

Introductory Sports Coaching Course

Introduction: This course offers those who are interested in sports coaching the concepts of sports training and sports science. Along with the sport specific coaching programme provided by National Sports Association (NSA), it equips participants to become respective sports coaches.

Course Code	Date	Time	Mode of Assessment
20-21ICC06(E) (English)	<u>Saturdays & Sundays</u> 20, 21, 27, 28 February & 6, 7, 13 March 2021	2:00 - 6:00 pm	Examination: 20 March 2021 (Sat) 2:30 - 4:00 pm OR Assignment: 15 - 29 March 2021 (Mon)

Topics :

- (1) Concept of Sports
- (2) Basic Concept of Coaching
- (3) Introduction of Sports for the Physical and Intellectual Disabilities
- (4) Basic Principles of Anatomy and Exercise Physiology
- (5) Movement Analysis
- (6) Fundamental Principles of Strength and Conditioning
- (7) Fundamental Principles of Sport Injury Prevention
- (8) Sports Diet
- (9) Fundamental Psychological Principles of Sport

Mode of Study : 28 contact hours and 1.5 hours examination **or** assignment

Mode of Delivery : Conducted through “Zoom Application” (video conferencing system)

Medium of Instruction : English

Entry Requirement : Applicant must be aged over 18, plus recommended by the NSA under Hong Kong Coaching Committee (HKCC).

Course Fee : HK\$1,100 per head
(Course fee is not transferable and not be refunded unless the course is cancelled or rescheduled.)

Enrollment Method : Interested persons should apply through their NSA which will return the complete application form and course fee by post or in person to **Coach Education Department, 3/F, Sports Complex, Hong Kong Sports Institute, 25 Yuen Wo Road, Sha Tin, N.T., Hong Kong on or before 21 January 2021 (Thursday)**. Course fee should be paid by crossed cheque and payable to “Hong Kong Sports Institute Limited”. Fee would not be refunded once the application is processed.



- Graduation Requirement : The format of assessment is an examination by multiple choice questions or assignment. To be awarded the HKCC approved Level 1 coach qualification, student must pass the assessment and achieve 80% attendance rate.
- Other Supports : Student who is beneficiary of the “Comprehensive Social Security Assistance Scheme” is required to apply for the “Financial Assistance Scheme” during enrollment.
Applicant will be reimbursed full tuition fee, upon graduation. For details, please refer to Financial Assistance Scheme Application Form (FAS/2019).
- Remark : The Organizer will arrange video recording during the lessons, and its authorized agents may use, distribute and/or reproduce related materials for promotional and educational purposes.
- Enquiry : Tel: 2681 6673
Email: phyllisfan@hksi.org.hk



Introductory Sports Coaching Course – 2021ICC06(E) Application Form

National Sports Association :

Contact Person:

Position:

Contact No:

Fax No. :

Email:

Course Code:

Name of Participant						Remarks
English Name (Block letters)	Chinese Name	Year of Birth	ID Card No. (First 4 digits)	Contact No.	Email	

NSA's Chop :

Date :

* The Organizer will arrange video recording during the lessons, may use, distribute and/or reproduce related materials for educational purposes.
Please photocopy this form if there is not enough space.

Organized by:

(Last update: 22.12.2020)

Hong Kong Coaching Committee Introductory Sports Coaching Course 2021ICC06(E) Course Timetable

Mode of delivery: Conducted through “Zoom Application” (video conferencing system)

Time: 2:00 – 6:00 pm

Date	Topics
6 February 2021 (Sat)	“Zoom” Briefing Session
20 February 2021 (Sat)	Greeting and Introduction
	Concept of Sports
	Basic Concept of Coaching (I)
21 February 2021 (Sun)	Basic Concept of Coaching (II) + (III)
	Introduction of Sports for the Physical and Intellectual Disabilities
27 February 2021 (Sat)	Basic Principles of Anatomy and Exercise Physiology
28 February 2021 (Sun)	Movement Analysis
	Fundamental Principles of Strength and Conditioning (I)
6 March 2021 (Sat)	Fundamental Principles of Strength and Conditioning (II) + (III)
7 March 2021 (Sun)	Fundamental Principles of Sport Injury Prevention
13 March 2021 (Sat)	Sports Diet
	Fundamental Psychological Principles of Sport
15 – 29 March 2021 (Mon)	Assignment
OR	OR
20 March 2021 (Sat)	Examination (2:30 – 4:00 pm) *Students should arrive at 2:15 pm for registration and briefing of examination rules