



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 [9] - 《報名章程》

Foundation Para Sports Coaching Course [9] - 《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:	2024 年 10 月 21 · 22 · 24 · 28 · 29 日 (共五天) 21 st , 22 nd , 24 th , 28 th , 29 th October, 2024 (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:	2024 年 10 月 14 日 14 th October, 2024
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 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.

時間表 Timetable :

日期 Date	時間 Time	課題 Content	地點 Location
21/10/2024 , 22/10/2024 , 24/10/2024 , 28/10/2024 , 29/10/2024	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	
		殘疾運動員的溝通技巧 Communication with Para Athletes	
		殘疾運動教練的特質和角色 Characteristics and Roles of Para Sports Coaches	
		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(1) Guidelines of Designing a Para Sports Activity	
		策劃一個基礎殘疾運動的須知(2) Guidelines of Designing a Para Sports Activity	

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