



中國香港殘疾人奧委會
China Hong Kong Paralympic Committee

基礎殘疾運動教練課程 [17] - 《報名章程》

Foundation Para Sports Coaching Course [17] - 《General Information》

課程簡介： Course Introduction:	讓有志投身殘疾運動教練行業的人士認識殘疾運動活動的基本知識 For those who are interested in Para sports coaching to understand the basic background of Para sports
課程日期： Course Date:	2026 年 10 月 6 · 7 · 8 · 12 · 13 日 (共五天) 6 th , 7 th , 8 th , 12 nd , 13 th October 2026 (5 Days)
上課地點： Location:	香港體育學院 Hong Kong Sports Institute
時間： Time:	請參閱時間表 Please refer to the timetable
名額： Maximum No.:	90 人 (以先到先得方式報名) 90 Persons (Enroll on a first-come-first-served basis)
教授語言： Medium of Instruction:	粵語 · 輔以英文專業用語 Cantonese, supplemented with professional English Terms
參加資格： Application Requirements:	參加者必須年滿十八歲 Participants must be aged 18
課程費用： Course Fee:	免費 Free of charge
截止報名日期： Application Deadline:	2026 年 9 月 28 日 28 th September, 2026
報名方法： Application method:	網上報名 Online Application

時間表 Timetable :

日期 Date	時間 Time	課題 Content	講師 Speaker
6/10/2026 , 7/10/2026 , 8/10/2026 , 12/10/2026 , 13/10/2026	19:00 - 22:00	中國香港殘疾人奧委會簡介 及 香港殘疾運動歷史、現況與前瞻 Introduction of China Hong Kong Paralympic Committee, History of Hong Kong Paralympic Movement, Present & the Future	胡小玲女士
		殘疾運動項目簡介 Introduction of Para Sports Categories	鍾惠文博士
		殘疾運動員級別鑑定的基礎知識 The Fundamental Knowledge of Classification	
		殘疾運動員的類別 Categories of Para Athletes	
		策劃一個基礎殘疾運動的須知 Guidelines of Designing a Para Sports Activity	劉煒麒先生
		殘疾運動員的溝通技巧 Communication with Para Athletes	
		運動禁藥的基礎知識 The Fundamental knowledge of Anti-doping	ADOHK
		「體育爭議解決先導計劃」：推動體育公義、賦能運動社群 Pilot Scheme on Sports Dispute Resolution: Empowering Sports with Accessible Justice	AALCO-HKRAC
		殘疾運動員大使分享 PAAF Athlete Sharing	殘疾運動員大使
		教學原則及訓練的安全指引 Teaching Principles and Safety Guidelines for Training	陳靖逸先生
		殘疾運動員的基礎體適能訓練 Basic Physical Training for Para Athletes	

地點: 香港體育學院

地址： 香港新界沙田源禾路 25 號

Location: Hong Kong Sports Institute

Address: Hong Kong Sports Institute, 25 Yuen Wo Road, N. T, Sha Tin

備註 Remarks :

- 取錄名單會在報名期完結後 3 個工作日內於本會網站公佈。

The admission list will be published on our website within 3 working days after the end of the application deadline.

- 參加者必須親身出席所有課堂，否則並不會發放證書。

Participants must attend all classes physically, otherwise they will not be issued a certificate.

- 如需摘錄筆記，參加者須自備合適的電子器材。

Participants are responsible for bringing their own appropriate devices/electronic equipment for taking notes.

- 詳細請參考本會學員手冊: [基礎殘疾運動教練課程 - 學員手冊](#)

For more details, please refer to:

[Foundation Para Sports Coaching Course - Student Handbook](#)

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