

## 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	Examination Date and Time
18-19ICC01(E) (English)	<u>Saturdays &amp; Sundays</u> 5, 6, 12, 13, 19, 20 & 26 May 2018	2:30 - 6:30 pm	2 June 2018 (Sat) 2:30 - 4:00 pm

**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

: Hong Kong Sports Institute

**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 18 Apr 2018 (Wed). 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.