

Organised by 主辦機構：

Hong Kong Coaching Committee
香港教練培訓委員會

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The Hongkong Bank Foundation
滙豐銀行慈善基金



The Hongkong Bank Foundation
Continuing Coach Education Programme
滙豐銀行慈善基金教練延續培訓計劃

~ Seminar on "Core Stability Training for Peak Performance" ~
「核心肌肉穩定性訓練」講座

The core muscle groups under our lower abdominal and lower back generate power for the whole body, and stabilize the torso and body posture. They help athletes to perform and reduce sport injuries. This seminar aims at introducing the importance of core muscles in enhancing peak performance, with demonstration exercises on core stability training that can be applied by coaches in athletes' training sessions.

運動員腰腹間的核心肌肉除了能產生力量外，亦對身體軀幹起穩定作用，以增強運動員表現及防止運動創傷。在這個講座中，講者會向各教練講解鍛鍊腰腹肌肉的重要性，與及示範一些腰腹穩定訓練動作，讓教練可掌握箇中技巧及應用於日常運動員訓練中。

Speaker

講者

Mr Kenneth Liang

梁達強先生

Health and Fitness Instructor and Exercise Specialist, American College of Sports Medicine (ACSM), USA
美國運動醫學學院(ACSM)認可體能教練及運動訓練專家

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NCCP Level 1 and Level 2 Coach, Canada

加拿大全國教練證書課程第一級及第二級教練

Hong Kong Coach Accreditation Programme Tutor

香港教練級別評定計劃導師

Details 內容

Date 日期	28 December 2007 (Friday) 2007年12月28日 (星期五)
Time 講授時間	7:15pm - 7:30pm Registration 登記 7:30pm - 8:30pm 1st session: Theory & Demonstration 第一節理論及示範課 8:30pm - 8:45pm Break 休息 8:45pm - 10:00pm 2nd session: Practical 第二節實習課節
Venue 地點	Hong Kong Sports Institute, 2 On Chun Street, Ma On Shan, Shatin, N.T. 新界沙田馬鞍山鞍駿街2號 香港體育學院
Capacity 人數	100 pax (first-come-first-served) 100位 (先到先得)
Fee 費用	HK\$100 (Handouts and light refreshment included. Fee is non-refundable once enrolled.) 港幣一百元正 (費用包括講義及茶點。報名一經接納，恕不退款。)
Certificate 證書	Certificates of Attendance will be issued by the Hong Kong Coaching Committee 參加者將獲香港教練培訓委員會頒授出席證書
Medium of Instruction 講授語言	Cantonese 廣東話

Application 報名辦法

Please complete the attached enrollment form and send it together with:

參加者請填妥報名表格，並附上：

- 1) A crossed cheque of HK\$100.00 made payable to the "Hong Kong Sports Institute Limited"; and
港幣一百元正之報名費 (以劃線支票繳交，抬頭請寫：「香港體育學院有限公司」)；及
- 2) A stamped self-addressed envelope
貼上足夠郵資之回郵信封

Address 地址：

Coach Education Department, Hong Kong Sports Institute, 2 On Chun Street, Ma On Shan, Shatin, N.T.
新界沙田馬鞍山鞍駿街2號 香港體育學院 教練培訓部 收

Enquiries 查詢電話： 2681 6129 (Ms Fung 馮小姐)

Enrollment Deadline 12 December 2007
截止報名日期 2007年12月12日