

體育教師暑期學校 2007 年

教學工作坊 ·

課程資料

A. 基本資料

課程名稱: (中文)	運動攀登教學班 I
(英文)	Teaching Sport Climbing for Teachers I
編號:	PS4
日期:	19, 20/7/2007
時間:	9:00 – 5:30
地點: (中文)	香港教育學院 新界大埔露屏路十號 運動攀登練習場 E – LP2 – 06
(英文)	Hong Kong Institute of Education 10 Lo Ping Road, Tai Po, N.T. Sport Climbing Gym, E – LP – 06
對象:	在職小學及中學體育教師
名額:	18

B. 導師

導師名稱: (中文)	葉慶林先生
(英文)	Yip Hing Lam
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, HK 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，探討運動攀登於學校體育課程的推行。課程內容包括：簡介運動攀登的發展、攀登遊戲介紹、攀登活動的設計、照顧不同能力學生的方法、發展學校攀登運動過程、安全守則、器材使用及保養、繩結使用、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 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, Design of sport climbing activity, Catering Learners' diversity, Development of sport climbing in school, 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.
學員所需自備之裝束/ 設備 (中文及英文)	輕便體育服裝

D. 課程大綱及時間表

日期	時間	教授主題
19/7(Thur)	9:00 - 9:30	<ul style="list-style-type: none"> - 課程介紹 - 簡介香港攀登運動總會(SCUHK) - 攀登的歷史 - 比賽簡介 - 場地介紹
	9:30 - 10:00	<ul style="list-style-type: none"> - 熱身及伸展活動 - 攀登遊戲介紹 - 攀登技巧(手拿法及腳踏)
	10:00 - 10:30	<ul style="list-style-type: none"> - 器材認識(結構、用途、保養方法)
	10:30 - 10:45	<ul style="list-style-type: none"> - 安全帶穿著
	10:45 - 11:00	<ul style="list-style-type: none"> - 繩結
	11:00 - 12:00	<ul style="list-style-type: none"> - 引攀(Top rope) - 教練防護

	12:00 - 13:00	午膳
	13:00 - 13:10	- 熱身及伸展活動
	13:10 - 13:25	- 橫攀練習
	13:25 - 14:15	- 防護法(地面練習)
	14:15 - 15:00	- 引攀 及 防護練習(8 字環)
	15:00 - 15:15	- 攀登技巧(平衡及身體位置)
	15:15 - 16:00	- 引攀 及 防護練習(ATC)
	16:00 - 17:00	- 下跌(Fall) - 下跌防護控制 (Hold Fall)
	17:00 - 17:15	- 收繩及整理器材 - 放鬆及伸展
	17:15 - 17:30	- 總結

日期	時間	教授主題
20/7(Fri)	9:00 - 9:45	- 熱身及伸展活動 - 攀登技巧(身體協調及移動)
	9:45 - 10:00	- 開繩 - 檢查器材 - 穿著安全帶
	10:00 - 10:55	- 引攀 及 防護練習(ATC 及 8 字環)
	10:55 - 11:00	休息
	11:00 - 12:00	- 初級評核
	12:00 - 13:00	午膳
	13:00 - 13:15	- 熱身及伸展活動
	13:15 - 13:45	- Gri-Gri 使用
	13:45 - 14:00	- 講解學生經常遇到的問題 - 攀登活動的設計 - 攀登運動中常見的受傷及意外處理
	14:00 - 15:00	- 斜牆引攀及技巧練習
	15:00 - 15:30	- 分享學校發展運動攀登的過程 - 場地管理 - 開辦學校訓練班程序
	15:30 - 17:00	- 攀登比賽介紹(速度、難度、技術矮牆) - 模擬比賽
	17:00 - 17:15	- 收繩,整理器材 - 放鬆及伸展
	17:15 - 17:30	- 課程總結

Date	Time	Content
19/7(Thur)	9:00 - 9:30	- Curriculum Introduction - Introduction of SCUHK - Climbing history - Types of sport climbing competitions - Introduction of sport climbing ground
	9:30 - 10:00	- Warm up and stretching - Sport climbing games - Climbing skills(Hand Holds and Foot work)
	10:00 - 10:30	- Recognition of Equipment(structure, uses, maintenance)
	10:30 - 10:45	- Harness wearing
	10:45 - 11:00	- Rope Knots
	11:00 - 12:00	- Top rope(Belay with coaches)
	12:00 - 13:00	Lunch
	13:00 - 13:10	- Warm up and stretching
	13:10 - 13:25	- Transverse climbing
	13:25 - 14:15	- Belay(practise on the ground, use figure 8)
	14:15 - 15:00	- Top rope and balay training(figure 8)
	15:00 - 15:15	- Climbing skills(Balance and Body Position)
	15:15 - 16:00	- Top rope and balay training (ATC)
	16:00 - 17:00	- Fall - Hold Fall
	17:00 - 17:15	- Return of equipment - Relax and stretching
	17:15 - 17:30	- Debriefing

Date	Time	Content
20/7(Fri)	9:00 - 9:45	- Warm up and stretching - Climbing skills(Body Movement)
	9:45 - 10:00	- Rope management - Equipment checking - Harness wearing
	10:00 - 10:55	- Top rope and balay training(Figure 8 and ATC)
	10:55 - 11:00	Rest
	11:00 - 12:00	Assessment on Level 1
	12:00 - 13:00	Lunch
	13:00 - 13:15	- Warm up and stretching
	13:15 - 13:45	- Usage of Gri Gri
	13:45 - 14:00	- Difficulties of student

	<ul style="list-style-type: none"> - Design of Sport climbing activity - Common injuries and treatment on sport climbing
14:00 - 15:00	<ul style="list-style-type: none"> - Overhang climbing skills
15:00 - 15:30	<ul style="list-style-type: none"> - Experience sharing on development of sport climbing in school - Sport Climbing Ground Management - Procedure of launching sport climbing course in school.
15:30 - 17:00	<ul style="list-style-type: none"> - Introduction of sport climbing competition(speed,difficult,bouldering) - Climbing Competition
17:00 - 17:15	<ul style="list-style-type: none"> - Return of equipment - Relax and stretching
17:15 - 17:30	<ul style="list-style-type: none"> - Debriefing