

香港航空青年團

HONG KONG AIR CADET CORPS

No. 1F Shiu Fai Terrace, Wan Chai, Hong Kong
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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_Memo2606_No31PAITC_2026 0212	Date:	12 Feb 2026

No. 31 Physical Assessment Instructor Training Course

The Physical Assessment Flight will conduct the No. 31 Physical Assessment Instructor Training Course (PAITC) from March to May 2026. The course aims to provide candidates with a fundamental understanding of physical training and administration of physical assessments within the Corps.

Course Details:

Selection Day: 2 March 2026 (Monday) 1930 – 2230 hours

Theory / 9 March 2026 (Monday) 1930 – 2230 hours

Practical 15 March 2026 (Sunday) 0900 – 1800 hours

Sessions: 16 March 2026 (Monday) 1930 – 2230 hours

22 March 2026 (Sunday) 1400 – 2100 hours

23 March 2026 (Monday) 1930 – 2230 hours

28 March 2026 (Saturday) 1000 – 1300 hours

12 April 2026 (Sunday) 1400 – 2100 hours

Examination: 25 April 2026 (Saturday) 1000 – 1600 hours

Examination 2 May 2026 (Saturday) 1000 – 1600 hours
Backup Day:

Venue: To be confirmed (TBC)

Target Corporal or above
Candidates:

Course Qualified Instructors assigned by Physical Assessment Flight
Instructors:

Class Size: Maximum 15 participants

Course Fee: HK\$50

Application 25 February 2026, 2359 hours
Deadline:

Remarks:

1. Only applicants who demonstrate satisfactory physical fitness during the entrance physical assessment will be formally admitted;
2. Candidates must achieve at least Level 3 (18 marks or above) in the HKACC Physical Achievement Test;
3. Candidates who fail the entrance physical assessment will be returned to unit (RTU);
4. Candidates are required to fulfill 80% attendance for the course;
5. Upon successful completion of the course examination, candidates must pass the practicum and demonstrate competency through organising a physical training and/or sports-related project in order to fulfil the registration requirements as a Physical Assessment Instructor;
6. Prior experience in organising sports events is preferred.
7. Please use the following standard email subject format for applications:
[31PAITC]_Application_XXXUnit_XXX(Name)

Interested members are requested to complete and submit the following documents via email to phyasmt@gmail.com by 25 February 2026, 2359 hours:

(i) the Unit Application Form (Appendix I), and

(ii) the PAR-Q (Appendix II).

Should you have any enquiries, please contact us at phyasmt@gmail.com without hesitation.

Appendix:

1. Application Form (Appendix I)
2. PAR-Q (Appendix II)

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