

Organized by:

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## **Hong Kong Coaching Committee**

### **Introductory Sports Coaching Course Class 34(E)**

### **Course Timetable**

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

Time: 2:00 – 6:00 pm

<b>Date</b>	<b>Topics</b>
4 March 2023 (Sat)	“Zoom” Briefing Session
11 March 2023 (Sat)	Greeting and Introduction
	Concept of Sports
	Basic Concept of Coaching (I)
12 March 2023 (Sun)	Basic Concept of Coaching (II) + (III)
	Introduction of Sports for the Physical and Intellectual Disabilities
18 March 2023 (Sat)	Basic Principles of Anatomy and Exercise Physiology
19 March 2023 (Sun)	Movement Analysis
	Fundamental Principles of Strength and Conditioning (I)
25 March 2023 (Sat)	Fundamental Principles of Strength and Conditioning (II) + (III)
26 March 2023 (Sun)	Fundamental Principles of Sport Injury Prevention
1 April 2023 (Sat)	Sports Diet
	Fundamental Psychological Principles of Sport
3 – 17 April 2023 (Mon)	Assignment