

主辦機構:

Last update: 3.1.2024

## Hong Kong Coaching Committee Introductory Sports Coaching Course Class 40(E) Course Timetable

Venue : L2C, 2/F, Main Building, Hong Kong Sports Institute, 25 Yuen Wo Road, Sha Tin, N.T.,

Hong Kong

Time: 2:00 – 6:00 pm

Date	Topics	Mode
16 March 2024 (Sat)	Greeting and Introduction	Face to Face lesson
	Concept of Sports	
	Basic Concept of Coaching (I)	
17 March 2024 (Sun) to 5 April 2024 (Fri)	Basic Concept of Coaching (II) + (III)	Online video learning on learning platform – “Blackboard”
	Introduction of Sports for the Physical and Intellectual Disabilities	
	Basic Principles of Anatomy and Exercise Physiology	
	Movement Analysis	
	Fundamental Principles of Strength and Conditioning (I)	
	Fundamental Principles of Strength and Conditioning (II) + (III)	
6 April 2024 (Sat)	Sports Diet	Face to Face lesson
	Fundamental Psychological Principles of Sport	
8 April 2024 (Mon) to 22 April 2024 (Mon)	Assignment	

\*Students must complete the exercises (Multiple-choice questions) of Online Recording Sessions, plus achieved 80% attendance rate of ZOOM classes to be eligible for assignment submission.