

## 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                     |
|-------------------------|--|----------------|--|
| Class40(E)<br>(English) | <u>Saturdays</u><br>16 March 2024,<br>6 April 2024 | 2:00 - 6:00 pm | Assignment:<br>8 - 22 April 2024 (Mon) |
|                         | <u>e-learning</u><br>17 March – 5 April<br>2024    |                |  |

**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** : 8 contact hours, 20 hours of e-learning and assignment

**Mode of Delivery** : face to face lessons and online video learning

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

**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 14 February 2024 (Wednesday)**. 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 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\_2023.  
  
\*Completed application forms for the above schemes have to be submitted to respective NSA upon course application.
- Enquiry : Tel: 2681 6589  
Email: JasmineM@hksi.org.hk



## Introductory Sports Coaching Course – Class40(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 “2023/24 Elite Athletes Support Scheme in Coach Education - Application Form”.
- \* Please photocopy this form if there is not enough space.

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)<br>to<br>5 April 2024 (Fri) | Basic Concept of Coaching (II) + (III)                                   | Online video learning on<br>learning platform –<br>“Blackboard” |
|   | Introduction of Sports for the Physical<br>and Intellectual Disabilities |   |
|   | Basic Principles of Anatomy and<br>Exercise Physiology                   |   |
|   | Movement Analysis  |   |
|   | Fundamental Principles of Strength and<br>Conditioning (I)               |   |
|   | Fundamental Principles of Strength and<br>Conditioning (II) + (III)      |   |
|   | Fundamental Principles of Sport Injury<br>Prevention                     |   |
| 6 April 2024 (Sat)                              | Sports Diet  | Face to Face lesson   |
|   | Fundamental Psychological Principles<br>of Sport                         |   |
| 8 April 2024 (Mon)<br>to<br>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.