

THE UNIVERSITY OF HONG KONG

Hall Education Development Project

Hall Education Course Four:
Sports Leadership
(code: HEC-SL)

Course Description

Aim

1. To fulfill HED Project objectives:
 - To enhance student learning experience through hall education.
 - To achieve the university educational aims through hall education particularly in the areas of critical intellectual enquiry, life-long learning, tackling novel situations, critical self-reflections, upholding personal ethics, intercultural understanding, global citizenship, communication, collaboration, and leadership.

Objectives

2. To equip students with proper knowledge and skills in doing sport activities and leading a sport team.
3. To concern the students about safety and effectiveness in sport training.

Expected Outcomes

4. Students will have a better sense of safety during sports activities.
5. Students will have a better time management on sports activities after they have learnt how to practice efficiently.

Prerequisite

6. None, but sport team captain are having higher priority in selection.

Content

7. Six workshops will be organized.
8. Theme and number of workshops are:
 - Physical Fitness and Training Methodology (2 workshops x 2 hours)
 - Nutrition in sports (1 workshop x 2 hours)

- Sport Psychology and Stress Management (2 workshops x 2 hours)
- Choice of Equipment, Personal Protection Equipment and Taping (1 workshop x 3 hours)

Assignment

9. Eighty percent of the total course time, i.e. 11 hours, of attendance is required.
10. Course related assignments would be given by instructor during training.

Schedule

11. Promotion and application: 7 March 2013 – 21 March 2013
12. Announcement of list of successful applicants: 22 March 2013
13. Deadline of offer confirmation and registration: 27 March 2013
14. Physical Fitness and Training Methodology
 - 9 April 2013 (Tuesday), 7:00 – 9:00 pm
 - 16 April 2013 (Tuesday), 7:00 – 9:00 pm
15. Nutrition in sports (1 workshop x 2 hours)
 - 6 April 2013 (Saturday), 2:30 – 4:30 pm
16. Sport Psychology and Stress Management (2 workshops x 2 hours)
 - 26 April 2013 (Friday), 7:00 – 9:00 pm
 - 3 May 2013 (Friday), 7:00 – 9:00 pm
17. Choice of Equipment, Personal Protection Equipment and Taping (1 workshop x 3 hours)
 - 6 May 2013 (Monday), 7:00 – 10:00 pm
18. Venue of the course will be announced during registration.

Enrollment

19. Number of vacancies are 30.
20. Interested applicants should complete the application form (HEC-SL-appform) and send it to Hall Education Development Office, 1/F Suen Chi Sun Hall, Jockey Club Student Village II, HKU, 109 Pokfulam Road.
21. If the number of applicants is more than 30, selection will be initiated. Sport team captains will have higher priority in joining the course and the number of applicants from each hall will be evened.

22. Successful applicants are required to make \$500 dollar deposit. This deposit will be returned to applicant upon completion of the course with 80% attendance and satisfaction in the assignments stated above.

Certificate

23. Participant who has completed the course with satisfaction in the assignment works and attended at least 80% of this course will be given a certificate issued by HEDO and IHP.