

Organized by:

(Last update: 22.12.2020)

Hong Kong Coaching Committee

Introductory Sports Coaching Course 2021ICC06(E)

Course Timetable

Mode of delivery: Conducted through “Zoom Application” (video conferencing system)

Time: 2:00 – 6:00 pm

Date	Topics
6 February 2021 (Sat)	“Zoom” Briefing Session
20 February 2021 (Sat)	Greeting and Introduction
	Concept of Sports
	Basic Concept of Coaching (I)
21 February 2021 (Sun)	Basic Concept of Coaching (II) + (III)
	Introduction of Sports for the Physical and Intellectual Disabilities
27 February 2021 (Sat)	Basic Principles of Anatomy and Exercise Physiology
28 February 2021 (Sun)	Movement Analysis
	Fundamental Principles of Strength and Conditioning (I)
6 March 2021 (Sat)	Fundamental Principles of Strength and Conditioning (II) + (III)
7 March 2021 (Sun)	Fundamental Principles of Sport Injury Prevention
13 March 2021 (Sat)	Sports Diet
	Fundamental Psychological Principles of Sport
15 – 29 March 2021 (Mon)	Assignment
OR	OR
20 March 2021 (Sat)	Examination (2:30 – 4:00 pm) *Students should arrive at 2:15 pm for registration and briefing of examination rules