韓思思博士
Dr. S. S. HON



阮伯仁先生
Mr Bryan P.Y. YUEN

秘書 Secretary



程偉健博士
Dr. Joe W.K. CHING

司庫 Treasurer



楊顯智先生
Mr Edward H.C. YEUNG

執行委員 Executive Committee Members



鄭毓全先生
Mr Joshua Y.C. CHENG



黃雅君博士
Dr. Wendy Y.J. HUANG



李致和博士
Dr. Daniel C.W. LEE



梁達強先生
Mr Kenneth T.K. LIANG

行政總監 Executive
Director



黃永森博士
Dr. Sam W. S. Wong



廖允瑋先生
Mr Adrian W.Y. LIU



陸子聰博士
Dr. Jim T.C. LUK



蕭明輝博士
Dr. Parco M.F. SIU



黃安東先生
Mr On Tung WONG

顧問名單

List of Advisors

已故永遠榮譽會長 Permanent Honorary President :

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

榮譽顧問名錄 List of Honorary Advisors

區玉麟律師	執業律師	任期至 2024 年 12 月 31 日為止 Appointment till 31 Dec 2024
Mr Anthony Y.L. AU	Solicitor	
陳啟明教授	香港中文大學矯型外科及創傷學系榮休教授	
Prof. K.M. CHAN, OBE, JP	Emeritus Professor, Department of Orthopaedics & Traumatology, CUHK	
傅浩堅教授	香港浸會大學榮休教授	
Prof. Frank FU, JP	Emeritus Professor, HKBU	
李本利先生	中國香港體適能總會創會主席	任期至 2021 年 12 月 2 日為止 Appointment till 2 Dec 2021
Mr Bonnie B. L. LEE	Founding Chairman, The Physical Fitness Association of Hong Kong, China	
馮煒權教授	北京體育大學教授	
Prof. W.Q. FENG	Professor, Beijing Sport University	
李家暉先生	執業會計師	
Mr K.F. LI	Accountant	
楊錫讓教授	北京體育大學教授	
Prof. X.R. YANG	Professor, Beijing Sport University	
謝敏豪教授	中國國家體育總局運動醫學研究所所長	
Prof. M.H. XIE	Director, National Institute of Sports Medicine, China	

顧問名單

List of Advisors

專業顧問名錄 List of Professional Advisors*	
麥耀光醫生 Dr. Gary Y.K. MAK	香港運動醫學及科學學會顧問委員會成員 Advisory Board Member, Hong Kong Association of Sports Medicine and Sports Science
薛慧萍教授 Prof. Cindy H.P. SIT	香港中文大學體育運動科學系系主任 Chairperson, Department of Sports Science and Physical Education, The Chinese University of Hong Kong
梁鳳蓮博士 Dr. Elean F.L. LEUNG	香港中文大學體育部總監 Director, Physical Education Unit, The Chinese University of Hong Kong
林志彪先生 Mr Bill C.B. LAM	香港浸會大學體育、運動及健康學系高級講師 Senior Lecturer, Department of Sport, Physical Education and Health, Hong Kong Baptist University
謝家德博士 Dr. Michael TSE	香港大學運動中心總監 Director, Centre for Sports and Exercise, The University of Hong Kong
林劍明先生 Mr Kenneth LAM	香港理工大學學生事務處高級體育主任 Senior Physical Education Officer, Student Affairs Office, The Hong Kong Polytechnic University
郭致偉博士 Dr. Ron C.W. KWOK	香港城市大學資訊系統學系副教授 Associate Professor, Department of Information Systems, The City University of Hong Kong
蕭秀燕女士 Ms. Cindy S.Y. SIU	嶺南大學持續進修學院 副總監 Associate Director, Lingnan Institute of Further Education
劉美珠教授 Prof. M.C. LIU	台灣身心教育學會 講師 Lecturer, Somatic Education Society of Taiwan
李麗晶教授 Prof. Melody L.C. LEE	台灣有氧體能運動協會秘書長 Secretary General, Aerobic Fitness & Health Association of Taiwan

董事局會按實際需要，邀請權威及知名人士擔任榮譽顧問或專業顧問。

Based on actual needs, the board of directors invites famous and authoritative experts to be either honorary or professional advisors.

*任期至 2024 年 12 月 31 日

Appointment till 31 Dec 2024

專責委員會及辦事處

Specialized of Committees & Head Office

行政管理委員會 Administration & Management Committee		
召集人 Convener	沈劍威博士	Dr. Raymond K.W. SUM
成員 Members*	程偉健博士	Dr. Joe W.K. CHING
	韓思思博士	Dr. Sze Sze HON
	楊顯智先生	Mr Edward H.C. YEUNG
	阮伯仁先生	Mr Bryan P.Y. YUEN
文書 Secretary	黃永森博士	Dr. Sam W.S. WONG
教育及專業發展委員會 Education and Professional Development Committee		
召集人 Convener	阮伯仁先生	Mr Bryan P.Y. YUEN
成員 Members*	程偉健博士	Dr. Joe W.K. CHING
	梁達強先生	Mr Kenneth T.K. LIANG
	陸子聰博士	Dr. Jim T.C. LUK
	黃安東先生	Mr On Tung WONG
	陳嘉威博士	Dr. Jacky K.W. CHAN
	陳國雄先生	Mr Terry K.H. CHAN
	何偉強先生	Mr Ray W.K. HO
	羅英勤醫生	Dr George Y.K. LAW
秘書 Secretary	黃永森博士	Dr. Sam W.S. WONG
	陳麗琪小姐	Miss Kissi L.K. CHAN
顧問 Consultant	江峰先生	Mr Fung KONG
社區參與及服務委員會 Community Engagement and Services Committee		
召集人 Convener	韓思思博士	Dr. S.S. HON
成員 Members*	黃雅君博士	Dr. Wendy Y.J. HUANG
	廖允瑋先生	Mr Adrian W.Y. LIU
	楊顯智先生	Mr Edward H.C. YEUNG
	盧徑遠先生	Mr Felix K.Y. LO
	譚家敏博士	Dr. Winnie K.M. TAM
	蔡慧欣小姐	Miss Jay W.Y. TSOI
	黃詠珊小姐	Miss Jennifer W.S. WONG
秘書 Secretary	黃永森博士	Dr. Sam W.S. WONG
	葉佩芬女士	Ms Momie P.F. IP
	朱嘉文小姐	Miss Carmen K.M. CHU
	梁家威先生	Mr Kelvin K.W. LEUNG
顧問 Consultant	陳國基醫生	Dr. Kwok Ki CHAN, MH
	江峰先生	Mr Fung KONG
	黎培榮先生	Mr Pui Wing LAI, MH
	魏鄒鳳卿女士	Mrs Loretta F.H. NGAI

專責委員會及辦事處架構

Specialized of Committees & Head Office

機構傳訊委員會 Corporate Relations Committee		
召集人 Convener	鄭毓全先生	Mr Joshua Y.C. CHENG
成員 Members*	李致和博士 廖允瑒先生 黃安東先生 陳靄允博士 蔡紹明博士 馬文心小姐 蘇俊龍博士 黃彩琪博士	Dr. Daniel C.W. LEE Mr Adrian W.Y. LIU Mr On Tung WONG Dr. Karly O.W. CHAN Dr. Siu Ming CHOI Miss Margo M.S. MA Dr. Billy C.L. SO Dr. Choi Ki WONG
秘書 Secretary	黃永森博士 潘德賢女士 吳振杰先生	Dr. Sam W.S. WONG Ms Carrie T.Y. POON Mr Mars C.K. NG
顧問 Consultant	許世全教授 江關煥園女士 郭致偉博士 黎培榮先生 魏開義先生 容樹恆教授	Prof. Stanley S.C. HUI Mrs Marriane W.Y. KONG Dr. Ron C.W. KWOK Mr Pui Wing LAI, MH Mr Roy H.Y. NGAI Prof. Patrick S.H. YUNG, MH, JP
研究及出版委員會 Research & Publication Committee		
召集人 Convener	蕭明輝博士	Dr. Parco M.F. SIU
成員 Members*	陸子聰博士 黃雅君博士 陳嘉威博士 林伏波博士 吳兆權博士 潘梓峻博士 孫風華博士	Dr. Jim T.C. LUK Dr. Wendy Y.J. HUANG Dr. Jacky K.W. CHAN Dr. Violette F.P. LIN Dr. Robert S.K. NG Dr. Eric T.C. POON Dr. Bob F.H. SUN
秘書 Secretary	黃永森博士 陳麗琪小姐	Dr. Sam W.S. WONG Miss Kissi L.K. CHAN
顧問 Consultant	周碧珠教授 魏開義先生 王香生教授	Prof. Bik Chu CHOW Mr Roy H.Y. NGAI Prof. Stephen H.S. WONG

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

專責委員會及辦事處架構

Specialized of Committees & Head Office

辦事處 Head Office		
行政總監 Executive Director	黃永森博士	Dr Sam W.S. WONG
高級社區發展主任 Senior Community Development Officer	朱嘉文小姐	Miss Carmen K.M. CHU
行政及會員事務主任 Administration & Member Affairs Officer	潘德賢小姐	Miss Carrie T.Y. POON
服務聯絡主任 Services Liaison Officer	梁家威先生	Mr Kelvin K.W. LEUNG
教練培訓主任 Coach Education Officer	陳麗琪小姐	Miss Kissi L.K. CHAN
助理行政及會員事務主任 Assistant Administration & Member Affairs officer	吳振杰先生	Mr Mars C. K. NG
教練培訓幹事 Executive (Coach Education)	朱健華先生	Mr. Calvin K. W. CHU
清潔助理 Cleaning Assistant	葉鳳葵女士	Ms F.K. YIP
賽馬會項目執行處 Operation Office, JC Project		
項目總監 Programme Director	葉佩芬女士	Ms Momie P.F. IP
項目主任 Programme Officer	黎凱欣小姐	Miss Lemon H.Y. LAI
項目主任 Programme Officer	溫希琳小姐	Miss H.L. Wan
項目主任 Programme Officer	張德倫先生	Mr Alvin T.L. CHEUNG
項目幹事 Programme Executive	張兆聰先生	Mr Chad S.C. CHEUNG
項目幹事 Programme Executive	李曉嵐小姐	Miss Bella H.L. LEE
項目幹事 Programme Executive	施劍鴻先生	Mr Kelvin K.H. SZE
項目助理 Programme Assistant	李國強先生	Mr Shadow K.K. LI
項目助理 Programme Assistant	歐家銘先生	Mr Kenneth K.M. AU

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 the general public.

專業證書課程 Professional Certification Courses

專業級別 VII

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

專業級別 VI

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

專業級別 V

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

專業級別 IV

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

專業級別 III

高級體適能測試領袖 Physical Fitness Assessment Leader (Advanced Level) Certification	伸展訓練導師證書 Stretching Instructor Certification	團體有氧運動導師證書 Group Aerobic Exercise Instructor Certification
器械健體導師證書 Resistance Training Instructor Certification	健體舞導師證書 Aerobic Dance Instructor Certification	兒童體適能導師證書 Children Fitness Instructor Certification
長者健體導師證書 Elderly Fitness Instructor Certification	水中健體導師證書 Hydro-Fitness Instructor Certification	壓力處理及鬆弛技巧導師證書 Stress Management & Relaxation Techniques Instructor Certification

專業級別 II

體適能測試領袖證書 Physical Fitness Assessment Leader Certification	優質健行領袖證書 Quali-Walk Leader Certification	兒童體育素養測試領袖證書 Childhood Physical Literacy Assessment Leader Certification
--	---	--

專業級別 I

體適能基礎證書
Physical Fitness Foundation Certification

延續教育工作坊 Continuing Education Symposiums

運動創傷處理及運動營養學系列 Sports Injury Management & Sports Nutrition Studies Series	進階體適能訓練系列 Advanced Fitness Training Series
社區為本健康體適能促進及教育系列 Community-Based Health / Fitness Education and Promotion Series	技能及技術增進系列 Skills & Techniques Enhancement Series

課程架構

Course Structure

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

專業 級別 Level	類別名稱 Type	培訓時數 Training hours	獲取資格 Requirements	證書有效期 Certification Valid period
VII	專家證書 Specialist Certification	≥1,000 小時 Hours	✓ 持有由本地或國內外認可學術機構頒發的體育、運動科學、運動醫學、醫學、康復科學及其他健康體適能相關專業的學士或以上學位 Possess Bachelor or above qualification in Physical Education, Exercise Science, Sports Medicine, Medicine, Rehabilitation Science or other health-fitness related professions from local or overseas recognized academic institutes ✓ 已持有「資深體適能教練證書」資歷 Possess 'Senior Fitness Trainer Certification' qualification ✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓ 順利通過評審委員會的批審 Approval of Judging Panel	4 年 years
VI	資深 教練證書 Senior Fitness Trainer Certification	≥216 小時 Hours	✓ 持有有效的「一級私人體適能教練證書」 Possess PFA valid 'Personal Fitness Trainer (I) Certification' ✓ 於取得「一級私人體適能教練證書」後，累積兩年或以上的體適能及運動教學經驗（不少於 100 小時相應的實務經驗） Accumulate 2 year or above teaching experience in physical fitness and sports after obtaining 'Personal Fitness Trainer (I) Certification' (No less than 100 hours of relevant practical experiences) ✓ 持本會認可有效的「高級體適能測試領袖證書」或同等資歷 Possess PFA valid 'Physical Fitness Assessment Leader (Advanced level) Certification' ✓ 持最少三項本會認可有效的「導師證書」資格 Possess 3 or above 'Instructor Certification' qualifications ✓ 持最少兩項本會認可「延續教育系列或指導員證書」 Possess 2 or above 'Continuing Education Series or Practitioner Certification' ✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓ 順利通過評審委員會的批審 Approval of Judging Panel	4 年 years
V	一級私人 教練證書 Personal Fitness Trainer (I) Certification	≥132 小時 Hours	✓ 持本會認可有效的「二級私人體適能教練證書」 Possess PFA valid 'Personal Fitness Trainer (II) Certification' ✓ 於取得「二級私人體適能教練證書」後，累積一年或以上的體適能及運動教學經驗（不少於 100 小時相應的實務經驗） Accumulate 1 year or above teaching experience in physical fitness and sports after obtaining 'Personal Fitness Trainer (II) Certification' (No less than 100 hours of relevant practical experiences) ✓ 持最少兩項本會認可有效的「導師證書」資格 Possess 2 or above 'Instructor Certification' qualifications ✓ 持最少一項本會認可「延續教育系列或指導員證書」 1 or above 'Continuing Education Series or Practitioner Certification' ✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓ 順利通過評審委員會的批審 Approval of Judging Panel	4 年 years
IV	二級私人 教練證書 Personal Fitness Trainer (II) Certification	≥84 小時 Hours	✓ 持本會認可有效的「器械健體導師證書」資格 Possess PFA valid 'Resistance Training Instructor Certification' ✓ 持本會認可的「體適能測試領袖證書」 Possess PFA 'Physical Fitness Assessment Leader Certification' ✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓ 順利通過「二級私人體適能教練證書」培訓及考核 Passed the training and assessment of 'Personal Fitness Trainer (II) Certification'	4 年 years
III	導師證書 Instructor Certification	≥60 小時 Hours	✓ 持「基礎證書」資格 Possess 'Foundation Certification' qualification ✓ 持有有效的「成人心肺復甦法」資格 Possess valid 'Adult CPR' qualification ✓ 順利完成「導師證書」培訓及考核 Passed the training and assessment of 'Instructor Certification'	4 年 years
II	領袖證書 Leader Certification	≤36 小時 Hours	✓ 18 歲或以上 Aged 18 years old or above ✓ 持「基礎證書」資格 Possess 'Foundation Certification' qualification ✓ 順利完成「領袖證書」培訓及考核 Passed the training and assessment of 'Leader Certification' ✓ #持有本會「體適能導師證書」 Possessing "Fitness Instructor Certificate" from PFA #適用於「兒童體育素養測試領袖證書」 Applicable to 'Childhood Physical Literacy Assessment Leader Certification'	永久 Permanent #4 年 years
I	基礎證書 Foundation Certification	24 小時 Hours	✓ 17 歲或以上 Aged 17 years old or above ✓ 中五或以上教育程度 Form 5 or above Education Level ✓ 順利完成「基礎證書」培訓及考核 Passed the training and assessment of 'Foundation Certification'	永久 Permanent

證書的認受性 Recognition of Certifications

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

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

有關課程詳細資料，請瀏覽本會網頁 www.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。

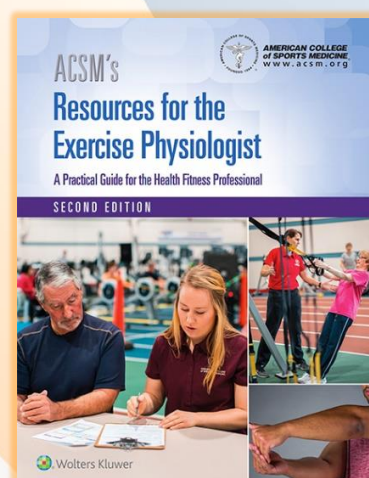
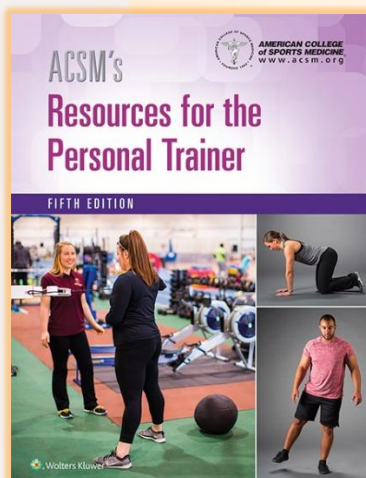
The above-mentioned credentials are recognized by the Leisure and Cultural Services Department (LCSD). Certificate holders are eligible to provide professional services in the community sports programmes organized by LCSD. This reflects our professional status.

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 健康體適能相關證書課程，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 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 (2021-2022)

PFA Lecturers

委任講師 Appointed Lecturers

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

委任助理講師 Appointed Assistant Lecturer

賴清漳先生
Mr Lawrence C.W. LAI

專業證書課程記錄

Records of Professional Certification Courses

本會於二零二一至二二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 2021/22 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	22	609	
體適能基礎證書公開考試 Physical Fitness Foundation Certification Exam	50	849	(68%)
體適能測試領袖證書課程及考試 Physical Fitness Assessment Leader Certification Course & Exam	3	67	
體適能測試領袖證書課程及考試 Physical Fitness Assessment Leader Certification Course / Exam	3	65	(94%)
器械健體導師證書課程 Resistance Training Instructor Certification Course & Exam	6	114	
器械健體導師證書考試 Resistance Training Instructor Certification Exam	6	144	(67%)
長者健體導師證書課程 Elderly Fitness Instructor Certification Course	2	35	
長者健體導師證書考試 Elderly Fitness Instructor Certification Exam	2	35	(87%)
兒童體適能導師證書課程 Children Fitness Instructor Certification Course	1	20	
兒童體適能導師證書考試 Children Fitness Instructor Certification Exam	1	21	(95%)
總數 Total:	91	777	(72%)

延續教育工作坊記錄

Records of Continuing Education Symposiums

本會於二零二一至二二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 2021/22 were specified below:

技能及技術增進系列			
Skills & Techniques Enhancement Series			
日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
22/12/2021	健身球及橡筋帶指導員訓練 Fitball and Elastic Band Practitioner Training	1	16
2/8/2021	姿勢評估及矯健技巧訓練 Postural Assessment and Correctional Exercise Practitioner Training	1	15
總計 Total:		2	31

進階體適能訓練系列			
Advanced Fitness Training Series			
日期 Date	課題 Topics	開辦數目 Quantity	報讀人數 Enrolment
3/7/2021	槓啞鈴(Free Weight)指導員系列 (一)：傳統入門運動與胸大肌訓練詳解 Free Weights Practitioner Series 1: Specific Training for Pectorals	1	19
24/7/2021	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	1	20
31/7/2021	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	15
20/8/2021	身心伸展運動體驗工作坊 Experiencing Body-mind Stretching Exercise Workshop	1	15
31/8/2021	預防糖尿病患者在運動訓練中出現低血糖事故 Preventing Hypoglycemic Episode During Exercise Training with Diabetic Patients	1	12
11/11/2021	Flexi-Bar and XCO-Trainer 初體驗工作坊	1	15
27/9/2021	淺談肌筋膜舒展工作坊 Introduction to Myofascial Release Exercises Workshop	1	15
總計 Total:		7	121

出版書籍

Publication

《器械健體導師手冊》一書由本會執行委員、講師和職員合作籌備、製作和編校，歷時多年，並於 2017 年 6 月份順利出版，並於 2021 年 12 月再版，為本會「器械健體導師證書課程」的指定用書。內容圖文並茂，適合器械健體教練和器械健體愛好者閱讀及參考。

The materials covered in “Resistance Training Instructor Manual” were prepared and edited by PFA’s executive committee members, lecturers, and office staff for many years. The manual was successfully published in June 2017, reprinted in Dec 2021 and regarded as the required book for the “Resistance Training Instructor Certificate Course”. The content is well illustrated and suitable for resistance training instructors and fitness enthusiasts.



《體適能導師綜合理論》一書於 2017 年 9 月份出版，為本會「體適能基礎證書課程」的指定用書和各體適能導師證書課程的參考課本。內容涵蓋體適能概念、健康及身心康盛定義、基礎解剖和運動生理學、心肺耐力訓練原理、營養與健康、體重管理原則、阻力訓練原理、柔軟度訓練原理、運動安全原則、體適能測試方法，以及壓力處理概要。內容適合現職體適能教練、體育老師、修讀體育運動相關課程的學生，甚或熱愛健體運動的市民大眾閱讀。盼望《體適能導師綜合理論》一書能夠促進香港體適能教育工作的發展。

“Comprehensive Theories for Physical Fitness Instructor” was published in September 2017 and officially used as the required textbook for the “Physical Fitness Foundation Certificate Course” and the reference textbook for PFA’s Fitness Instructor Certificate course. The content covers concept of physical fitness, health and wellness, fundamental anatomy, exercise physiology, training principles of cardiorespiratory endurance, nutrition and health weight management, resistance training principles, flexibility training principles, exercise safety fitness assessments, as well as stress management. It is suitable for fitness instructors, physical education teachers, students who are pursuing sports-related qualifications, and fitness lovers. It is believed this book could further promote the development of physical fitness education and training in Hong Kong.



水中健體運動自 80 年代初由本會引入香港，至今發展接近三十年。

《水中健體導師手冊》是本會為裝備水中健體導師而於 2017 年 9 月份出版的。本書內容結合運動生理學家、體育工作者、物理治療師、以及體適能專家的智慧，深入淺出地展示水中健體導師應具備的專業知識和實務技巧，適合現職水中健體導師、體育教師、運動教練、物理治療師、醫護人員、以及水中健體愛好者閱讀。

Hydro-fitness exercise was firstly introduced to local industry by our association in the early 1980s and has been developing for more than 30 years in Hong Kong. To equip our hydro-fitness instructors, "Hydro-Fitness Instructor Manual" was published in September 2017. The content combined the wisdom of exercise physiologists, physical educators, physiotherapists, and fitness specialists. It includes essential knowledge and practical skills that should be possessed by professional hydro-fitness instructor. It is suitable for hydro-fitness instructors, physical education teachers, sports coaches, physiotherapists, health care workers, and hydro-fitness enthusiasts.



《長者健體導師手冊》是本會為裝備長者健體導師而於 2020 年 9 月份出版的，內容由長者健體導師教學團隊用心編寫而成，成員包括運動生理學家、體育工作者、物理治療師，以及體適能專家，強調理論與實踐並重。

To equip our elderly fitness instructors with necessary knowledge and skills, "Elderly Fitness Instructor Manual" was published in September 2020. It was written and edited by the Elderly Fitness teaching team comprising exercise physiologists, physical educators, physiotherapist and fitness specialists. The new publication emphasizes on theoretical knowledge and practical skills in relation to elderly fitness.



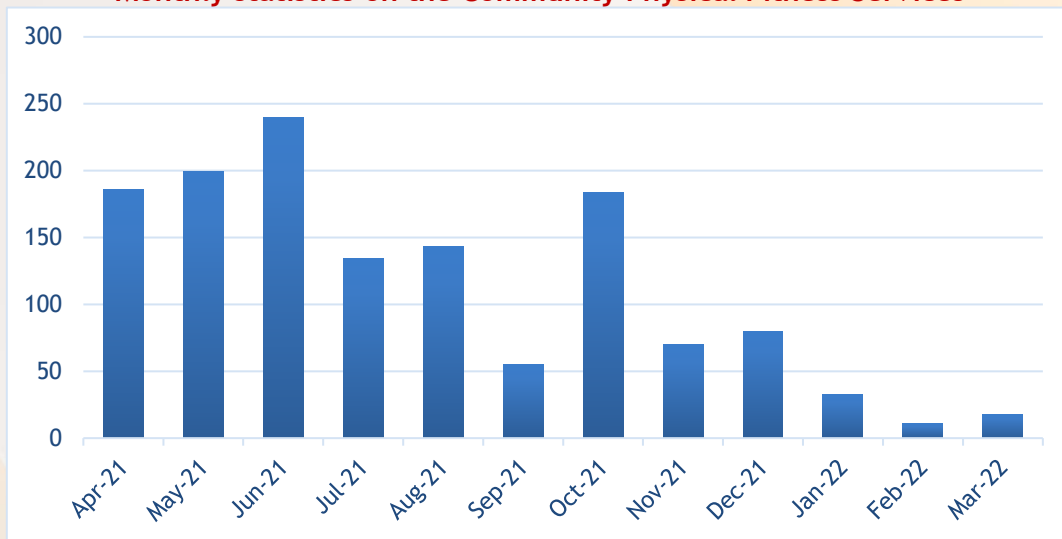
社區體適能服務記錄

Records of Community Fitness Services

於二零二一至二零二二年度，本會與外間團體合作舉辦社區體適能服務的次數多達 1,353 次，服務人次超過 34,291 人。

During the year of 2021/2022, PFA provided more than 1,353 community fitness services to different government departments, community organizations, schools and cooperates, over 34,291 people has been served.

二零二一至二零二二年度社區體適能服務每月記錄
Monthly statistics on the Community Physical Fitness Services



2022 年 1 月至 2022 年 3 月的社區體適能服務的數量及服務人次，

因受冠狀病毒 2019 影響而減少。

Because of the impact of COVID-19, the quantity of community services and number of participants between 1st Jan 2022 and 31st Mar 2022 decreased.

根據統計顯示，本年度與本會合作的團體及機構多達 78 間。合作團體及機構業務及服務性質分佈： According to statistical records, about 78 corporate bodies and organizations co-organized services with us. Their business and service nature were presented below.



本於二零二一至二零二二年度的合作團體及機構名單：

Collaborative bodies and organizations in 2021/2022:

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

民眾安全服務隊	教育局
香港電台	衛生署
康樂及文化事務署(包括總部、各區辦事處及香港公共圖書館)	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	灣仔體育總會
香港特殊奧運會	

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

中華基金中學	香港四邑商工總會黃棣珊紀念中學
中華傳道會李賢堯紀念中學	香港浸會大學
元朗惇裕學校	香港專業進修學校
天水圍官立小學	香港道教聯合會圓玄學院第一中學
可藝中學	荃灣公立何傳耀紀念中學
余振強紀念中學	荔景天主教中學
官立嘉道理爵士中學 (西九龍)	救世軍平田幼稚園
東莞工商總會劉百樂中學	港九街坊婦女會孫方中書院
東華三院力勤幼稚園	萌兒幼稚園
玫瑰崗中學	聖言中學
金巴崙長老會耀道中學	漢華中學
保良局李俊駒伉儷幼稚園暨幼兒園	嶺南大學
香海正覺蓮社佛教梁植偉中學	賽馬會體藝中學
香港中文大學	寶覺中學
香港仔工業學校	

社會服務機構 Social Services Organizations

工業傷亡權益會	香港童軍總會東九龍地域
仁愛堂彭鴻樟長者鄰舍中心	香港傷健協會樂融軒
仁濟醫院方若愚長者鄰舍中心	香港遊樂場協會
仁濟醫院楊溫先生夫人長者鄰舍中心	香港醫藥援助會
杏花邨業主委員會(住宅)	香港聾人福利促進會
防癆會林貝聿嘉健康中心	耆康會王華湘紀念長者鄰舍中心
協康會	基督教家庭服務中心
旺角街坊會九龍總商會耆英中心	基督教聯合那打素社康服務
明愛元朗長者社區中心	循道衛理亞斯理長者鄰舍中心
明愛鄭承峰長者社區中心(深水埗)	傷健協會共融軒
明愛麗閣長者中心	嗇色園主辦可平耆英鄰舍中心
東涌安全健康城市	嗇色園可頤耆英鄰舍中心
油尖區耆樂警訊	新生精神康復會
香港中華基督教青年會 天平長者鄰舍中心	楊震社會服務處彩虹長者綜合服務中心
香港西區婦女福利會松鶴老人中心	聖雅各福群會
香港西區婦女福利會關啟明紀念松鶴老人中心	路德會馬頭圍長者中心
香港明愛	賽馬會黃志強長者地區中心
香港青年協會荃灣青年空間	關護長者協會
香港婦聯	灣仔警區警民組

商業團體/機構 Business Corporations

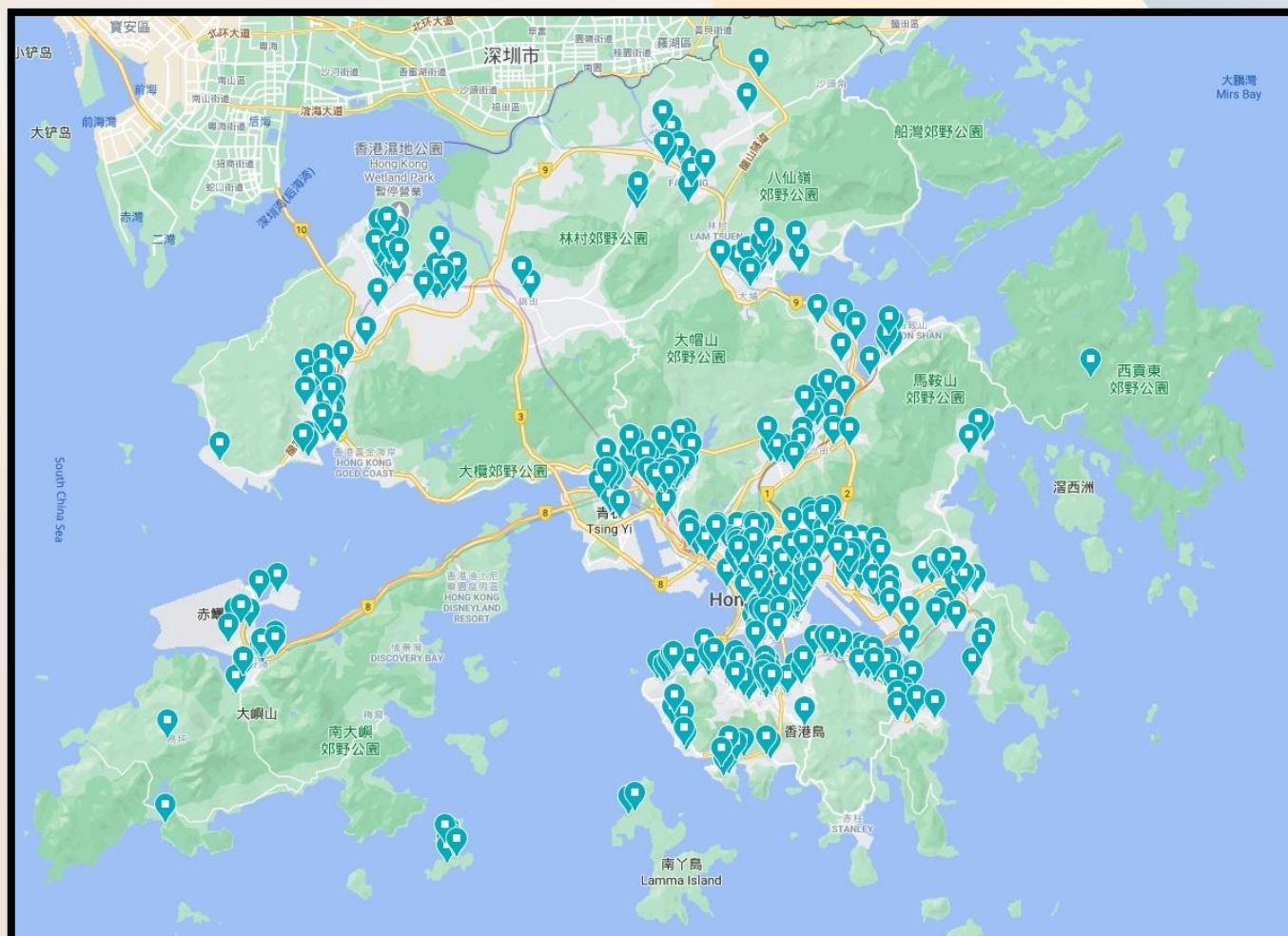
Archon Wellness Ltd	SportiHealth
---------------------	--------------

機構傳訊活動記錄

Records of Corporate Relations Activities

2018 年至 2022 年期間，本會社區體適能服務網絡遍佈港、九、新界及離島區。

Community fitness services network of PFA had been expanded to every corners of Hong Kong Island, Kowloon, the New Territories and Island districts in the past few years (2018-2022).



健康體適能社區期刊

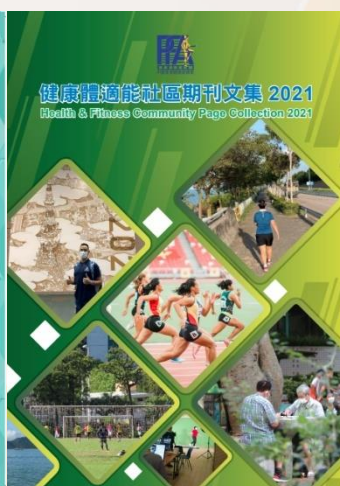
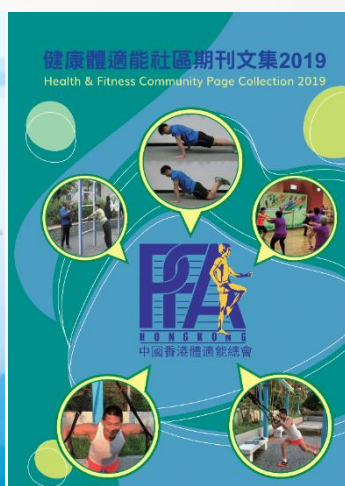
Health & Fitness Community Page

健康體適能社區期刊每三個月出版一次，每期藉不同的主題，將最新的體適能資訊帶給過千名會員、政府部門、學校、大專院校及各大公營機構，歡迎各界人士登入本會網頁瀏覽。

Health Fitness Community Page is a quarterly periodical with specific theme in every issue, providing the latest information about physical fitness. The target readers are more than thousand exercise professionals and different stakeholders in the industry, including governmental departments, schools, tertiary education institutes, public organizations and private companies. Please browse our webpage for details.

期刊網頁 Website

QR Code :



健康體適能社區期刊文集 Health & Fitness Community Page Collection



健康體適能社區期刊 Health & Fitness Community Page

《健康體適能社區期刊》由 2021 年 4 月至 2022 年 3 月合共出版了 16 篇文章，感謝各位專家和學者們慷慨地投稿，為期刊讀者們提供豐富的知識寶藏。特此總結 2021/22 年度期刊季題、文章標題和作者芳名如下：

"Health Fitness Community Page" published a total of 16 articles from Apr 2021 to Mar 2022. Many thanks to all experts and scholars participated in the publication. Their articles enriched the knowledge collection of the periodical. The quarterly themes, titles of articles and names of authors in the year of 2021/22 were recorded as follows:

文章標題	作者姓名
2021 年夏季主題：心智狀態- 身心聯繫在健體訓練上的應用	
身心運動與體適能—本地發展與展望	黃永森博士
疫情下的身體活動與心智健康概況	黃雅君博士 / 馮 潔小姐
淺談「正念」·「不疫」樂乎？	魏開義先生
Measuring and Promoting Physical Activity Levels and Physical Fitness of Adults with Intellectual Disabilities	Prof. Bik C. CHOW
2021 年秋季主題：奧林匹克主義 (Olympism)- 運動競技與健體的結合	
奧運的歷史與意義：運動競技如何從奧運走進大眾？	徐紀而小姐 / 鍾伯光教授
奧林匹克格言對游泳健體的啟示	程偉健博士
行山如抗疫：心態、狀態，缺一不可！	邱德民先生
不一樣的奧運角色	李致和博士 / 黃永森博士
2020 東京奧運隨想	魏開義先生
2021 年冬季主題：差異化和目標群體的導向訓練	
「打機」可延緩衰老？運動遊戲(Exergaming)在安老院舍的優勢	梁健忠博士 / 王春波醫生
運動訓練後的肌肉舒鬆法	盧徑遠先生
實踐經驗：生物電阻抗分析(BIA)於健康促進方面的效益	黃永森博士
強身健腦的肌肉強化活動	余炬成先生 / 蕭明輝博士
2022 年春季主題：運動員和健康人口的體適能測試及表現	
運動探測技術於體適能方面的應用	黃永森博士
賽馬會家校幼兒體適能學堂—幼兒體適能評估及介入服務概況	朱嘉文小姐
兒童及青少年的心肺耐力測試	黃永森博士

賽馬會家校幼兒體適能學堂

Jockey Club Home-school Physical Fitness Academy for Kindergarteners



中國香港體適能總會承蒙香港賽馬會慈善信託基金的捐助，承接「賽馬會學童 Keep-Fit 方程式」計劃，推行一項為期三年之「賽馬會家校幼兒體適能學堂」計劃，為全港 150 所幼稚園和有需要之家庭提供體適能支援，倡議有益於幼兒體能與健康發展的家校活動，推動幼兒體適能方面的親職教育。

With donation from the Hong Kong Jockey Club Charities Trust, "Jockey Club Keep-Fit Formula for Children" had been organized successfully. Jockey Club Home-school Children Physical Fitness and Health Academy is a home-school physical fitness and health programme beneficial to young children, their parents and kindergarten educators for 150 kindergartens in Hong Kong.

計劃內容

1. 伙伴學校
 - 幼師體適能培訓工作坊
 - 親子體適能同樂日及家長講座
 - 親子體適能獎勵計劃
2. 年度活動
 - 全港家庭運動日
 - 知識傳承工作坊
 - 知識傳承研討會
3. 親子體適能大使訓練課程
4. 親子學堂服務
 - 體適能與健康評估及分析
 - 親子體適能與健康介入課程
5. 研究計劃

Content

1. Collaborating Kindergartens
 - Teachers' Physical Fitness Training Workshops
 - Parent-child Physical Fitness Fun Day and Parents Talk
 - Parent-Child Home Gym Award Scheme
2. Annual Activities
 - Family Fitness Festival
 - Knowledge Transfer Workshops
 - Knowledge Transfer Seminars
3. Family Fitness Ambassador Training Course
4. Family Physical Fitness and Health Centre
 - Physical Fitness and Health Assessment
 - Family- Based Physical Fitness and Health Intervention
5. Research Study

聯絡我們 Contact Us

地址 長沙灣長裕街 8 號億京廣場 1507 室
Address : Unit F, 15/F, Billion Plaza, 8 Cheung Yue Street,
Cheung Sha Wan, Kowloon, Hong Kong
電話 Tel : 852-2728 2800
傳真 Fax : 852-2728 3337
電郵 Email : homeschool@hkpfa.org.hk



[JCHomeSchoolPFA](https://www.facebook.com/JCHomeSchoolPFA)



[jchomeschoolpfa](https://www.instagram.com/jchomeschoolpfa)



HSPFA





2019 年 12 月至 2022 年 8 月

Dec 2019 to Aug 2022

活動
Activity

服務人數/活動次數
Beneficiaries/ Output

1. 親子體適能獎勵計劃 Parent-Child Home Gym Award Scheme

學校數量 No. of Kindergarten	322
學生人數 No. of Children	52,074

2. 伙伴學校親子活動 School-based Family Fitness Education

2.1. 家長講座 Parent talks	42
學生人數 No. of children	10,623
家長人數 No. of parents	10,623
2.2. 親子體適能同樂日 Fun days	56
學生人數 No. of children	8,139
家長人數 No. of parents	8,795

3. 親子學堂服務 Focused Physical Fitness Assessment and Intervention

3.1. 體適能與健康評估及分析 Assessment Sessions	216
參加人數 No. of participants	1,192
3.2. 親子體適能與健康介入課程 Intervention Sessions	280
參加人數 No. of participants	9,724

4. 全港家庭運動日 Family Fitness Community Engagement

活動數量 No. of activities	1
參加人數 No. of participants	5,240

5. 親子體適能大使訓練課程 Family Fitness Youth Ambassador Courses

課程數量 No. of courses	7
參加人數 No. of participants	130

6. 幼師體適能培訓工作坊 Teachers Training

活動節數 No. of sessions	75
參加人數 No. of participants	3,980

2019 年 12 月至 2022 年 8 月

Dec 2019 to Aug 2022

活動 Activity	服務人數/活動次數 Beneficiaries/ Output
7. 幼師跨學科培訓 On-board Training	
活動節數 No. of sessions	67
參加人數 No. of participants	1,043
8. 知識傳承工作坊暨研討會 Knowledge Sharing Workshops and Seminars	
活動節數 No. of sessions	6
參加人數 No. of participants	1,777
9. 電子平台 Digital channels	
登記手機程式 Mobile Apps registered	3,770
帖子數量 Number of post	874 直播 Live Events 41 參加人數 Participants 4,488
讚好/意見人數 Number of like & comment	3,852 分享 Share 348 瀏覽次數 Viewers 305,784
追蹤者 Number of fans	3,314
網頁瀏覽次數 Website viewers	55,254



過往活動照片

Activity Photography

伙伴學校活動 - 幼師培訓

On-site Service - Teacher Training



伙伴學校活動 - 幼師培訓 (自由遊戲)

On-site Service - Teacher Training (Free Play)





伙伴學校親子活動 - 同樂日
On-site Service - Fun Day



伙伴學校親子活動 - 家長講座
On-site Service - Parent Talk

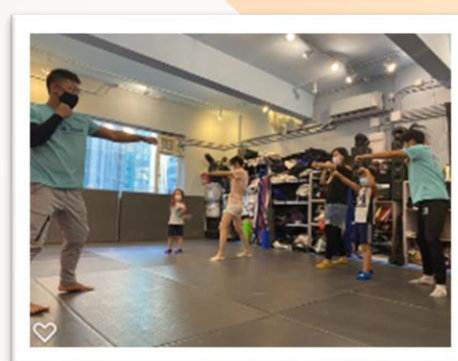




親子體適能大使訓練課程
Family Fitness Youth Ambassador Course



暑期活動
Summer Programme



全港家庭運動日 2022



「賽馬會家校體適能學堂-全港家庭運動日 2022」已在 10 月 22 及 23 日於荷里活廣場順利進行，完滿結束，共有 587 家庭 (1174 人) 出席。

本活動希望能達致鼓勵家長與子女一同進行親子體適能運動之目標，亦需要顧及參加者安全，尤其是幼童，更須配合防疫措施，如人流限制，消毒程序等。經同多方協調、考量及安排，本活動得以順利舉行，衷心感謝各家長及學校的配合、支持、體諒和耐心，讓小朋友與家長一同享受親子運動的樂趣。多謝教練們付出的汗水與臂力，在場每位參加者都受到他們的熱誠與投入所感染。

適逢「中國香港體適能總會」創會 35 週年，一眾委員和嘉賓們於 2022 年 10 月 22 日出席開幕典禮，到場為各家庭打氣，並宣揚家庭運動訊息。開幕儀式邀請到會長黃平山醫生、主席沈劍威博士及委員會成員主持，另外荃灣聖母幼稚園的學童擔任表演團體。

活動當天更安排教師導賞及由專業體適能教練帶領「幼師培訓之 Freeplay 設計」，特別鳴謝獲頒活力校園大獎 - 荃灣聖母幼稚園的學童於典禮中進行表演。

有關活動花絮短片及相片可於我們 Facebook 及 Youtube 查看。

(只有中文版本)



全港社區體質調查

Territory-Wide Physical Fitness Survey for the Community



本會受康樂及文化事務署委託，擔任「全港社區體質調查」專業服務機構，負責派遣人員到各類型公司或機構執行體適能測試及問卷調查。上述調查於 2021 年 8 月初開始至 2022 年 12 月初，合共收取了超過 8,500 名 7 至 79 歲香港市民的體適能及問卷調查數據。主要的調查目標是為了讓參與計劃的香港市民了解自己的體質狀況及繼續建立香港市民體質數據資料庫，從而協助政府制定相關政策。

PFA was commissioned by the Leisure and Cultural Services Department to act as a professional service agency responsible for collecting data for the survey by means of conducting physical fitness tests and questionnaire surveys. More than 8,500 aged 7 to 79 years old Hong Kong residents participated in the surveys. The data collection process was conducted from August 2021 to December 2022. The objectives of the survey were to enable the people of Hong Kong participating in the Survey to have a general understanding of his/her own fitness condition, to set up a database on the physical fitness of people of Hong Kong, to assist the Government in identifying priority areas for improvement, and to enhance the overall physical fitness of the community.

活動花絮

Programme Highlights

「跨代培傳身心健·弱勢樂齡自主融」

IntergenerationABILITY: Enhancement of Physical Literacy of Students with Disabilities and Older Baby Boomers in Hong Kong



本會獲香港中文大學體育運動科學系沈劍威教授及其研究團隊邀請，在 2021 年 9 月至 11 月期間，派遣教練參與於炮台山循道衛理中學舉行的「長幼共融服務計劃」。香港聖公會社會福利協會的長者們與炮循的學生們打成一片，一起進行「跨代」體適能互動訓練，藉此促進長幼共融，讓他們從訓練中互相磨合及成長。

在本會體適能導師引領下，訓練充滿著正能量，兩代人的心態亦由「被動」轉為「主動」，彼此關心對方，亦不再有初時的陌生感及抗拒。計劃成功地協助長者及學生們領略運動的樂趣，並培養了恆常運動的習慣。

PFA was invited by Professor Raymond SUM and his research team at Department of Sports Science & Physical Education of The Chinese University of Hong Kong to provide fitness coaching services for an "Intergeneration" exercise project co-organized with Fortress Hill Methodist Secondary School (FHMSS). The older people from Hong Kong Sheng Kung Hui Welfare Council and the students from FHMSS participated in the "Intergeneration" fitness exercise training courses, interacting and sharing happiness and life experience with each other.

With the guidance of PFA instructors, the classes were full of positivity. The older people and the students became more and more active in the exercise training. The strangeness and the resistance were gone at the end of the training. The courses let the older people and the students experience the fun generated by fitness exercises and helped them develop regular exercise habits.

聖雅各福群會賽馬會「入伍登陸·快閃動」

SJS's Jockey Club Project



聖雅各福群會於過往六年邀請本會分別參與他們賽馬會「入伍登陸·大 Show 動」及賽馬會「入伍登陸·快閃動」兩大項目，項目以推廣「健娛運動」概念予退休人士及長者，鼓勵他們持續做運動。由本會導師培訓一些年輕長者成為運動大使，讓他們能夠於長者中心教授老友記一些簡單的運動訓練，提升老友記體能活動水平及做運動的興趣。項目在過去六年內成功邀請了約 400 名 50 至 69 歲的運動義工接受總達 30 小時的特訓。

聖雅各福群會在 2022 年 5 月 30 日為賽馬會「入伍登陸·快閃動」舉行了「健娛運動首映會影片」，影片由參與項目的長者運動大使以及長者服務機構的使用者一起拍攝而成。在此恭喜聖雅各福群會賽馬會「入伍登陸·快閃動」項目能夠順利完成，亦感謝聖雅各福群會在項目完成後特意頒發金屬表揚狀予本會。本會期望日後能再與聖雅各福群會再度合作。

PFA participated in two large-scale Jockey Club projects organized by St. James' Settlement (SJS). The projects promoted the concept of "exercise entertainment", providing retired adults and older people with opportunities to do workout. PFA instructors took part in the exercise ambassador training for groups of young old, and then they visited different elderly centres to encourage their senior counterparts to do exercises, not only increasing their physical activity levels, but also nurturing their interest in doing exercise. More than 400 ambassadors aged 50 to 69 years completed the 30-hour ambassador training programmes in the past six years.

STS organized a premiere for exercise entertainment videos of their latest SJS's Jockey Club project on 30 May 2022. The cast of the videos were the ambassadors and the service users of the beneficiary organizations. It was grateful that the projects were successfully organized. PFA was so glad to be presented a memorable souvenir, and looking forward to the next collaboration opportunity with SJS.



掃描二維碼重溫健娛
運動首映會影片

活動花絮

Programme Highlights

首屆「聯校智能運動 STEM 大賽」

The First "Interschool Smart Exercise STEM Competition"



立法會議員邱達根先生及本會行政總監黃永森博士出席活動頒獎禮。

Legislative Councilor, Mr Duncan Chiu and PFA's Executive Director, Dr Sam Wong attended the awarding ceremony.



掃描二維碼回顧參賽學校專訪



Scan QR code to review School interview



活動花絮

Programme Highlights

首辦《兒童身體素養與基礎動作技能測試領袖證書課程 和《兒童青少年體適能測試領袖證書課程》

Launch of “Physical Literacy and Fundamental Movement Skills Assessment Leader Certification Course” and “Children and Youth Physical Fitness Assessment Leader Certification Course

本會於 2022 年暑假期間推出兩個新辦領袖證書課程，課程由本會及兒童青少年身體素養學院 (PLACY) 合辦，藉以讓有志投身兒童青少年體育工作行業的本地體適能導師、體育教師及各類運動教練，灌輸關乎身體素養和長遠運動發展的最新知識和測試技巧。畢業學員有機會參與兩個組織日後在本地學界發展的身體素養、基礎動作技能及體適能測項目，學以致用。

PFA launched two new leader certification courses during the summer in 2022. The courses were jointly organized by PFA and Physical Literacy Academy for Children and Youth (PLACY). They aimed to equip fitness instructors, physical educators and sports coaches devoting to sports development among children and youth with the latest knowledge and skills related to physical literacy and long-



活動花絮

Programme Highlights

全民運動日 2022

Sport for All Day 2022



電子虛擬運動

Snapshot of electronic virtual sports



Sammy Leung and Alex Fong participated in a live broadcast.

本年度「全民運動日」於 2022 年 8 月 7 日舉行，主題是「電子虛擬運動」。康樂及文化事務署在十八區都舉辦了別開生面的健體活動，當中包括「電子虛擬運動」和各式各樣的健體同樂活動。荃灣體育館更加成為重點的嘉年華場地，不但有數以百計市民在周日下午一起參與健體活動，政府官員和社會賢達都身體力行，到場支持及體驗「電子虛擬運動」樂趣。本會亦派出數十位教練負責即場指導，絕對是疫情以來難得一見的熱鬧場面。同場加入著名電台、電視主持人森美及影星方力申的直播節目，他們與本會教練一起示範運動，娛樂性十足。

"Sport For All Day" was held on 7 August 2022 this year. The main theme was "Electronic Virtual Sports". Leisure and Cultural Services Department organized novel fitness activities in eighteen districts, including electronic virtual sports and healthy fitness exercises. Tsuen Wan Sports Centre was a designated venue on the day, not only attracting several hundred people to participate in the activities together, but also being visited by government officials and leaders in the community. They supported and experienced "Sport For All Day" activities with a lot of joyful moments. PFA assigned many instructors to provide coaching services on the site. It was rare to see such bustling place with so much excitement and fun during the postpandemic era. Famous DJ and television moderator, Sammy Leung and movie star, Alex Fong participated in a live broadcast together with PFA instructors. They did workout with each other. The moments were full of entertainment.

活動花絮

Programme Highlights

首辦《戶外體適能導師證書課程》

Launch of a Brand-new "Outdoor Fitness Instructor Certification Course"



本會於 2022 年暑假期間推出一個全新的戶外體適能導師證書課程。要設計和組織周詳且完備的戶外體適能訓練方案，導師需要具備專門的理論知識和實務技巧。本會因應社會需要，特地在疫情稍稍緩和之際，推出該全新導師證書課程，藉此鼓勵戶外健體愛好者、現職體適能導師和運動教練裝備自己，加入戶外體適能訓練的行列。

PFA launched a new outdoor fitness instructor certification course during the summer in 2022. Designing and organizing a comprehensive and thorough outdoor fitness training plan is not an easy task. The instructors have to acquire specialized knowledge and practical skills. In response to the demand of the society, PFA specially launched a brand-new instructor certification course at the moment when COVID-19 started to be alleviated. Fitness lovers, practicing fitness instructors and sports coaches joined and well prepared themselves for the outdoor fitness training career.

財務報告(2021-2022)

Financial Report (2021-2022)

李湯陳會計師事務所

LI, TANG, CHEN & CO.

Certified Public Accountants (Practising)

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED

(incorporated in Hong Kong and limited by guarantee)

OPINION

We have audited the financial statements of Physical Fitness Association of Hong Kong, China Limited ("the Association") set out on pages 6 to 28, which comprise the statement of financial position as at 31 March 2022, and the statement of comprehensive income, statement of changes in funds and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Association as at 31 March 2022, 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 our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

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.

OTHER INFORMATION

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

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

RESPONSIBILITIES OF DIRECTORS FOR THE FINANCIAL STATEMENTS

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

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

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

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

Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAAs 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 HKSAAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

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

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

PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED
STATEMENT OF FINANCIAL POSITION AS AT 31 MARCH 2022

	HK\$	<u>2022</u> HK\$	<u>2021</u> HK\$
NON-CURRENT ASSETS			
Property, plant and equipment		88,956	152,743
Right-of-use assets		516,125	1,076,071
		<u>605,081</u>	<u>1,228,814</u>
CURRENT ASSETS			
Inventories	36,322		36,322
Accounts receivable, other receivables, deposits and prepayments	568,591		602,818
Tax recoverable	64,270		75,221
Cash and cash equivalents	12,737,982		9,138,248
	<u>13,407,165</u>		<u>9,852,609</u>
CURRENT LIABILITIES			
Contract liabilities	3,780,810		262,188
Accounts payable and accrued expenses	1,774,440		2,771,220
Temporary receipt	23,747		9,452
Provision for profits tax	-		-
Lease liabilities	527,750		629,519
	<u>6,106,747</u>		<u>3,672,379</u>
NET CURRENT ASSETS		<u>7,330,418</u>	<u>6,180,230</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>7,905,499</u>	<u>7,409,044</u>
NON-CURRENT LIABILITIES			
Lease liabilities		9,938	468,828
NET ASSETS		<u>7,895,561</u>	<u>6,939,216</u>
Representing:			
ENDOWMENT FUND		444,603	44,603
ACCUMULATED FUND		7,450,958	6,494,613
		<u>7,895,561</u>	<u>6,939,216</u>

PHYSICAL FITNESS ASSOCIATION OF HONG KONG, CHINA LIMITED
STATEMENT OF FINANCIAL POSITION AS AT 31 MARCH 2022

	2022 HK\$	2021 HK\$
MEMBERSHIP FEE	218,897	194,205
SURPLUS FROM ACTIVITIES	4,558,975	3,783,606
SUNDRY INCOME	174,916	686,739
HONG KONG JOCKEY CLUB CHARITIES TRUST PROGRAMME	5,260,660	5,083,156
FINANCE COST	(41,105)	(56,635)
OTHER OPERATING EXPENSES	(9,205,047)	(8,530,113)
SURPLUS BEFORE TAXATION	967,296	1,160,958
INCOME TAX EXPENSE	(10,951)	-
SURPLUS AND TOTAL COMPREHENSIVE INCOME FOR THE YEAR	956,345	1,160,958



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



電話TEL:2838 9594

傳真FAX:2575 8683

電郵Email:info@hkpfa.org.hk

網址Website:<http://www.hkpfa.org.hk>

地址：香港九龍尖沙咀山林道9—11號卓能中心17樓

Address: 17/F, Cheuk Nang Centre, 9-11 Hillwood Road, Tsim Sha Tsui, Kowloon, Hong Kong