



第三屆旅遊學院健康綠色體驗月

The 3rd IFT Healthy & Green Month

2014

學院邀請了體育發展局運動醫學中心到校本部為學生及員工提供講座及進行體質測試評估。體質測試評估主要通過對身體的形態、機能、素質(包括: 柔韌性、協調性及平衡性)及骨密度等多項指標的測試來評估個人的體質狀況, 從而有針對性地提供健身指導。

有興趣的同學及同事可於下列時間及地點參加活動(建議穿著舒適的衣服以便進行各項測試)!

We have invited Sports Medicine Centre of Macau Sport Development Board to deliver us a seminar, as well as, to provide us a physical fitness assessment too! Physical fitness assessment includes body physique, function, quality (including flexibility, coordination and balance) and bone density to assess your physical condition, and to provide you any fitness improvement suggestions.

For interested parties, please attend the activities at the following time and location. Please also be advised to dress leisurely for doing the assessment.



日期 Date	時間 Time	地點 Location	內容 Content
01/04/2014	10:00-11:00	Auditorium禮堂	運動改善情緒的認知與實踐 (講座) Sports Makes Good Emotion (Seminar)
	11:00-13:00 14:30-16:30	Amphitheatre劇場	體質測試 Physical Fitness Assessment