

## Ageing Specialists Conducted Training for Sports Students

In March 2014, more than 120 students and 10 lecturers were certified as elderly fitness and activity instructors after a 5-day training at IVE HoSTS conducted by Professor Margaret Kuo, a Director of International Personal Trainers and Fitness Academy (IPTFA). The training course covered theory and practical training such as health and physical assessment, training protocol and fitness routines for the elders. It enabled participants to gain an internationally recognized qualification as well to apply professional knowledge in developing specific fitness programmes for the growing elderly population.

### 康體名師為 HoSTS 培訓長者健體專家

2014年3月，超過120名HoSTS學生及10位講師成功考獲國際認可的長者健體及活動導師資格。在為期5天的專業培訓課程裡，HoSTS邀請國際康體專才培訓學院(IPTFA)總監郭婕教授到本校親自為學生授課。訓練證書課程理論及實踐並重，學習內容包括長者健康與身體評估、長者健體訓練準則及長者健體輔助技巧等。完成課程及考試合格後，學生不但得到國際認可的長者健體及活動導師的專業資格，還可以運用所學知識，服務數目日漸增加的長者。

