

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 “Preparing Athletes for Training/Competition in the Heat” ~
「運動員於炎熱環境下進行訓練/比賽策略」講座

Serious threat could be imposed on athletes when they are competing or training in the heat. Exercise performance is invariably impaired during hot weather. To prepare athletes for training /competition in the heat, a training strategy must be developed. In this seminar, the physiological response as well as the acclimatization strategy for training in the heat and the emergency action to be carried out will be explained.

在炎熱環境下進行運動訓練不單會影響表現，嚴重更會影響健康。為協助運動員於炎熱環境下進行訓練/比賽，週詳的訓練計劃是不可缺的。透過講座，講者會為大家解構在炎熱環境下運動之生理反應及如何以適應策略配合訓練，同時亦會為大家分析有關急救措施。

Speaker 講者**Mr Raymond So Chi-hung 蘇志雄先生 M.Phil**

Immediate Past President of Hong Kong Association of Sports Medicine and Sports Science 香港運動醫學及科學學會前任會長
Sports Physiologist/Sports Science & Medicine Coordinator of Hong Kong Sports Institute 香港體育學院運動生理主任/運動科學及醫學統籌主任

Coach Accreditation Programme Tutor 教練級別評定計劃導師

Details 內容

*Date *日期	30 June 2007 (Saturday) 2007年6月30日(星期六)	13 July 2007 (Friday) 2007年7月13日(星期五)
Time 講授時間	2:00 p.m. - 2:15 p.m. Registration 登記 2:15 p.m. - 3:15 p.m. 1 st session 第一節 3:15 p.m. - 3:30 p.m. Break 休息 3:30 p.m. - 4:30 p.m. 2 nd session 第二節	7:00 p.m. - 7:15 p.m. Registration 登記 7:15 p.m. - 8:15 p.m. 1 st session 第一節 8:15 p.m. - 8:30 p.m. Break 休息 8:30 p.m. - 9:30 p.m. 2 nd session 第二節
Venue 地點	Coach Education Lecture Room (Hall 5), 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 教練培訓講授室(禮堂五)	
Capacity 人數	60 pax (first-come-first-served) 60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 supplemented with English 廣東話輔以英語	

* Please choose either one day 請選擇其中一日

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	15 June 2007
截止報名日期	2007年6月15日