

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 physically fit and 18 years of age or older.

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: 2 Sept - 30 Sept 2019 (Mon, Wed and Fri)

日期：2019年9月2日至9月30日(星期一、星期三及星期五)

(Total 30 hours, 10 lessons except 13, 16 & 18 Sept 2019 全期30小時共10講; 2019年9月13、16 及18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: 14 days before class commencement

截止報名日期：開課前14日

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 successful completion of the course (i.e. attended a minimum of 80% of the classes and passed the assessments), 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 / 2957 5715

Email電郵：htdpo@vtc.edu.hk

Whatsapp: 9037 2228

Website網址：www.vtc.edu.hk/cpe



www.ive.edu.hk/hosts