



## 附件 2.1 Jockey Club “Sports without Limits” Youth Empowerment Programme

### PROFESSIONAL CERTIFICATE TRAINING

<b>COURSE</b>	<b>YEP 002 SITTING VOLLEYBALL</b>
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. Train teachers to deliver sitting volleyball in schools</li> <li>2. Instruct specific ways to adapt sitting volleyball for children and youth with disabilities</li> <li>3. Formulate holistic training programmes</li> <li>4. Equip teachers with necessary skills for planning, designing and organising small sided competition activities</li> </ol>
<b>Course Content</b>	<ol style="list-style-type: none"> <li>1. Concepts of adaptation through STEP principle (space, time, equipment, people)</li> <li>2. Equipment modifications for sitting volleyball</li> <li>3. Players movement in sitting volleyball</li> <li>4. Different techniques for players</li> <li>5. Teachers and rules of the game</li> <li>6. Competition structures</li> </ol>
<b>Target Group</b>	<ol style="list-style-type: none"> <li>1. Teachers in special schools</li> <li>2. Physical education teachers</li> <li>3. Coaches who work in schools for students with disabilities</li> </ol>
<b>Course Specification</b>	2 DAYS (total 12 hours) theoretical, practical and teaching lessons
<b>Medium of Instruction</b>	English (Cantonese as supplementary)
<b>Teaching Team</b>	Appointed lecturers of disability sports by CUHK
<b>Certification</b>	Certification issued and endorsed by: <ol style="list-style-type: none"> <li>1. UNESCO Chair Inclusive Physical Education, Sport, Recreation &amp; Fitness</li> <li>2. International Federation of Adapted Physical Activity</li> <li>3. European Federation of Adapted Physical Activity</li> <li>4. Asian Society for Adapted Physical Education and Exercise</li> </ol>

### Biography of Overseas Lecturers

	<p><b>Mr John Bestebroer</b> became a trainer/coach in Paralympic Sports in 2006 and was the head coach of the women sitting volleyball team of the Netherlands in 2006-2008. In 2009 he was the founder of the Sports Compass Foundation, with its aim to promote disability sports, particularly in African countries. His expertise and experience in delivering train-the-trainers approach for different Paralympic Sports has received high recognition worldwide. He has introduced goalball, sitting volleyball and blind football in different countries. His hands-on mentality, practical approach and unique way of presenting as a tutor are indelible. Beside his passion for promoting Paralympic Sports, he also offers professional advice on start-up companies.</p>
	<p><b>Dr Kwok Ng</b> is a Post-doctoral Fellow in Finland and Ireland. He specializes in adapted physical activity and has been involved in disability sports for over 15 years as a coach, referee and researcher. He has given practical and theoretical classes to students in the areas of adapted physical activity, specialising in team sports (sitting volleyball, goalball, wheelchair rugby), pre-service teachers and provided courses in the UK for in-service training for teachers. Dr Ng is currently a Vice-President of European Federation of Adapted Physical Activity.</p>