

2006 年 體育教師暑期學校 教學工作坊

A. 基本資料

課程名稱: (中文)	中學運動攀登教學班
(英文)	Teaching Sport Climbing Workshop in Secondary School Teachers
編號:	W9
日期:	27, 28, 31 & 1/8/2006
時間:	0930 – 1730
地點: (中文)	香港教育學院運動攀登練習場
(英文)	Sport Climbing Gym, HKIEd
對象:	現職中學體育教師
名額:	18

B. 導師

導師名稱: (中文)	葉慶林先生、王培安先生
(英文)	Mr. Yip Hing Lam, Mr. Wong Pui On
資歷/ 簡介: (中文)	香港運動攀登總會一級教練 中國香港挑戰網陣協會教練 中國香港攀山總會山藝領袖 中國香港攀山總會二級攀岩 中學教育文憑
: (英文)	Level One Coach, Hong Kong Sport Climbing Union Instructor, Challenge Course Association of Hong Kong China Level 3 (Leader) Mountain Craft Certificate, Hong Kong Mountaineering Union Level 2 Rock Climbing Certificate, Hong Kong Mountaineering Union Teacher Certificate (Secondary Education)

C. 課程概要

課程大綱 (中文)	本課程旨在讓學員在接受正確及有系統的運動攀登訓練過程中，探討運動攀登於小學體育課程的推行。課程內容包括：簡介運動攀登的發展、小學攀登遊戲介紹、安全守則、器材認識、使用及保養、應用繩結及使用、簡介人工攀登岩牆的構造及設計、引攀技術、攀登口號、保護點及防護法等。透過理論及實習互相配合，訓練學員逐步掌握運動攀登的技巧。
(英文)	The purpose of this workshop is to explore the teaching of sport climbing in primary school physical education programme by teaching

	participants proper sport climbing skills in a systematic way. The content includes: Introduction of Sport Climbing, Sport Climbing Games for primary school students, Safety precaution, Usage and maintenance of climbing equipment, Usage of knots, Sport climbing wall construction and design, Top rope climbing, Climbing signal, Belaying method, etc. Participants are expected to be able to master sport climbing skills through both theoretical and practical sessions.
完成課程後可獲得的資格 (如適用) (中文及英文)	經教練評審合格之學員，可申請領取香港運動攀登總會認可的一級運動攀登訓練證書（證書費連行政費港幣三十元需另付，學員可決定是否申領証書）。 Level 1 Sport Climbing Certificate (Hong Kong Sport Climbing Union)
學員所需自備之裝束/ 設備 (中文及英文)	輕便體育服裝 Sportswear

D. 課程大綱及時間表 (中文及英文)

日期	時間	教授主題
27/7(Thur)	9:30 – 10:00	<ul style="list-style-type: none"> - 課程介紹 - 簡介香港運動攀登總會(SCA HK) - 攀登的歷史 - 運動攀登比賽簡介 - 場地守則 - 場地介紹 - Course Introduction - Introduction of SCUHK - History of Sport Climbing - Types of sport climbing competitions - Regulations of sport climbing venue - Introduction of sport climbing wall
	10:00–10:45	<ul style="list-style-type: none"> - 熱身及伸展活動 - 小學攀登遊戲介紹(一) - 基本攀登技巧 - Warm up and stretching - Sport climbing games in Primary School (1) - Basic climbing skills
	10:45—10:50	休息 Break
	10:50- 11:45	<ul style="list-style-type: none"> - 器材認識(結構、用途、保養方法) - Introduction of Climbing Equipment(structure, uses, maintenance)
	11:45-12:00	<ul style="list-style-type: none"> - 繩結 - Knots

	12:00-13:00	- 引攀，教練防護 - Top rope climbing (Belay by coaches)
	13:00-14:00	午膳 Lunch
	14:00-14:10	- 熱身及伸展活動 - Warm up and stretching
	14:10-14:25	- 小學攀登遊戲介紹(二) - Sport climbing games in Primary School (2)
	14:25-17:00	- 攀登技巧(引攀)及防護法(8 字環及 ATC) – (1) - Top rope climbing and Belaying skills (Figure 8 and ATC) – (1)
	17:00-17:30	- 放鬆及伸展 - 總結 - Cool Down - Debriefing
28/7(Fri)	9:30 – 10:15	- 熱身及伸展活動 - 小學攀登遊戲介紹(三) - 簡介人工攀登岩牆的構造及設計 - 基本攀登技巧練習 - Warm up and stretching - Sport climbing games in Primary School (3) - Introduction of sport climbing wall construction and design - Basic climbing skills practice
	10:15 – 10:30	- 攀登準備 (開繩，檢查器材及穿著安全帶) - Climbing Preparation (Rope management, Equipment checking and Harness wearing)
	10:30 – 11:25	- 攀登技巧(引攀)及防護法(8 字環及 ATC) – (2) - 攀登技巧 - Top rope climbing and belaying skills (Figure 8 and ATC) – (2) - Advanced climbing skills
	11:25–11:30	休息 Break
	11:30-12:30	- 下跌 - 下跌防護控制 - Fall - Hold Fall
	12:30-13:00	- 動力防護控制 - Dynamic belay
	13:00-14:00	午膳 Lunch
	14:00-14:15	- 熱身及伸展活動 - Warm up and stretching
	14:15-14:30	- 小學攀登遊戲介紹(四) - Sport climbing games in Primary School (4)
	14:30-16:00	- 引攀 及 防護練習

		<ul style="list-style-type: none"> - 初級評核 - Top rope climbing and belaying skills practice - Assessment on Level 1
	16:00-17:00	<ul style="list-style-type: none"> - 斜牆攀登技巧 - Overhang climbing skills
	17:00-17:30	<ul style="list-style-type: none"> - 放鬆及伸展 - 總結 - Cool Down - Debriefing
31/7(Mon)	9:30 – 10:00	<ul style="list-style-type: none"> - 熱身及伸展活動 - 小學攀登遊戲介紹(五) - Warm up and stretching - Sport climbing games in Primary School (5)
	10:00—10:15	<ul style="list-style-type: none"> - 簡介香港運動攀登之發展 - 香港運動攀登地點 - 開辦學校訓練班程序 - Development of Sport Climbing in Hong Kong - Location of different sport climbing venues - Procedure of launching sport climbing course in school
	10:15 – 10:30	<ul style="list-style-type: none"> - 攀登準備 - Climbing Preparation
	10:30--11:30	<ul style="list-style-type: none"> - 防護法 (Gri-Gri 之使用) - Belaying skills (Use of Gri-Gri)
	11:30—13:00	<ul style="list-style-type: none"> - 斜牆引攀 及 防護練習 - Top rope on overhang wall and belaying practice
	13:00-14:00	午膳 Lunch
	14:00-16:30	<ul style="list-style-type: none"> - 領攀 (1) - Lead Climbing (1)
	16:30-17:00	<ul style="list-style-type: none"> - 常見的受傷及意外處理 - Common injuries and treatment
	17:00-17:30	<ul style="list-style-type: none"> - 放鬆及伸展 - 總結 - Cool Down - Debriefing
1/8(Tue)	9:30 – 10:00	<ul style="list-style-type: none"> - 熱身及伸展活動 - 小學攀登遊戲介紹(六) - Warm up and stretching - Sport climbing games in Primary School (6)
	10:00- 10:15	<ul style="list-style-type: none"> - 設立保護點 - Anchor point setting
	10:15- 10:30	<ul style="list-style-type: none"> - 攀登準備

	- Climbing Preparation
10:30 – 13:00	- 領攀 (2) - Lead Climbing (2)
13:00—14:00	午膳 Lunch
14:00-16:30	- 模擬比賽 - Competition
16:30-16:45	- 放鬆及伸展 - Cool Down
16:45-17:30	- 分享學校發展運動攀登的經驗 - 課程總結 - Experience sharing on development of sport climbing in school - Course summarization