

**The Hong Kong Girl Guides Association
Interest Certificate Syllabus
Ranger Section**

Health and Physical Fitness

Present the following information in a logbook:

- I. Express your opinion on a recent piece of health-related news / case / research.
- II. Introduce 2 organisations that promote “healthy living” and the services they provide; compare the similarities and differences in their services.
- III. Collect data on the infectious diseases and chronic diseases diagnosed in Hong Kong in the past year, and analyse the trend of Hong Kong people getting a disease.
- IV. Lead by example, demonstrate how you maintain a healthy lifestyle for your body and mind in your daily life.
- V. Express your opinion on how society perceives eating behaviours and body image in this day and age.
- VI. Discuss with the Assessor your experience of implementing and participating in health and hygiene activities at school or in the community.
- VII. Undertake the following events:
 1. Speed test: 10 times in 27 seconds
 2. Ball speed bounce: 32 times in 30 seconds
 3. Trunk curl test: 28 curls in 1 minute
 4. Bailey bridge: 18 times in 30 seconds
 5. Push up: 18 push-ups in 1 minute (hand/foot version) or 28 push-ups in 1 minute (hand/knee moderated version)
 6. Single leg squat thrust: 65 thrusts in 30 seconds

Hong Kong Award for Young People

- Holders of this certificate who participate in activities for a minimum of 6 months **OR** complete recognized training for a minimum of 26 hours, are qualified for the Physical Recreation Section at the Silver (Minors) Level of the HKAYP.
- Candidates who have completed the Physical Recreation Section at the Silver Level of the HKAYP in the corresponding item are qualified for this certificate.