

香港福音武術事工  
課程報名表

班別：\_\_\_\_\_ 時間：\_\_\_\_\_

姓名：(中文) \_\_\_\_\_ (英文) \_\_\_\_\_

性別：男/女 出生日期：\_\_\_\_\_年\_\_\_\_月\_\_\_\_日 聯絡電話：住宅：\_\_\_\_\_

手提：\_\_\_\_\_ 辦公室：\_\_\_\_\_ 傳真：\_\_\_\_\_

電郵地址：\_\_\_\_\_

通訊地址：\_\_\_\_\_

職業：\_\_\_\_\_ 所屬教會：\_\_\_\_\_

曾習武術：\_\_\_\_\_ 武術單位：\_\_\_\_\_

是否需要申請學費資助？ 已交證明（其中一項）

- 是（須填寫學費資助申請表） 否 書簿津貼副本 綜援醫療紙副本  
家庭入息證明副本

如何得知本課程（可選多項）：

- 學校 教會/機構 朋友 報章 網頁 其他：\_\_\_\_\_

如本人於活動時遇上緊急事故，請聯絡姓名：\_\_\_\_\_ 電話：\_\_\_\_\_

**申請人聲明**

本人謹此聲明：

本人經醫生檢查後，證明本人身體狀況適宜參加這項活動。本人如在這項活動中受傷或死亡，香港福音武術事工有限公司 無須負責。

報名人簽署：\_\_\_\_\_ 日期：\_\_\_\_\_年\_\_\_\_月\_\_\_\_日

家長或監護人姓名：\_\_\_\_\_ 電話：\_\_\_\_\_ 簽署：\_\_\_\_\_

**\*\*未滿 18 歲之參加者須由家長或監護人簽署同意參加本事工課程\*\***

聲明：本表格遵守「個人資料（私隱）條例」，若非獲得您的同意，絕不公開您的資料。

香港福音武術事工有限公司 Hong Kong Gospel Martial Arts Ministry Ltd

九龍太子基隆街 23 號 1 樓

1/F, 23 Ki Lung Street, Prince Edward, Kowloon

電話：2710 9118 傳真：2736 6117

**Hong Kong Gospel Martial Arts Ministry**  
**Class Application Form**

Class : \_\_\_\_\_ Time : \_\_\_\_\_

Name : ( Chinese ) \_\_\_\_\_ ( English ) \_\_\_\_\_

Gender : M / F      Date of Birth : Y \_\_\_\_\_ M \_\_\_\_\_ D \_\_\_\_\_      Residential no. : \_\_\_\_\_

Mobile no. : \_\_\_\_\_      Office no. : \_\_\_\_\_      Fax : \_\_\_\_\_

Email address : \_\_\_\_\_

Postal address : \_\_\_\_\_

Occupation : \_\_\_\_\_      Church : \_\_\_\_\_

Martial Arts learnt : \_\_\_\_\_      Dojo / Organization : \_\_\_\_\_

Do you apply for subsidy ?      Supporting Document ( provide one photocopy only )

- Yes ( Please fill in subsidy application form )       School Textbook Assistance
- No       Comprehensive Social Security Assistance
- Family income

How do you know our classes? ( can choose more than one ) :

- School     Church /     Friends     Newspaper     Website     others : \_\_\_\_\_  
   Organization

Emergency Contact Person : \_\_\_\_\_      Contact no. : \_\_\_\_\_

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**Applicant Declaration**

I declare that :

I have been checked by the doctor to prove that my physical condition is appropriate to participate in the activity. If I am injured or die in the activity, HKGMAM shall not be responsible.

Applicant's signature : \_\_\_\_\_      Date : \_\_\_\_\_

Guardian's name : \_\_\_\_\_      Contact no. : \_\_\_\_\_      Signature : \_\_\_\_\_

\*\*Guardian's signature is needed for applicants who are under age 18\*\*

Declaration: this form follows "Personal Data (Privacy) Ordinance". Your information will be kept confidential.

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## 體能活動適應能力問卷與你

(一份適用於 15 至 69 歲人士的問卷)

經常進行體能活動不但有益身心，而且樂趣無窮，因此，愈來愈多人開始每天多做運動。對大部分人來說，多做運動是很安全的。不過，有些人則應在增加運動量前，先行徵詢醫生的意見。

如果你計劃增加運動量，請先回答下列 7 條問題。如果你介乎 15 至 69 歲之間，這份體能活動適應能力問卷會告訴你應否在開始前諮詢醫生。如果你超過 69 歲及沒有經常運動，請徵詢醫生的意見。

普通常識是回答這些問題的最佳指引。請仔細閱讀下列問題，然後誠實回答：

請答「是」或「否」

是	否	
<input type="checkbox"/>	<input type="checkbox"/>	1. 醫生曾否說過你的心臟有問題， <u>以及</u> 只可進行醫生建議的體能活動？
<input type="checkbox"/>	<input type="checkbox"/>	2. 你進行體能活動時會否感到胸口痛？
<input type="checkbox"/>	<input type="checkbox"/>	3. 過去一個月內，你曾否在沒有進行體能活動時也感到胸口痛？
<input type="checkbox"/>	<input type="checkbox"/>	4. 你曾否因感到暈眩而失去平衡，或曾否失去知覺？
<input type="checkbox"/>	<input type="checkbox"/>	5. 你的骨骼或關節(例如脊骨、膝蓋或腕關節)是否有毛病，且會因改變體能活動而惡化？
<input type="checkbox"/>	<input type="checkbox"/>	6. 醫生現時是否有開血壓或心臟藥物（例如 water pills）給你服用？
<input type="checkbox"/>	<input type="checkbox"/>	7. 是否有其他理由令你不應進行體能活動？

如果	一條或以上答「是」
你的	在開始增加運動量或進行體能評估前，請先致電或親身與醫生商談，告知醫生這份問卷，以及你回答「是」的問題。
答案	<ul style="list-style-type: none"><li>● 你可以進行任何活動，但須在開始時慢慢進行，然後逐漸增加活動量；又或你只可進行一些安全的活動。告訴醫生你希望參加的活動及聽從他的意見。</li></ul>
是：	<ul style="list-style-type: none"><li>● 找出一些安全及有益健康的社區活動。</li></ul>

<p style="text-align: center;"><b>全部答「否」</b></p> <p>如果你對這份問卷的<u>全部</u>問題誠實地答「否」，你有理由確信你可以：</p> <ul style="list-style-type: none"><li>● 開始增加運動量——開始時慢慢進行，然後逐漸增加，這是最安全和最容易的方法。</li><li>● 參加體能評估——這是一種確定你基本體能的好方法，以便你擬定最佳的運動計劃。此外，亦主張你量度血壓；如果讀數超過 144/94，請先徵詢醫生的意見，然後才逐漸增加運動量。</li></ul>	→	<p><b>延遲增加運動量：</b></p> <ul style="list-style-type: none"><li>● 如果你因傷風或發燒等暫時性疾病而感到不適——請在康復後才增加運動量；或</li><li>● 如果你懷孕或可能懷孕——請先徵詢醫生的意見，然後才決定是否增加運動量。</li></ul>
		<p>請注意：如因健康狀況轉變，致使你隨後須回答「是」的話，便應告知醫生或健身教練，看看應否更改你的體能活動計劃。</p>

# PAR-Q & YOU

## (A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly : Check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	Do you know of <u>any other reason</u> why you should not do physical activity?

**If  
you  
answered**

### YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want - as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

### NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can :

- start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.



### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever - wait until you feel better; or
- if you are or may be pregnant - talk to your doctor before you start becoming more active.

**Please note:** If your health changes so that you then answer "YES" to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.