



# “Health Qigong Coach – Junior Level”

## 健身氣功 初級教練培訓班

(Course Code: HKOTA-0-00-19-0011 to 0014)



Organized by: *The Hong Kong Occupational Therapy Association Ltd.*

This series of training is intended for Occupational Therapists who is committed to pursue a qualification of “Health Qigong Coach – Junior Level”, which is recognized by both Health QiGong Association of Hong Kong, China Ltd and Leisure & Cultural Services Department (the Government of the HKSAR). Participants are required to complete the following basic training of all the four sets of Health Qigong, which are slightly revised, before being eligible for taking the qualification examination of “Health Qigong Coach – Junior Level”. Limited exemptions are given to those who had participated in the Coach Examinations arranged by Health Qigong Association of China and HKOTA in 2006, 2007, 2008, 2009, 2011 & 2013 (See **Appendix 1** for details)

Date:	Course 1: Yijinjing 易筋經 (Course Code: HKOTA-0-00-19-0011)	15-16 Jun, 2019	(Saturday and Sunday)
	Course 2: Wuqinxi 五禽戲 (Course Code: HKOTA-0-00-19-0012)	13-14 Jul, 2019	
	Course 3: Liuzijue 六字訣 (Course Code: HKOTA-0-00-19-0013)	21-22 Sep, 2019	
	Course 4: Baduanjin 八段錦 (Course Code: HKOTA-0-00-19-0014)	19-20 Oct, 2019	
	Examination for “HQG Coach – Junior Level” <i>* Curriculum of exam: all the above 4 sets of Health Qigong</i>	23 Nov, 2019	(Saturday)
Time:	9:00 a.m. – 5:30 p.m.		
Venue:	Tsuen Wan Sports Centre 荃灣體育館 53 Wing Shun Street, Tsuen Wan <a href="https://www.lcsd.gov.hk/clpss/tc/webApp/Facility/Details.do?fid=2117&amp;did=13">https://www.lcsd.gov.hk/clpss/tc/webApp/Facility/Details.do?fid=2117&amp;did=13</a>		

### Targeted participants:

Occupational Therapists, PCA\*, OTA\* and RA\* (\*only with special recommendation from their center in-charges)

### Capacities:

28 (First-come-first served and priority will be given to Occupational Therapists who would like to take the “Health Qigong Coach – Junior Level” examination, & is HKOTA member)

### Course Fee#:

Each course: HK\$ 2,000

Examination fee HK\$ 1,200

(# 請參考「附件一：香港職業治療學會邀請中國香港健身氣功總會協作計劃書」有關其他費用，如教練註冊費)

### Contents of Course:

- 健身氣功的功法講解、演示及練習，包括分段教學及全套練習
- 習練健身氣功的安全注意事項，包括練功要領、安排，運動量的掌握，偏差防治

**Language of Instruction:**  
Cantonese and/or Putonghua

**Trainers:**

Experienced Health Qigong experts and coaches from 中國香港健身氣功總會

● 導師簡介

國內導師：陳開登 老師

- 2015 年中國健身氣功國家隊隊員、國家級健身氣功社會體育指導員、國家一級健身氣功裁判員、福建省健身氣功協會競賽部副部長、省民間文藝家協會會員、泉州市太極拳協會副會長、泉州市泉港區政協委員、區政府文化顧問團成員、地方體育與文史專家、區體育總會秘書長、區太極拳協會會長、福建省百名優秀社會體育指導員。
- 他文武兼修，教學與比賽經驗豐富。曾代表國家隊、省隊獲得健身氣功國際賽、全國賽集體項目 3 個一等獎、4 個二等獎、2 個三等獎，個人項目 2 金 2 銀的成績。多年來擔任福建省健身氣功省級巡迴教學主教練工作，培養學員獲得國際、國內健身氣功、武術太極拳比賽獎牌 100 多枚，獎盃 10 多座。編著、編輯有多部地方方志、文史著作。

香港導師：韓曉 老師

- 北京體育大學武術學院 本科畢業、香港教育學院 碩士
- 健身氣功 國際級裁判
- 中國香港健身氣功代表隊 主教練
- 中國香港健身氣功總會執委
- 香港消防局總部 及 香港元朗區體育會之健身氣功導師

**For enquiries, please contact:**

Ms Lydia Yip (e-mail: [mail.hkota@gmail.com](mailto:mail.hkota@gmail.com) )

Ms. Priscilla Siu (e-mail: [siuuy@ha.org.hk](mailto:siuuy@ha.org.hk))

**For registration, please contact:**

Mr. Stanley Lam (e-mail: [infomail.hkota@gmail.com](mailto:infomail.hkota@gmail.com); Tel: 5406 6878)

**Deadline for application: 31 May 2019**  
**Confirmation will be given on or before 6 June 2019**  
**HKOTA CPD: 12 Points for each course**

**Remarks:**

- Certificate of attendance will be issued to participants upon completion of the workshop with 100% attendance and pass a simple examination. (Written and practical)
- Health Qigong Junior Coach is recognized by the Leisure & Cultural Services Department of HKSAR
- 對於已是某健身氣功功法之輔導員，中國香港健身氣功總會今年將有一次性之特別安排；今年度報考者可獲豁免參加該功法之單元課程，但需參加餘下之單元課程，例如：報考者已是健身氣功六字訣、八段錦之輔導員，他只須於今年報讀其餘兩套功法（易筋經、五禽戲）之單元課程，便可報考今年初級教練之四套功法考核。

## 附件一：香港職業治療學會邀請中國香港健身氣功總會協作計劃書



香港職業治療學會  
邀請 中國香港健身氣功總會 主辦  
健身氣功 初級教練培訓班  
試驗計劃 (2019-2020)

### 理念：

為增強教學質素及臨床應用，同時亦對應健身氣功於國際、國內及香港特區之發展，香港職業治療學會邀請 中國香港健身氣功總會 為我們學會於 2019-2020 年間舉辦兩期「健身氣功初級教練培訓班 及 資格考核」；每期課程合共四個單元及一節考核，每一單元教授一套功法，選取（易筋經、五禽戲、六字訣、八段錦）為基礎，培訓班由國內及香港有相當資歷之教練教授（附件一）；為了嚴格控制教學質素，及保證能讓學員知識和技術都能達至高水平，我們兩會協議將每一單元培訓班之人數上限鎖定為 28 人。學員於完成四套功法單元培訓及考核，並考獲合格成績，便可向 中國香港健身氣功總會申請註冊為「健身氣功初級教練」（附件二）；此教練資格獲「香港特區政府－康樂及文化事務署」認可。

### 對象：

本學會會員（主要是註冊職業治療師、少量經特別推薦之職業治療助理員）

### 課程單元及日期（課程會於 康樂及文化事務署 轄下運動場舉行）：

	2019 年日期 (第一期培訓班及考核)	2020 年日期 (第二期培訓班及考核) (暫定)
單元（一）：易筋經	6 月 15-16 日	6 月第二個週末
單元（二）：五禽戲	7 月 13-14 日	7 月第二個週末
單元（三）：六字訣	9 月 21-22 日	9 月第二個週末
單元（四）：八段錦	10 月 19-20 日	10 月第二個週末
評審及考核	11 月 23 日	11 月第二個週末

## 初級教練之標準：

- 於一年（或連續兩年）內，完成由 中國香港健身氣功總會 主辦，全套共四個健身氣功課程單元，及參加評審考核，並獲得合格成績。
- 評審會一併考核（易筋經、五禽戲、六字訣、八段錦）四套功法
- 對於已是某健身氣功功法之輔導員，中國香港健身氣功總會今年將有一次性之特別安排；今年度報考者可獲豁免參加該功法之單元課程，但需參加餘下之單元課程，例如：報考者已是健身氣功六字訣、八段錦之輔導員，他只須於今年報讀其餘兩套功法（易筋經、五禽戲）之單元課程，便可報考今年初級教練之四套功法考核。
- 熟練掌握四套健身氣功功法，技術考核達 8.0 分或以上者，理論考試合格，現場教學與組織能力綜合測評合格，便能達至初級教練之標準。

## 收費：

- 每一單元約\$2,000
- 考試費約港幣 1200 元正
- 考核合格者，另需繳港幣 800 元正，註冊為中國健身氣功協會永久會員
- 第一年領取教練證書要港幣 1000 元註冊費，每年續牌 200 元

## 查詢：

溫成顯（聯合醫院職業治療部門經理）／吳顯波（九龍醫院職業治療部門經理）  
蕭茵茵（將軍澳醫院一級職業治療師）／張仙芬（瑪嘉烈醫院一級職業治療師）

## APPLICATION FORM

**Course Code: HKOTA-O-00-19-0011 to 0014 (Health Qigong Coach – Junior Level 健身氣功 初級教練培訓班)**

Name: (In Block Letters) \_\_\_\_\_ (English) \_\_\_\_\_ (Chinese)

HKOTA member  (Membership No : \_\_\_\_\_)  Non-member

Contact Tel. No. : \_\_\_\_\_ E-mail: \_\_\_\_\_ Occupation: \_\_\_\_\_

Work organization / Institution: \_\_\_\_\_

Address \_\_\_\_\_

Training Event	Date	Course Fee
<b>Course 1: Yijinjing 易筋經</b> (Course Code: HKOTA-0-00-19-0011)	<b>15-16 Jun, 2019</b>	<input type="checkbox"/> <b>HK\$ 2,000</b>
<b>Course 2: Wuqinxi 五禽戲</b> (Course Code: HKOTA-0-00-19-0012)	<b>13-14 Jul, 2019</b>	<input type="checkbox"/> <b>HK\$ 2,000</b>
<b>Course 3: Liuzijue 六字訣</b> (Course Code: HKOTA-0-00-19-0013)	<b>21-22 Sep, 2019</b>	<input type="checkbox"/> <b>HK\$ 2,000</b>
<b>Course 4: Baduanjin 八段錦</b> (Course Code: HKOTA-0-00-19-0014)	<b>19-20 Oct, 2019</b>	<input type="checkbox"/> <b>HK\$ 2,000</b>
<b>Examination for “HQG Coach – Junior Level”</b> <i>* Curriculum of exam: all the above 4 sets of Health Qigong</i>	<b>23 Nov, 2019</b>	<input type="checkbox"/> <b>HK\$ 1,200</b>
	<b>Total payment:</b>	<b>HK\$ _____</b>

I'm the Health Qigong coach (健身氣功輔導員) of the following set.

(please put a tick in the box. Participants may be required to provide related certificates)

**Yijinjing 易筋經**     **Wuqinxi 五禽戲**     **Liuzijue 六字訣**     **Baduanjin 八段錦**

Cheque No.: \_\_\_\_\_ Name of Bank: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Deadline for application: 31 May 2019**

**Please send cheque with application form attached to:**

**Cheque payable to: Hong Kong Occupational Therapy Association Ltd.**  
**Address: 1126 Sui Fai Factory Estate, 5-13 Shan Mei Street, Sha Tin, Hong Kong.**  
**Attention: CE Sub-committee (“Health Qigong Coach – Junior Level” 健身氣功 初級教練培訓班)**



## Payment and Refund of the HKOTA course

1. Admission is on a first-come, first-served basis. Enrolment will be confirmed once you have made the payment. You will receive a payment confirmation after payment has been made successfully. You are advised to keep your payment confirmation for future enquiries.
2. Fees paid are not refundable regardless of whether applicants have attended classes or not. If there is any exceptional circumstance, please appeal in writing and it will be subject to the Association's discretion.
3. Fees on courses cannot be transferred from one qualified applicant to another. Once accepted into a course, the applicants cannot change to another one. In case of exceptional circumstance, transfer studentship will be subject to HKOTA approval.
4. He/she fails to comply the payment and refund policy, will affect the enrollment of subsequent courses application.

### Bad Weather Arrangement

For workshop or seminar that have not yet started:

If typhoon Signal No. 8 or above or Black Rainstorm Warning is in force after the following times, workshop or seminar will be cancelled as indicated

6:00 a.m. Morning workshop or seminar that start before 2:00 p.m.

11:00 a.m. Afternoon workshop or seminar that start between 2:00 p.m. & 6:00 p.m.

3:00 p.m. Evening workshop or seminar that start from 6:00 p.m.

For workshop or seminar that have already started:

workshop or seminar	
When Typhoon Signal No 8 or above is hoisted	Immediately suspended
When Black Rainstorm Signal is in force	Continue