

體育教師暑期學校 2010
教學工作坊
課程資料

A. 基本資料

課程名稱: (中文)	基礎高爾夫球工作坊
(英文)	Introductory Golf Workshop
編號:	AC
日期:	19-20/07/2010
時間:	09:00 – 17:00
地點: (中文)	(1) 聖公會聖紀文小學，九龍長沙灣幸福街 5 號 (課室) (2) 亞洲高爾夫球會，九龍長沙灣荔枝角道 688 號 (L3#88-97)
(英文)	(1) SKH St. Clement's Primary School, 5 Fortune Street, Cheung Sha Wan, Kowloon (Classroom) (2) Asia Golf Club, 688 Lai Chi Kok Road, Cheung Sha Wan, Kowloon (L3#88-97)
對象:	在職中小學體育教師
名額:	25 人

B. 導師

導師名稱: (中文)	容志高先生
(英文)	Mr. Yung Chi Ko, Denny
資歷 / 簡介: (中文)	加拿大高爾夫球教師聯會
(英文)	Member of Canadian Golf Teacher Federation since 2000

C. 課程概要

課程大綱 (中文)	本港學校高球教學情況、高球基本知識及技術
(英文)	Teaching Golf in HK Schools, Basic Golf Knowledge & Fundamental Skills
學員所需自備之裝束/ 設備 (中文及英文)	Golf gloves, sporting outfit, towel

D. 課程大綱及時間表

日期	時間	教授主題	場地
19/07/2010	09:00 - 10:00	1. Teaching Golf in HK Schools 2. Equipment Knowledge	Classroom (SKH St. Clement's Primary School)

	10:00 - 12:30 & 13:30 - 17:00	<ol style="list-style-type: none"> 1. Safety of the Game 2. The 4 Fundamentals (the set-up) 3. Practice - The mini-swing (suggested drills) 4. Revision of 3 & 4 of Day 1 5. The Swing (I) – 8 parts 6. Practice (suggested drills) 	L3#88-97 (Asia Golf Club)
20/07/2010	09:00 - 10:00	<ol style="list-style-type: none"> 1. The Golf Course – Video 2. Ball Flight Laws 	Classroom (SKH St. Clement's Primary School)
	10:00 - 12:30 & 13:30 - 17:00	<ol style="list-style-type: none"> 1. Revision of 2 of Day 2 2. Putting 3. Chipping, Bump & Run 5. The Swing – (suggested drills) 6. Revision of 2 & 3 of Day 2 7. Conclusion of Course 	L3#88-97 (Asia Golf Club)

參考資料：