



香港野外定向總會 Orienteering Association of Hong Kong

國際野外定向聯盟成員及中國香港體育協會暨奧林匹克委員會會員

Affiliated to: International Orienteering Federation and Sports Federation & Olympic Committee of Hong Kong, China

聯合名譽贊助人：施德論先生 楊孝華先生

Joint Honorary Patron: Mr. John E. Strickland Mr. Howard Young

由：訓練及教練秘書
致：各屬會
日期：2009年6月23日

一級定向教練班

香港野外定向總會計劃於2009年，開辦一個一級定向教練班，詳情如下：

- 課程時間：甲部 - 運動通論課程，由香港教練培訓委員會主辦
日期：請參閱附表一之 09-109C1 或 09-1010C1
地點：烏溪沙青年新村五號禮堂
時間：請參閱附表一
(註：如甲部課程已滿額，則作另行安排)
- 乙部及丙部- 定向專項理論及實習課程，共24小時，
由總會教練工小組安排，在2009年9月至10月期間舉行
請參閱附表二
- 丁部 - 教學實習，60小時之運動員培訓工作，
在2009年12月至2010年3月期間舉行
- 申請資格：1. 十八歲或以上之總會會員 及
2. 持有第三或第四階段野外定向訓練班證書 及
3. 活躍之定向運動員 及
4. 需由屬會推薦 及
5. 完成下列任何一項：
● 開課前三個賽季內須完成三場排名聯賽，並獲取排名分數六百分或以上；
● 開課前五年內之其中兩賽季的排名聯賽，皆取得平均六百五十分或以上
6. 持有總會準一級教練證書將獲優先考慮
- 甄選：由總會訓練及教練委員會轄下之教練工作小組負責甄選，申請者或需作面見、筆試及技術測試，詳情容後公佈
- 考核：學員必須出席全部課程，考試合格，及持有有效之急救證書並經由總會教練工作評核後始獲委任為一級定向教練
- 名額：12名
- 課程費用：共 **HK\$1,100** (甲部-HK\$900，乙、丙及丁部-HK\$200)
- 報名辦法：填妥附上之報名表，連同劃線支票 HK\$1,100
(支票抬頭：香港野外定向總會)寄回總會辦事處
- 截止日期：**2009年7月20日**

香港銅鑼灣掃桿埔大球場徑一號奧運大樓1014室 Room 1014, Olympic House, No.1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.

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香港教練培訓委員會

Hong Kong Coaching Committee

滙豐銀行慈善基金教練級別評定計劃

第一及二級運動通論課程

2009年4月至12月 課程編號	課程	日期
2009		
09-109C1	第一級（廣東話）-週末班	十月 10, 17, 18, 31 十一月 1, 7, 8, 14, <u>15</u>
09-1010C1	第一級（廣東話）- 平日班 ¹	十一月 11, 13, 16, 18, 20, 23, 25, 27, 30 十二月 2, 4, <u>7</u>

課程日期及上課地點在需要情況下會作出修改

備註:

- 1) 上課地點： 烏溪沙青年新村五號禮堂
- 2) 上課時間： 平日班 1（星期一、三及五）：晚上七時至十時
週末班（星期六及日）：下午二時至晚上八時
- 3) 考試日期: 劃有底線日期為考試日期

OAHK/HKCAP LEVEL 1 COACHING COURSE 2009

Parts B,C& D

Course Programme

Parts B		Sport-specific Theory Component	8 hours
Dates & Time	Content/Activity		Venue(coach i/c)
9.9.2009 (Wed) 1930 – 2130 hrs	<ul style="list-style-type: none"> ● Course Introduction ● Revision on General Knowledge About Orienteering ● Revision on Basic Orienteering Techniques ● Basic Orienteering Techniques 		AYP Headquarters (SZE Chi-sum) (Patrick NG)
16.9.2009 (Wed) 1930 – 2130 hrs	<ul style="list-style-type: none"> ● Introduction of Logical Orienteering Training: Learning Orienteering Step By Step ● Training Contents & Requirements of Level 1 & 2 of the Training Scheme of OAHK 		AYP Headquarters (SZE Chi-sum) (Patrick NG)
23.9.2009 (Wed) 1930 – 2130 hrs	<ul style="list-style-type: none"> ● Classroom Teaching Skills ● Training & Teaching Activities in Orienteering ● Some General Things About Orienteering for Beginners 		AYP Headquarters (SZE Chi-sum) (Patrick NG)
30.9.2009 (Wed) 1930 – 2130 hrs	<ul style="list-style-type: none"> ● Planning & Conducting Lectures ● The Use and Preparation of Teaching Aids for Orienteering Training 		AYP Headquarters (SZE Chi-sum) (Patrick NG)
Part C		Sport-specific Practical Component	16 hours
Dates & Time	Content/Activity		Venue
10 & 17.10.2009 (Sat.) 0900 – 1300 hrs	<p>A. Learning Sessions on Planning and Conducting Training Exercise for Orienteering I:</p> <ul style="list-style-type: none"> ● Leading a Map Walk ● Map Symbol Relay ● Compass Steering Exercises ● Hanging out Controls Test <p>B. Learning Sessions on Planning and Conducting Training Exercise for Orienteering II:</p> <ul style="list-style-type: none"> ● Setting Course for Beginners <p>How to conduct an evaluation session</p>		Tsing Yi & Ngau Liu (Level 3 Coaches)
31.10.2009 (Sat) 0900-1700 hrs To be confirmed	<p>A. Assessment Sessions on Planning and Conducting Training Exercise for Orienteering</p> <p>B. Micro Teaching</p>		Tsing Yi & Ngau Liu To be confirmed
Part D		Practical Coaching	60 Hours
(I) Preparation for practical coaching			
(II) Field Attachments: Each candidate is required to attach to orienteering training courses to get hand-on practice on conducting an orienteering training course.(Details to be announced later)			
(III) Coaching Practice: Each candidate is required to conduct two level 1& 2 Courses under the supervision of the course tutors. Within one year. (Details to be announced later)			

**OAHK/HKCAP LEVEL 1 COACHING COURSE
COURSE REQUIREMENTS**

Part B (Sport-specific Theory component)	Total	8 hours
1. Basic orienteering techniques		2 hours
2. Some general things about orienteering for beginners		1/2 hours
3. Introduction of logical orienteering training: ‘Learning Orienteering Step By Step’		2 hours
4. Orienteering training and teaching activities in orienteering		1 hours
5. Classroom Teaching skills		1/2 hours
6. The use and preparation of teaching aids for orienteering training		2 hours

Part C (Sport-specific practical component)	Total	16 hours
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Practical Work

1. Planning and conducting a map walk	2 hours
2. Map Symbol Relay	1/2 hours
3. Compass Steering Exercise	1/2 hours
4. Setting course for beginners	2 hours
5. Hanging out controls test	1 hours

Coaching Practice

1. Preparation and conducting classroom Teaching	2 hours
2. Organising a field practice on:	
Leading a map walk	1 hours
Map Symbol Relay and Compass Steering Exercise	1 hours
Setting and putting up a course for beginners	6 hours

Part D (Sport-specific Coaching Experience)	Total	60 hours
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Minimum 60 hours of coaching practice in one year/season Planning and conducting two Elementary Orienteering course under the supervision of the Training and Coaching Committee of the OAHK