

香港航空青年團

HONG KONG AIR CADET CORPS

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From: Phy Asmt Flt, SD Wg	To: All OC Major Units
Email: phyasmt@gmail.com	cc: DCO SD&S, OC SD&S Gp, OC SD Wg
Ref: PT_Memo2503_No30PAITC	Date: 03 January 2025

No.30 Physical Assessment Instructor Training Course

The No.30 Physical Assessment Instructor Training Course (PAITC) will be held between January and March 2025. The details of the PAITC are as follows:

Date:	Physical Test: 25 January 2025 Theory: 9, 15, 16, 22, 23 February 2025 Practical: 8, 10, 17, 24 February, 1 March 2025 Exam: 15 March 2025
Time:	Theory: 1930 – 2230 hours Practical: 1930 – 2230 hours Exam: 1930 – 2230 hours
Venue:	TBC
Target Candidates:	NCO (except Lance Corporal) or above
Course Instructors:	CPAI CHAN Hiu-yu, and other SPAI/PAI and Flt staffs
Class Size:	Max 15
Course Fee:	\$50
Deadline of Application:	19 January 2025 2359 hours

Remarks:

- 1) Candidate(s) must complete the Physical Test before the end of the course;
- 2) Candidate(s) must meet Level 3 (obtain 18 marks) of the HKACC Physical Achievement Test;
- 3) Candidate(s) who fail the Physical Test will RTU;
- 4) 100% Attendant are required;
- 5) Candidate(s) who successfully passed the Course Exams are required to perform Practical Part & organise a physical training and sports related project to achieve the requirements of registration of Physical Assessment Instructor;
- 6) Experience in organising sports event(s) is preferable; and
- 7) Please use the standard email title as the following:
[PAITC]_Application_XXXUnit_XXX(Name)

For interested member(s), please submit (i) a completed Application form (Appendix I) and (ii) PAR-Q form (Appendix II) by 19 January 2025 2359 hours via e-mail (phyasmt@gmail.com) and copy to (chanhiuyu7052@yahoo.com.hk).

Should you have any queries, please feel free to contact us at phyasmt@gmail.com or CPAI, WO CHAN Hiu-yu at 9405 4806.

Fg Off (sp) Ken K L WONG
OC Phy Asmt Flt
SD Wg, SD&S Gp