

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
Class28(E) (English)	<u>Saturdays & Sundays</u> 5, 6, 12, 13, 19, 20, 26 March 2022	2:00 - 6:00 pm	Examination: Announcement of the detailed arrangements will be made later when situation allows. OR Assignment: 28 March-11 April 2022 (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 4 February 2022 (Friday)**. 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.
- Assessment and 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.
- Articulation Programme : Graduate of this course may apply for “Foundation Certificate in Sports Coaching Theory” course organized by HKCC to pursue professional development.
- 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/2017).

HKSI Scholarship Athletes, with endorsement from their Head Coaches, may apply for the “Elite Athletes Support Scheme (EASS) in Coach Education”. For details, please refer to the EASS Guideline_2021.

*Completed application forms for the above schemes have to be submitted to respective NSA upon course application.
- 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 6431
Email: KarinaC@hksi.org.hk



Introductory Sports Coaching Course – Class28(E) Application Form

National Sports Association : _____

Contact Person: _____

Position: _____

Contact No: _____

Fax No. : _____

Email: _____

Course Code: _____

NSA's Priority	Details of Participant			Remarks
	English Name (as shown on HKID card)	Chinese Name	Contact No.	

NSA's Chop : _____

Date : _____

- * Please prioritize acceptance sequence of participants.
- * Please put a remark for participant who is/was a HKCC accredited coach.
- * Please submit this application form together with the completed “Level 1 Accredited Coach Card Application Form” for individual applicant.
- * For application from Elite Athlete, please input “ EASS” in the “Remarks” column and complete the “2021/22 Elite Athletes Support Scheme in Coach Education - Application Form”.
- * Please photocopy this form if there is not enough space.

Organized by:

(Last update: 4.1.2022)

Hong Kong Coaching Committee

Introductory Sports Coaching Course Class28(E)

Course Timetable

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

Time: 2:00 – 6:00 pm

Date	Topics
26 February 2022 (Sat)	“Zoom” Briefing Session
5 March 2022 (Sat)	Greeting and Introduction
	Concept of Sports
	Basic Concept of Coaching (I)
6 March 2022 (Sun)	Basic Concept of Coaching (II) + (III)
	Introduction of Sports for the Physical and Intellectual Disabilities
12 March 2022 (Sat)	Basic Principles of Anatomy and Exercise Physiology
13 March 2022 (Sun)	Movement Analysis
	Fundamental Principles of Strength and Conditioning (I)
19 March 2022 (Sat)	Fundamental Principles of Strength and Conditioning (II) + (III)
20 March 2022 (Sun)	Fundamental Principles of Sport Injury Prevention
26 March 2022 (Sat)	Sports Diet
	Fundamental Psychological Principles of Sport
28 March – 11 April 2022 (Mon)	Assignment
OR	OR
Announcement of the detailed arrangements will be made later when situation allows	Examination