

Organizer



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香港教練培訓委員會
Hong Kong Coaching Committee

Level 1 (Elementary) Baseball Coach Certification Program 2018 12-17 October Hong Kong

- Organizer : Hong Kong Baseball Association (HKBA)
- Supported by : World Baseball Softball Confederation (WBSC)
- Subvented by : Hong Kong Coaching Committee
- Lecturer : ✧ **Mr. Peter Caliendo**
- Former Team USA Coach
 - President of Caliendo Sports International and part owner of Coaches Video Library an online coaches training program.
 - National and International speaker on the development of training coaches how to train players properly.
 - Will be presented by the American Baseball Coaches Association (ABCA), the largest amateur baseball association in the USA with the meritorious award.
- ✧ **Dr. Jim Luk**, Technological and Higher Education Institute of Hong Kong (Thei)
- ✧ **Mr. Freeman Kwok**, Technological and Higher Education Institute of Hong Kong (Thei)
- ✧ **Mr. Nathan Yung**, Asian Sport Psychology Professional Alliance (ASPPA)
- Medium : **English** only
- 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 **NEW**
 - 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 **NEW****
(Continuous Professional Training)

Coaches Management

- ◆ Managing Skills for Coaches
- ◆ Writing Training Proposal and Evaluation
- ◆ 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\$3,000**
 - **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.)
 - **CPT rate: HK\$400** (The module of **Sports Psychology** will be opened to HKBA registered coaches/instructors as one of the Continuous Professional Training (CPT) programmes)

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

Attendance Requirement : Participant is required to attain **80%** attendance (i.e. 24 hours) for sitting in the written test and practical test and will be awarded a Certificate of Participation from WBSC

Passing Marks : **75%** (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%-74%, 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)	75% or above	30 hours
Instructor (Foundation)	50% to 74%	16 hours

- Overseas participants who are not going to register as an instructor or a coach in Hong Kong, no coaching experience hours are required. Only a Certificate of Participation from WBSC will be issued.

For the overseas participant, please communicate with your local National Baseball Federation about the recognition of this coach education programme.

Enrolment : 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.



Application Deadline : **10 October 2018**
: ✧ If the number of applicants is less than 20, the programme will be postponed.
: ✧ The schedule is subject to change. Changes, if necessary, will be announced on HKBA website and email to the applicants.

Inquiry : Hong Kong Baseball Association Mr. Lai Chi-ho
Tel: (852) 2504 8330
Email: hkbsa@hkolympic.org

List of Equivalent Qualifications - *Eligible Courses*

City University of Hong Kong

- Physical Education Course - Physical Fitness (PED1305)

Hong Kong Baptist University

- Bachelor of Arts (Honours) in Physical Education & Recreation Management Programme
- Professional Development Certificate in Fitness Instruction

Hong Kong Institute of Vocational Education

- Physical Education Training Course in Fitness

The Chinese University of Hong Kong

- Bachelor of Education in Physical Education and Sports Science Programme
- Bachelor of Education in Physical Education, Exercise Science and Health Programme
- Bachelor of Science in Exercise Science and Health Education Programme

The Education University of Hong Kong

- Certificate in Professional Development Programme on New Paradigm of Learning and Teaching in Physical Education
- Postgraduate Diploma in Education (Primary / Secondary) Programme
- Bachelor of Education (Honours) in Physical Education Programme

The Hong Kong Polytechnic University

- Physical Education Programme – Physical Fitness

The University of Hong Kong

- Bachelor of Science in Exercise and Health

Hong Kong Coaching Committee

- Coach Accreditation Programme Part A – Sports-General Theory (Level 1 /Level 2 /Level 3)
- Foundation Certificate in Sports Coaching Theory