



Applicants must be aged over 18 and physically fit for being fitness coach.  
參加者須已年滿18歲及身體狀況適合擔任體適能教練。

### Programme Objectives | 課程宗旨

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。

### Learning Contents | 學習內容

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

## Assessment Method | 評核方法

Assessment 評核方法	Duration 時間	Pass Mark 合格要求
Coaching and closed book quiz with 30 multiple-choice questions 教學示範評核及30條選擇題閉卷測驗	60 minutes 60分鐘	50% and above 50%及以上

Upon successful completion student will receive a certificate of attainment issued by Hospitality Discipline of Vocational Training Council.  
在順利完成本證書課程後，學生將可獲頒發職業訓練局轄下酒店及旅遊學科之修業證書。

## Contact Hours | 上課時數

Total 30 hours including 60 minutes examination in 10 lessons (分10節課堂，總共30小時 包括60分鐘考試)  
Part of the programme might be conducted online | 部份教學課程有可能會以網上形式進行

Cohort 組別	Lesson 課堂	Date 日期	Day 星期	Time 時間	Venue 上課地點
Dec 2024 24年12月班	Lesson 1   第一堂	2 Dec   12月2日	Mon 星期一	18:30-21:30	Fitness Room, Institute of Vocational Education (Chai Wan)  香港專業教育學院 (柴灣) 健身室  
	Lesson 2   第二堂	4 Dec   12月4日	Wed 星期三	18:30-21:30	
	Lesson 3   第三堂	6 Dec   12月6日	Fri 星期五	18:30-21:30	
	Lesson 4   第四堂	9 Dec   12月9日	Mon 星期一	18:30-21:30	
	Lesson 5   第五堂	11 Dec   12月11日	Wed 星期三	18:30-21:30	
	Lesson 6   第六堂	13 Dec   12月13日	Fri 星期五	18:30-21:30	
	Lesson 7   第七堂	16 Dec   12月16日	Mon 星期一	18:30-21:30	
	Lesson 8   第八堂	17 Dec   12月17日	Tue 星期二	18:30-21:30	
	Lesson 9   第九堂	18 Dec   12月18日	Wed 星期三	18:30-21:30	
	Lesson 10   第十堂	19 Dec   12月19日	Thu 星期四	18:30-21:30	

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## Medium of Instruction | 授課語言

Cantonese | 廣東話

## Programme Fee | 學費

HK\$2,400 per person

Special Offer: HK\$2,160 per person will apply to the following participants:

- VTC Staff

每人港幣\$2,400元

學費優惠：每位港幣2,160元適用於以下人士：

- 職業訓練局職員

## Application Deadline | 截止報名日期

◆ 11 Nov 2024 | 2024年11月11日

[Application Here](#) | 在此申請

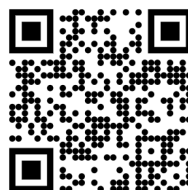
## Enquiry | 查詢

Tel / 電話: 2957 5736 / 2957 5754

WhatsApp: 2957 5736 / 2708 5388

Email / 電郵: [iveht@vtc.edu.hk](mailto:iveht@vtc.edu.hk)

Website / 網址: <https://hospitality.vtc.edu.hk/>



## Disclaimer / 免責聲明

VTC reserves the right to cancel any course, revise course content or change the offering venue(s), date and time if circumstances so warrant.  
職業訓練局可因應情況取消任何課程、修正課程內容或更改上課地點、日期及時間。

## Application Notes | 申請須知

### I Seats are limited and applications are processed on a first-come-first-served basis.

If the minimum number of students is not reached, the course will be postponed.

由於名額有限，報名以先到先得方式進行。如未能達到最低收生人數，課程將會順延。

### II The admission notification will be issued a week before the commencement of the course via e-mail. Applicants who do not receive this email notification should contact us. An official receipt for their tuition fee payment will be given in the first lesson.

申請人將於開課前一星期收到確認取錄的電郵。如在開課前一星期仍未收到通知，請與我們聯絡。正式收據會於課程第一堂發出。

### III Refund and Transfer | 退還課程費用及學額轉讓

**Fees paid is non-refundable unless the programme cancellation, rescheduling and unsuccessful application cases. Fees paid and places enrolled are not transferable, and request for programme swapping will not be entertained. The Hospitality Discipline of Institute of Vocational Education reserves the right to cancel or reschedule the course.**

除因課程取消、改期及申請不獲接納的情況外，所繳費用恕不退還。已繳學費及報名名額亦不可轉讓，並不受理申請換班及轉讓他人。香港專業教育學院酒店及旅遊學科將保留取消及重新安排課程之一切權利。

### IV Diversity and Equality Policy | 多元化及平等政策

The Vocational Training Council (VTC) is committed to developing, promoting and maintaining policies of equality of opportunity which creates an environment for staff, students or any other persons who have dealings with the VTC where there is no barrier to equal opportunities and no discrimination on the grounds of sex, pregnancy, breastfeeding, disability, race, marital status, family status, or sexual orientation.

職業訓練局致力制定、推廣及維持一套平等機會政策，以締造一個機會均等，以及沒有性別、懷孕、餵哺母乳、殘疾、種族、婚姻狀況、家庭崗位或性傾向歧視的環境予所有職業訓練局僱員、學生以及與職業訓練局有事務交往的人士。

### V Personal Data Policy | 個人資料政策

VTC's policies and practices in relation to personal data and the Personal Data (Privacy) Ordinance in Hong Kong is available at <http://www.vtc.edu.hk/html/en/privacy.html>. VTC and its member institutions intend to use your personal data provided, including your name, phone number, mobile number, email address, correspondence address and education level, to provide direct marketing information in relation to any programmes, admission and events of VTC and its member institutions, but we cannot so use your personal data without your consent. If you would like to unsubscribe from receiving the said information or update your personal data, please send your request to [iveht@vtc.edu.hk](mailto:iveht@vtc.edu.hk).

關於職業訓練局對個人資料及香港《個人資料（私隱）條例》的政策及做法，請瀏覽

<http://www.vtc.edu.hk/html/tc/privacy.html>。職業訓練局及其機構成員擬使用閣下提供的個人資料，包括姓名、電話號碼、手機號碼、電郵地址、通訊地址及教育程度，提供有關職業訓練局及其機構成員的任何課程、招生及活動推廣資訊。惟我們必須先得到您的同意，否則不能如此使用你的個人資料。如您日後希望停止接收上述資訊，或更改個人資料，請電郵至 [iveht@vtc.edu.hk](mailto:iveht@vtc.edu.hk)。