

Organized by:

(Last update: 4.1.2022)

Hong Kong Coaching Committee Introductory Sports Coaching Course Class28(E) Course Timetable

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

Time: 2:00 – 6:00 pm

Date	Topics
26 February 2022 (Sat)	“Zoom” Briefing Session
5 March 2022 (Sat)	Greeting and Introduction
	Concept of Sports
	Basic Concept of Coaching (I)
6 March 2022 (Sun)	Basic Concept of Coaching (II) + (III)
	Introduction of Sports for the Physical and Intellectual Disabilities
12 March 2022 (Sat)	Basic Principles of Anatomy and Exercise Physiology
13 March 2022 (Sun)	Movement Analysis
	Fundamental Principles of Strength and Conditioning (I)
19 March 2022 (Sat)	Fundamental Principles of Strength and Conditioning (II) + (III)
20 March 2022 (Sun)	Fundamental Principles of Sport Injury Prevention
26 March 2022 (Sat)	Sports Diet
	Fundamental Psychological Principles of Sport
28 March – 11 April 2022 (Mon) OR Announcement of the detailed arrangements will be made later when situation allows	Assignment OR Examination