



HKGSA Swimming Coaches Certificate Course 2024 (Level II) 中國香港游泳總會中級游泳教練證書課程 2024

Date 日期： 19th April 2024 – 7th May 2024 二零二四年四月十九日至五月七日

Venue 地點： HKSI 香港體育學院 / Olympic House 奧運大樓

Course Content: Part A 甲部: Lecture Session 講授課程

課程內容: Part B 乙部: Practical Coaching 教學實習

Part A 甲部： Lecture Session Course Content 講授課程內容

| Content | Time | Lecturers | Language |
|--|----------------|-------------------------------|--------------------|
| Laws 法律知識 | 2 Hours 小時 | Ms. Eliza L.S. Chang 鄭麗珊律師 | Cantonese 粵語 |
| Swimming Technical Rules 游泳規則 | 4 Hours 小時 | Mr. Szeto Ping Hang 司徒秉衡先生 | Cantonese 粵語 |
| Sport Science Application 運動科學應用 | 2 Hours 小時 | Dr. Daniel Lee 李致和博士 | Cantonese 粵語 |
| Physiology of Swimming 游泳生理學 | 2 Hours 小時 | Ms. Lo Ka Kay KK 盧嘉琪女士 | Cantonese 粵語 |
| Strength and Fitness Training 體能及力量訓練 | 4 Hours 小時 | Mr. Hardaway Chan 陳振坤先生 | Cantonese 粵語 |
| Bio-Mechanics of Swimming 游泳生物力學 | 2 Hours 小時 | Ms. Qiu Xiao 仇笑女士 | Pu Tong Hua 普通話 |
| Swimming Technique 游泳技術 | 2 Hours 小時 | Coach Fu Yanhao 傅延浩教練 | Pu Tong Hua 普通話 |
| Sport Nutrition 運動營養 | 2 Hours 小時 | Mr. Frankie Siu 蕭沛霖先生 | Cantonese 粵語 |
| Sport Psychology 運動心理 | 2 Hours 小時 | Ms. Chen Mei Chi 陳美綺女士 | Cantonese 粵語 |
| Swimming Training 游泳訓練 | 4 Hours 小時 | Coach Fu Yanhao 傅延浩教練 | Pu Tong Hua 普通話 |
| Swimming Practical 游泳實習 | 4 Hours 小時 | | |
| Examination 考試 | 2 Hours 小時 | Mr. Wilson Yeung 楊錦達先生 | Cantonese 粵語 |
| Total 共 | 32 Hours 小時 | | |

Part B 乙部: Practical Coaching 教學實習

Candidate after passing the written examination of Lecture Session must complete practical coaching in swimming for 60 hours in organisations / institutions that are recognised by the HKGSA and submit a written report to the HKGSA within ONE year from the date of the release of examination results.

學員在完成講授課程並考試合格後，必須於考試成績公佈後一年內在泳總認可之游泳組織/機構實習游泳教學滿 60 小時並繳交實習報告。



HONG KONG CHINA SWIMMING ASSOCIATION

Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: info@hkgswimming.org.hk Web-site: www.hkgswimming.org.hk

Application Details 報名須知

- Entry Fees 報名費 : HK\$100 港幣一百圓正
- Course Fees 課程費用 : HK\$6500 港幣陸仟伍百圓正
(HKGSA registered coach 泳總註冊教練)
HK\$7000 港幣柒仟圓正
(Non HKGSA registered coach 非泳總註冊教練)
- Course Quota 課程名額 : 80 persons 人 (Overall 總名額)
- Course Language 課程語言 : Cantonese 粵語, Pu Tong Hua 普通話
- Examination Paper 試卷 : Chinese 中文

Enrollment Requirements 參加資格:

1. Be holder of Hong Kong China Swimming Association (HKGSA) Swimming Teacher Certificate / Hong Kong Swimming Coaches Association (HKSCA) Level I Swimming Teacher Certificate for a minimum of 3 years or equivalent qualification
持有中國香港游泳總會游泳教師證書或香港游泳教練會 Level I 游泳教練證書三年或以上，或同等資歷
2. Recommendation letter from HKGSA Affiliated Club is required and must be submitted together with the application form. Priority will be given to those candidates who are currently swimming coaches or recommended by HKGSA active member-clubs
參加者必須於報名時連同申請表遞交泳總屬會推薦信，如報名人數超過課程名額，現職游泳教練及獲得中國香港游泳總會之活躍會員推薦者優先取錄
3. Priority will be given to HKGSA registered coach and members of HKSCA.
中國香港游泳總會註冊教練及香港游泳教練會會員優先取錄

Lecturers 講師：

Ms. Eliza L.S. Chang 鄭麗珊律師

Solicitor & Managing Partner of Cheng, Yeung & Co. 香港執業律師及管理合夥人, 鄭楊律師行

Mr. Hardaway Chan 陳振坤教練

Strength & Conditioning Coach, HKSI 香港體育學院運動體能教練

Ms. Chen Mei Chi 陳美綺女士

Sport Psychologist, HKSI 香港體育學院運動心理專家

Coach Fu Yanhao 傅延浩教練

Swimming Coach, HKSI 香港體育學院游泳教練

Dr. Daniel Lee 李致和博士

Associate Director, Elite Training Science & Technology 香港體育學院精英訓練科技助理總監

Ms. Lo Ka Kay -KK 盧嘉琪小姐

Senior Sports Science Officer HKSI 香港體育學院運動生理學專家

Ms. Qiu Xiao 仇笑女士

Senior Sport Biomechanics Officer HKSI 香港體育學院高級運動生物力學副主任

Mr. Frankie Siu 蕭沛霖先生

Sport Nutritionist, HKSI 香港體育學院運動營養專家

Mr. Szeto Ping Hang 司徒秉衡先生

World Aquatic Swimming Official 世界泳聯國際裁判



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Level II Certificate conferment requirement 頒授證書評核標準:

- i) 100% attendance in the Lecture Sessions; 出席全部講授課程;
- ii) Pass written examination (passing mark=60%) 筆試合格(合格標準為 60 分).
No examination resit. 不設補考
- iii) Fulfil practical coaching hours and submit report with pass
學員必須出席全部課程及在所有課程取得合格，並繳交實習報告，經審閱通過後，將獲發 Level II 證書

Application Procedure 報名方法 :

1. Complete and return the application form together with the required certificates (original copy & photocopy), cheques for Entry and Course Fees in person to the HKGSA office at Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon no later than 5:00 p.m., **5th April 2024 (Friday)**. Late application will not be considered.

請將填妥的申請表連同應繳交之證書(正本及 副本)、報名費及課程費，親臨本會觀塘海濱道號萬兆豐中心 9 樓 L 室報名。截止日期為二零二四年四月五日 (星期五)下午五時。逾時報名絕不接受。

2. Admission list will be available on **15th April 2024 (Monday)** in the HKGSA website. Unsuccessful applicants can pick up the cheque for Course Fee in person at the HKGSA office during office hours, 15th – 19th April 2024. All uncollected cheques will be destroyed thereafter.

取錄名單可於四月十五日 (星期一) 本會網站查閱，不獲取錄者請於四月十五日 (星期一) 起一星期內親臨本會取回繳交學費支票。逾期不取支票將被銷毀。

3. Entry & Course Fees must be paid by 2 separate crossed cheques and be made payable to "HKGSA".
報名費，課程費請用 2 張劃線支票分開繳付，抬頭請填寫「HKGSA」。
4. Entry Fee paid is not refundable. 報名費恕不退回。
Course Fee is not refundable once application being accepted.
申請者獲取錄後，不論因任何理由退出，所交費用恕不退回。

Any query, please feel free to contact our staff at 2572 8594.

如有任何查詢，請致電 2572 8594 與 中國香港游泳總會職員聯絡。

Education Program

c.c. President / Hon. Secretary / Hon. Treasurer /Asst. Hon. Secretaries

副本送：會長、義務秘書、義務司庫、義務助理秘書

20th February 2024



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Timetable 時間表

| 日期 | 時間 | 地點 | 內容 | 課時 | 講師 |
|----------|-------------|---------------|-----------|----|------|
| 19/4 (五) | 19:00-21:00 | 奧運大樓 演講廳 | 法律知識 | 2 | 鄭麗珊 |
| 20/4 (六) | 09:00-13:00 | 奧運大樓 演講廳 | 游泳規則 | 4 | 司徒秉衡 |
| | 15:00-17:00 | | 運動科學應用 | 2 | 李致和 |
| | 17:00-19:00 | | 游泳生理學 | 2 | 盧嘉琪 |
| 21/4 (日) | 14:00-16:00 | 體育學院 演講廳 | 體能及力量訓練 | 2 | 陳振坤 |
| | 16:00-18:00 | 體育學院 體能室 | 體能及力量訓練實習 | 2 | |
| | 19:30-21:30 | 體育學院 演講廳 | 游泳力學 | 2 | 仇 笑 |
| 26/4 (五) | 19:00-21:00 | 奧運大樓 演講廳 | 游泳技術 | 2 | 傅延浩 |
| 27/4 (六) | 09:00-11:00 | 奧運大樓 演講廳 | 運動營養 | 2 | 蕭沛霖 |
| | 11:00-13:00 | | 運動心理 | 2 | 陳美綺 |
| | 14:30-16:30 | | 游泳訓練 | 2 | 傅延浩 |
| | 17:30-19:30 | HKSI 25m Pool | 游泳實習 | 2 | |
| 28/4 (日) | 14:00-16:00 | 體育學院 演講廳 | 游泳訓練 | 2 | 傅延浩 |
| | 16:00-18:00 | HKSI 25m Pool | 游泳實習 | 2 | |
| 7/5 (二) | 19:00-21:00 | 奧運大樓 演講廳 | 考 試 | 2 | 楊錦達 |

Olympic House (Lecture Theatre – OH), Stadium Path, 1, So Kon Po, Causeway Bay, H.K.
香港銅鑼灣掃桿埔奧運大樓演講廳 (香港大球場隔鄰)

HKSI (25M POOL) 香港沙田體育學院 25 米泳池

HKSI (Lecture Theatre) 香港沙田體育學院演講廳

Remarks 註:

All attendees must take the swimming practical lesson in water. In case of absence, he or she has to make own arrangement for makeup lesson, failing which will be considered as not having completed the course.

游泳實習課所有學員必須下水，該課未有下水者需自行安排場地時間補回，未有補回者作未完成課程論

Please bring your own kickboard and pullbouy during the practical session.

自備游泳用具(泳帽，浮板及夾腳浮泡)

The above timetable may be changed subject to venue availability

上述時間表或因場地供應問題而有所更改



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Hong Kong China Swimming Association

中國香港游泳總會

Swimming Coaches Certificate Course 2024 (Level II)

中級游泳教練證書課程 2024

Application Form 申請表

NAME _____ (ENGLISH IN BLOCK LETTER)

_____ (中文姓名)

DATE OF BIRTH 出生日期 _____ AGE 年齡 _____ GENDER 性別 _____

HK I.D. CARD NO. 身份證號碼 _____

CORRESPONDENCE ADDRESS 通訊地址

(ENGLISH) _____

(中文) _____

CONTACT TEL NO. 聯絡電話 _____ EMAIL 電郵 _____

EDUCATION 教育程度

SWIMMING TEACHERS / COACHES CERTIFICATE AWARDED * AND CERTIFICATE NUMBER

已獲取 游泳教師 / 教練 證書 及證書編號

OTHER CERTIFICATE IF ANY 其他證書

REGISTERED COACH NUMBER 註冊教練編號

HKSCA Member Number 香港游泳教練會會員編號



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SWIMMING CLUB'S RECOMMENDATION 泳會推薦

AUTHORIZED SIGNATURE OF AFFILIATED SWIMMING CLUB 推薦泳會負責人簽署

NAME IN BLOCK LETTER 正階 (_____)

CLUB CHOP 會印 _____

DATE 日期 _____

***Please submit original copy of required certificates for verification and copy for HKGSA's record.**

申請人必須繳交証書正本以供核對，副本供本會庫存