

Organizer



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Level 1 (Elementary) Baseball Coach Certification Programme Online Training Programme

- Organizer : Hong Kong Baseball Association (HKBA)
- Supported by : World Baseball Softball Confederation (WBSC)
- Subvented by : Leisure and Cultural Services Department (LCSD)
- Lecturer :
✧ **[WBSC webinars] Grassroots Level & Level 1, Baseball Specific**
✧ **Dr. Jim Luk**, Technological and Higher Education Institute of Hong Kong (Thei)
✧ **Mr. Freeman Kwok**, Technological and Higher Education Institute of Hong Kong (Thei)
✧ **Dr. Nathan Yung**, Asian Sport Psychology Professional Alliance (ASPPA)
✧ **Mr. Charles To**, Honorary Legal Advisor of Hong Kong Baseball Association
✧ **Mr. Jose Au**, Director of Coach Development, Hong Kong Baseball Association
- Medium : WBSC Webinars and Theory Sessions - **English** only
Practical Sessions – Cantonese (supplemented by English)
- Course Description : This programme is designed for people who are currently coaching in baseball teams in the community or have an interest in baseball coaching to develop their knowledge with basic sports theory, team management skills, local rules, and guidelines

Programme Structure

Baseball Specific

- ◆ Coaching Philosophy
- ◆ Sport Specific for Developing Athletic Skills
- ◆ Practice Organization
- ◆ Catching and throwing
- ◆ Fielding
- ◆ Hitting
- ◆ Baserunning
- ◆ Introduction of modified baseball games
 - Baseball5™
 - Baseball SIX

Sports Theory Fundamental

- ◆ Principles of Learning
- ◆ Coaching Theory
- ◆ Anatomy and Exercise Psychology Skills
- ◆ Physiological Adaptations to Exercise
- ◆ Motion Principle
- ◆ Physical Fitness Testing & Assessment
- ◆ Prevention and Treatment of Sports Injuries
- ◆ Sports Nutrition and Health
- ◆ Sports Psychology

Coaches Management

- ◆ Managing Skills for Coaches
- ◆ Writing Training Proposal and Evaluation

Code of Conduct & Risk Management

- ◆ Legal Aspect in Sports Coaching
- ◆ Code of Conduct

Target participants : ✧ Age 18 or above;

- ✧ HKBA Baseball Instructor Certificate holders; or
- ✧ Hong Kong National Team players who participated in World Baseball Softball Confederation (“WBSC”, formerly known as International Baseball Federation “IBAF”), Baseball Federation of Asia (“BFA”) or baseball tournament in Multi-Games; or
- ✧ Regulars who are currently coaching in baseball teams in the community; or
- ✧ Participants outside Hong Kong are welcome (Air ticket, board, and lodging should be arranged by the participant at his/her own costs)

- Course Fees :
- **Regular rate: HK\$2,500**
 - **Special rate A: HK\$2,000** (Applicants who have completed any one of the eligible courses as shown in the List of Equivalent Qualifications may apply for exemption from training course requirement in Sports Theory Fundamental. Other potential equivalent programmes are subject to the assessment of the HKBA.)
 - **Special rate B: HK\$2,000** (Applicants who are registered HKBA Instructors or registered Elite Athletes in the current year would enjoy discount rate to take FULL programme.)
 - The course fee of “Coach Licensing Programme – Level 1 Baseball” on WBSC Academy will be included for those who passed the written test.

Please note that applicants can only enjoy either special rate A or special rate B.

Programme Schedule :

Date	Time	Location	Content
6/11/2021-12/12/2021	Online Materials – Link provided by HKBA		Sports Theory Fundamental & Code of Conduct & Risk Management
20/11/2021 (Sat)	1800-2100	Sai Tso Wan Baseball Field	Practice Organization/ Training During Games/ Drills Games Situation
27/11/2021 (Sat)	1800-2100		Baseball Trial: Baseball5™ & Baseball SIX
4/12/2021 (Sat)	1800-2100		Baseball Specific Practical Test
8/12/2021 (Wed)	1900-2100	Olympic House Jockey Club Theatre Hall	Written Test
10/1/2022-28/2/2022-	Online Materials – WBSC Academy		Grassroots Level & Level 1 Course on WBSC Academy
28/2/2022	23: 59		Deadline of Submission of WBSC Certificates (Both Grassroots Level & Level 1)
1/4/2022-30/9/2024	District Promotion Programme		Coaching Experience

- Attendance Requirement : Participant is required to attain **50%** attendance of practical session for sitting in the written test and practical test

Passing Marks : **70%** (both in written test and practical test)

- Remarks :
- Participants, who could not attain the passing marks of Level 1 but reach the marks at the range of 50%-69%, will be awarded a Baseball Instructor Certificate (Foundation Level) by HKBA.
 - Participants who passed the written test and practical test and have an intention to coach in Hong Kong, are required to fulfill coaching experience hours that to be arranged by HKBA within 18 months after receiving the test result. **A Certificate of Completion** will be awarded by HKBA after finishing the required number of coaching experience hours.

Level	Passing Marks	Coaching Experience Hours
Level I (Elementary)	70% or above	30 hours
Instructor (Foundation)	50% to 69%	16 hours

Enrolment : 1. Apply online on HKBA Online Registration System
Link: https://www.hkbaseball.org/login.php?lang_id=1

If you are a newcomer, please sign up a user account.



2. Submit additional information on <https://bit.ly/2Z8tG6k>.

Application Deadline : **4 Nov 2021 23:59**

Please submit the **additional information** at the same time. Thank you.

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