

# 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:	<a href="mailto:phyasmt@gmail.com">phyasmt@gmail.com</a>	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:**

<b>Selection Day:</b>	2 March 2026	(Monday)	1930 – 2230 hours
<b>Theory / Practical Sessions:</b>	9 March 2026 15 March 2026 16 March 2026 22 March 2026 23 March 2026 28 March 2026 12 April 2026	(Monday) (Sunday) (Monday) (Sunday) (Monday) (Saturday) (Sunday)	1930 – 2230 hours 0900 – 1800 hours 1930 – 2230 hours 1400 – 2100 hours 1930 – 2230 hours 1000 – 1300 hours 1400 – 2100 hours
<b>Examination:</b>	25 April 2026	(Saturday)	1000 – 1600 hours
<b>Examination Backup Day:</b>	2 May 2026	(Saturday)	1000 – 1600 hours
<b>Venue:</b>	To be confirmed (TBC)		
<b>Target Candidates:</b>	Corporal or above		
<b>Course Instructors:</b>	Qualified Instructors assigned by Physical Assessment Flight		
<b>Class Size:</b>	Maximum 15 participants		
<b>Course Fee:</b>	HK\$50		
<b>Application Deadline:</b>	25 February 2026, 2359 hours		

**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](mailto: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](mailto: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