

Foundation Certificate in Sports Science and Fitness (QF Level 2) 運動科學及體適能基礎證書 (資歷架構第 2 級)

Course Code 課程編號 : SSAF-0126-1 (Version : 1 – updated on 14th October 2026)

Date 日期	Face-to-Face Teaching & Topic Code 面授科目及課程編號	Lecturer 導師	Time 時間	Venue 地點
26/11 (Thu)	Orientation 課程定位 Fitness Theory & Components 體適能理論和元素 (SSAF 01)		18:30 – 19:00 19:00 – 22:00	A A
01/12 (Tue)	Functional Anatomy 功能解剖學 (SSAF 02)		19:00 – 22:00	A
08/12 (Tue)	Exercise Physiology 運動生理學 (SSAF 03)		19:00 – 22:00	A
15/12 (Tue)	Exercise Nutrition 運動營養學 (SSAF 04)		19:00 – 22:00	A
28/12 (Mon)	Biomechanics and Analysis of Human Movement 生物力學及人體活動分析 (SSAF 05)		19:00 – 22:00	A
05/01/2027 (Tue)	Functional Anatomy and Analysis of Human Movement Review 功能解剖學及人體動作分析綜合回顧 (SSAF 07) *Class Performance Assessment 課堂表現評核 (SSAF 02 & 05)		19:00 – 22:00	A
12/01/2027 (Tue)	Revision and Mock Test 理論總溫習及模擬考試 (SSAF 06)		19:00 – 22:00	A
19/01/2027 (Tue)	Foundation Theory Exam. 基礎理論考試 (SSAF 90)		19:00 – 20:30	A
26/01/2027 (Tue)	Introduction to Fitness Training (1) 基礎健身訓練指導 (一) (SSAF 07)		19:00 – 22:00	A1
02/02/2027 (Tue)	Introduction to Fitness Training (2) 基礎健身訓練指導 (二) (SSAF 08)		19:00 – 22:00	A1
11/02/2027 (Thu)	Fitness Training Principle and Practice 健身訓練原理及實踐 (SSAF 09)		19:00 – 22:00	A1
16/02/2027 (Tue)	Revision 實務溫習 Practical Exam. 實務考試 (SSAF 91)		19:00 – 20:30 20:30 – 22:00	A1

- A - Room 1603, 16/F., Eastern Building, 1065 King's Road, Quarry Bay, Hong Kong (MTR Tai Koo station – exit A2)
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- A1 - Room 1103A, 11/F., Eastern Building, 1065 King's Road, Quarry Bay, Hong Kong (MTR Tai Koo station – exit A2)
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