

OAHK Level 1 Coaching Course 2019

Course programme (Part B, C, D)

Date and Time	Content/Activity	Venue
Selection		
7 & 8/3	Written Test Interview	AYP Headquarter
10.3.2019 (Sun) 0930-1630	Technical Test	Yuen Shan/Ah Kai Shan (tentative)
Part B Sport-specific Theory Component (8 hours)		
27.3.2019 (Wed) 1930-2130	Course Introduction Coach and Orienteering Coach Basic Orienteering Technique (I)	AYP Headquarter
03.4.2019 (Wed) 1930-2130	Basic Orienteering Technique (II) Logical Orienteering Training (I)	AYP Headquarter
10.4.2019 (Wed) 1930-2130	Logical Orienteering Training (II) Orienteering Training and Teaching Activities (I)	AYP Headquarter
17.4.2019 (Wed) 1930-2130	Orienteering Training and Teaching Activities (II) Coaching Career	AYP Headquarter
Part C Sport-specific Practical Component (16 hours)		
01.5.2019 (Wed) 0900-1300	Field Practice (I)	Tsing Yi
13.5.2019 (Sun) 0900-1700	Field Practice (II)	T.B.C.
19.5.2019 (Sun) TBC	Classroom Practice	Kowloon Bay office /T.B.C.
Part D Sport-specific Coaching Experience (60 hours)		
June 2019	OAHK Level 1 and Level 2 Training Course (16 hours)	T.B.C.
June-August 2019	Easy sports (Joint Schools) Park Orienteering Training Course (3 hours / each)	T.B.C.
June-December 2019	Level 1 / Level 2 Training Course organized by affiliated clubs (6 hours / 10 hours / each)	T.B.C.

Part B (Sport-specific Theory component)

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| 1. Course introduction | 1/2 hour |
| a. course requirements | |
| b. appointment requirements | |
| c. accredited coach renewal scheme | |
| 2. Coach and orienteering coach | 1/2 hour |
| a. characteristics and roles of coach | |
| b. major duties of level 1 orienteering coach | |
| c. coaches' code of conduct | |
| 3. Basic orienteering techniques and knowledges | 2 hours |
| a. differences between orienteering and other sports | |
| b. orienteering maps and control descriptions | |
| c. navigational techniques | |
| d. development and trend of orienteering since 2000 | |
| 4. Logical orienteering training | 2 hours |
| a. orienteering for beginners | |
| b. step system – "Learning orienteering step by step" | |
| 5. Orienteering training and teaching activities | 2 hours |
| a. schemes of work | |
| b. teaching plan | |
| c. introducing orienteering in the classroom | |
| d. games and exercises | |
| e. basic mapping and course setting | |
| f. teaching aids | |
| 6. Coaching career | 1 hour |
| a. continuous learning | |
| b. discussion on real life scenarios | |
| c. experience sharing | |

Part C (Sport-specific Practical component)

Classroom practice	4 hours
a. Preparing notes and presentations	
b. Preparing and conducting classroom teaching	
Field practice	12 hours
a. Planning and conducting a map walk	
b. Planning and conducting orienteering exercises	
● maze / map setting exercise	
● map symbol relay	
● control description relay	
● compass steering	
c. Setting orienteering course for beginners	
d. Control hanging out test	

Part D (Sport-specific Coaching experience)

Minimum 60 hours of coaching practice under the supervision of course coach in one year.

The practices should include:

- one Level 1 and Level 2 orienteering course OR Youth Promotion Scheme course organized by OAHK (compulsory)
- **at least** one Level 1 and Level 2 orienteering course organized by OAHK affiliated club
- other orienteering training activities organized by OAHK or OAHK affiliated club, include but not limited to:
 - School sports programme include sport demonstration, easy sports programme and outreach coaching programme
 - Park orienteering training course
 - Feeder enhancement programme