



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 [11] - 《報名章程》

Foundation Para Sports Coaching Course [11] - 《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:	2025 年 2 月 25 · 26 及 3 月 3 · 4 · 5 日 (共五天) 24 th , 25 th February and 3 rd , 4 th , 5 th March, 2025 (5 Days)
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:	2025 年 2 月 14 日 14 th February, 2024
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	地點 Location
25/2/2025 . 26/2/2025 . 3/3/2025 . 4/3/2025 . 5/3/2025	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	賽馬會體藝中學* Jockey Club Ti-I College*
		殘疾運動項目簡介 Introduction of Para Sports Categories	
		運動創傷的基礎知識 The Fundamental knowledge of Sports Injuries	
		運動禁藥的基礎知識 (此節課堂由中國香港運動禁藥管制機構主講) The Fundamental knowledge of Anti-doping (Delivered by Anti-Doping Organization of Hong Kong, China)	
		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	
		教學原則及訓練的安全指引 Teaching Principles and Safety Guidelines for Training	
		殘疾運動員的基礎體適能訓練 Basic Physical Training for Para Athletes	
		策劃一個基礎殘疾運動的須知 Guidelines of Designing a Para Sports Activity	
		殘疾運動員大使分享及殘疾運動模擬遊戲試玩 PAAF Athlete Sharing & Para Sports Simulation Trail	

賽馬會體藝中學

地址：香港新界沙田樂景街 5-7 號

*Jockey Club Ti-I College

Address: 5-7 Lok King Street, Fotan, Shatin, NT, Hong Kong

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](#)

- 本會一般會於課堂中拍照或錄影以作紀錄，所拍/錄的相片或影像亦會作公開展示或宣傳用途，而相片或影像中學員的肖像權乃歸本會所有。若本會所選用的相片或影像涉及 貴學員的肖像，本會將不另行通知。

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- 課程最後一堂會進行殘疾運動模擬遊戲體驗，有興趣的參加者可於報名表格選擇參與試玩 (名額 4 - 5 個，以提交此報名表的時間計算，結果會與課程取錄名單一同公佈)

Para Sports Simulator Games trial will be included in the last session of the course, select "Join" in the application form (Limited Quota: 20 Results will be announced in the course admission list, based on the time of submitting this registration form)