

Organised by the Hong Kong China Bodybuilding and Fitness Association
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme
〈 Bodybuilding 〉

Purpose: To provide opportunities for young people who love bodybuilding to challenge, test and develop their bodybuilding skills.

- Type of Badges:**
1. Three levels of awards, namely Bronze, Silver and Gold
 2. Content of Assessment of Muscle Strength for Bodybuilding:

Level of Award	Fitness Rating (Body Weight)				Fitness Skills (Dumbbells)				
	Crunch	Push-up	Jump Vertical	Plank	Pectoralis	Muscles	Back	Shoulders	Upper Limbs
Bronze	8-12 times	20-30 cm	20-29 s	6-8 times					
Silver	13-16 times	31-45 cm	30-39 s	9-12 times					
Gold	>17 times	>46 cm	>40 s	>13 times					

3. Rating Standard:

Trainees must pass the tests of all items in accordance with the requirements of the respective levels to obtain the relevant badges.

Award/ Participation Method: All trainees participating in the bodybuilding training course of the Outreach Coaching Programme under the School Sports Programme will be assessed by the coaches at the end of the courses based on the content of the respective tests. Trainees who meet the standard will be awarded a certificate by the Leisure and Cultural Services Department (LCSD) free-of-charge.

Collection of Badges and Certificates: After completion of the assessment, the coaches will submit trainees' results to the LCSD for verification of information, upon which the LCSD will mail the certificates of the badges to the schools for distribution to qualified trainees by teachers.

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Remark: The Badges Award Scheme for Bodybuilding is co-ordinated and developed by the
Hong Kong China Bodybuilding And Fitness Association.