



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 [13] - 《報名章程》

Foundation Para Sports Coaching Course [13] - 《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:	2025 年 8 月 18 · 19 · 21 · 28 · 29 日 (共五天) 18 th , 19 th , 21 st , 28 th , 29 th August, 2025 (5 Days)
上課地點： Location:	香港體育學院 Hong Kong Sports Institute
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:	2025 年 8 月 8 日 8 th August, 2025
報名方法： Application method:	網上報名 Online Application

時間表 Timetable :

日期 Date	時間 Time	課題 Content	講師 Speaker
18/8/2025 , 19/8/2025 , 21/8/2025 , 28/8/2025 , 29/8/2025	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	胡小玲女士
		殘疾運動項目簡介 Introduction of Para Sports Categories	鍾惠文博士
		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	
		殘疾運動員的基礎體適能訓練 Basic Physical Training for Para Athletes	盧嘉琪女士
		策劃一個基礎殘疾運動的須知 Guidelines of Designing a Para Sports Activity	陳靖逸先生
		教學原則及訓練的安全指引 Teaching Principles and Safety Guidelines for Training	雷雄德博士
		殘疾運動教練的特質和角色 Characteristics and Roles of Para Sports Coaches	
		運動創傷的基礎知識 The Fundamental knowledge of Sports Injuries	陳穎雅博士
		殘疾運動員大使分享及殘疾運動模擬遊戲試玩 PAAF Athlete Sharing & Para Sports Simulation Trail	PAAF

地點: 香港體育學院

地址 : 香港新界沙田源禾路 25 號 香港體育學院

Location: Hong Kong Sports Institute

Address: Hong Kong Sports Institute, 25 Yuen Wo Road, Sha Tin, N.T., Hong Kong

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.

- 詳細請參考本會學員手冊: [基礎殘疾運動教練課程 - 學員手冊](#)

For more details, please refer to:

[Foundation Para Sports Coaching Course - Student Handbook](#)

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- 課程最後一堂會進行殘疾運動模擬遊戲體驗，有興趣的參加者可於報名表格選擇參與試玩（名額 4 - 5 個，以提交此報名表的時間計算，結果會與課程取錄名單一同公佈）

Para Sports Simulator Games trial will be included in the last session of the course, select "Join" in the application form (Limited Quota: 20 Results will be announced in the course admission list, based on the time of submitting this registration form)