

Hospitality 酒店及旅遊學

體適能教練證書 Certificate for Fitness Coach

HT4200042

The programme aims to provide students with basic concepts of physical fitness principles and knowledge in exercise science for those who prepare to develop career in the sports and fitness industry.

本課程專為有興趣從事體育及康樂事業的人士而設，讓學員有效地認識體適能的基本概念及有關運動科學的訓練原理。

Content 內容

- Three types of fitness training targets 健體三大範疇
 - How to enhance body energy? 如何增強體能?
 - How to increase muscle size? 如何增加肌肉?
 - How to reduce body fat? 如何減少體脂?
- Use of fitness equipment 健體器材的教學
 - 6 types of aerobic machines 6 種帶氧機器
 - 20 types of weight training machines 20 種重量訓練器械
 - 50 types of exercises with use of dumbbells, barbells, kettlebells & exercise ball 超過 50 種啞鈴、槓鈴、壺鈴及健身球訓練方法
- The application of nutritional supplement and fitness diet plan 營養補充劑的使用及健體餐單
- Management & coaching technique 管理及訓練技巧

This programme will be suitable for those who are interested in attaining a qualification of fitness coach. Applicants must be aged 18 years old over and physically fit.

本課程適合年滿 18 歲或以上，並有志成為體適能教練的人士報讀。參加者須確保身體狀況適合進行課程內有關的活動。

Date: 7 Jan – 30 Jan 2019 (Every Monday, Wednesday and Friday)

日期：2019 年 1 月 7 日至 1 月 30 日(逢星期一、星期三及星期五)

(Total 30 hours, 10 lessons; except 25 Jan 2019 全期 30 小時共 10 講; 2019 年 1 月 25 日除外)

Time: 6:30 p.m. - 9:30 p.m.

時間：下午 6 時 30 分至 9 時 30 分

Venue: Room P101, IVE(Chai Wan)

地點：香港專業教育學院（柴灣）P101 室

Medium of Instruction: Cantonese (Supplemented with English teaching materials)

授課語言：廣東話(輔以英語教材)

Tuition Fee: HK\$2,400 per person

課程費用：每位港幣 \$ 2,400

Application Deadline: 24 December 2018 (Monday)

截止報名日期：2018 年 12 月 24 日 (星期四)

Examination & Certification 考試及證書

Students are required to attend two assessments, including theory test in a form of multiple choice questions and coaching test in the last lesson. Upon the successful completion of the course (i.e. attended a minimum of 80% of the classes and passed the assessment), students will be awarded a certificate issued by the Hospitality Discipline of the Vocational Training Council.

課程包括一次以多項選擇題形式進行的中文考試及體適能考試。出席率不少於 80% 及考試合格者將獲頒發職業訓練局轄下酒店及旅遊學科體適能教練證書一張。

Enrolment & Enquiries 報名及查詢

Hospitality Discipline 酒店及旅遊學科

Tel 電話：2957 5714 Email 電郵：htdpo@vtc.edu.hk

Website 網址：www.vtc.edu.hk/cpe



VTC reserves the right to cancel any course, revise course content or change the offering venue(s) before class commencement if circumstances so warrant.
職業訓練局可因應情況於開課前取消任何課程、修正課程內容或更改開辦課程地點。

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