基礎殘疾運動教練課程 [3] -《報名章程》

Foundation Para Sports Coaching Course [3] -《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:	2023 年 2 月 13 - 27 日 13th –27th February 2023
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 language
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:	2023 年 1 月 26 日 26th January 2023
報名方法： Application method:	網上報名 Online Application

備註 Remarks：

- 取錄名單會在報名期完結後 7 個工作日內於本會網站公佈。
  The admission list will be published on our website within 7 working days after the end of the application deadline.
- 參加者必須出席所有課堂，否則並不會發放證書。
  Participants must attend all classes, otherwise they will not be issued a certificate.
- 參加者須自備合適的電子器材。
  Participants must bring their own suitable electronic equipment.

時間表 Timetable：

日期 Date	時間 Time	課題 Content	地點 Location
13/2/2023	19:00 - 22:00	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 Hong Kong Paralympic Committee, History of Hong Kong Paralympic Movement, Present & the Future	奧運大樓 Olympic House
		殘疾運動項目簡介 Introduction of Para Sports Categories	
16/2/2023	19:00 - 22:00	殘疾運動教練的特質和角色 Characteristics and Roles of Para Sports Coaches	
		殘疾運動員的溝通技巧 Communication with Para Athletes	
		殘疾運動員的類別 Categories of Para Athletes	
20/2/2023	19:00 - 22:00	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	
23/2/2023	19:00 - 22:00	殘疾運動員級別鑑定的基礎知識 The Fundamental knowledge of Classification	
		運動創傷及運動禁藥的基礎知識 The Fundamental knowledge of Sports Injuries and Anti-doping	
27/2/2023	19:00 - 22:00	策劃一個基礎殘疾運動的須知 Guidelines of Designing a Para Sports Activity	