



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

PROFESSIONAL CERTIFICATE TRAINING

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

Biography of Overseas Lecturers

 Mr John BESTEBROER	<p>Mr John Bestebroer 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>
 Dr Kwok NG	<p>Dr Kwok Ng 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>