

體育教師暑期學校 2011
教學工作坊
課程資料

A. 基本資料

課程名稱: (中文)	游泳工作坊
(英文)	Swimming Teaching Workshop
編號:	AL
日期:	20 & 22/07/2011
時間:	09:00 – 17:00
地點: (中文)	香港柴灣盛泰道 30 號，香港專業教育學院(柴灣)
(英文)	IVE (Chai Wan), 30 Shing Tai Road, Chai Wan, H.K.
對象:	在職中小學體育老師及 能游畢 50 米捷泳
名額:	25 人

B. 導師

導師名稱: (中文)	曹維新 先生
(英文)	Mr. CHO Wai Sun
資歷 / 簡介: (中文)	美國春田大學 - 體育碩士 香港游泳教師總會 - 高級講師 先進游泳員
(英文)	PE Master Degree – Springfield College, USA HK Swimming Teachers' Association – Senior Tutor Master Swimmer

C. 課程概要

課程大綱 (中文)	捷泳及背泳教學法
(英文)	Teaching Method of Front Crawl & Back Crawl
學員所需自備之裝束/設備 (中文及英文)	游泳服裝 Swimwear 防曬T恤 Anti-UV T-shirt
課程所需設備	Swimming boards, fins, paddles, swimming caps
報名要求 (中文及英文)	<p> Holders of Teacher's Certificate issued by the Hong Kong Life Saving Society or formerly by the Royal Life Saving Society (Hong Kong Branch) will be given preference.</p> <p> 持有香港拯溺總會或前英國皇家救生會(香港分會)頒發的拯溺教師證書會獲優先考慮。</p>

D. 課程大綱及時間表

日期	時間	教授主題	場地
20-7 (Wed)	0900 – 1100	1. Code of conduct 2. Front Crawl Stroke techniques 2.1 Body position & teaching steps 2.2 Leg kick & teaching steps 2.3 Arm pull & teaching steps	Classroom 207B
	1100 – 1230	3. Front Crawl Skill practice 3.1 Body position 3.2 Leg kick 3.3 Arm pull	pool
	1330 – 1500	2. Front Crawl Stroke techniques 2.4 Co-ordination, breathing & teaching steps 2.5 Faults & correction	Classroom 207B
	1500 – 1700	3. Front Crawl Skill practice 3.4 Full stroke practice 3.5 Stroke technique enhancement practice	pool
22-7 (Fri)	0900 – 1100	4. Back Crawl Stroke techniques 4.1 Body position & teaching steps 4.2 Leg kick & teaching steps 4.3 Arm pull & teaching steps 4.4 Co-ordination, breathing & teaching steps 4.5 Faults & correction	Classroom 207B
	1100 – 1230	5. Back Crawl Skill practice 5.1 Body position 5.2 leg kick 5.3 Arm pull 5.4 Full stroke practice	pool
	1330 – 1500	6. Effective swimming teacher's qualities 7. Starts 8. Q & A	Classroom 207B
	1500 – 1700	5.5 Back Crawl stroke technique enhancement practice 9. Starts	Pool

參考資料：

Maglischo, E. W. (2003). *Swimming Fastest*. Champaign, IL: Human Kinetics.