



香港學術及職業資歷評審局  
Hong Kong Council for Accreditation of  
Academic & Vocational Qualifications

## **SUMMARY ACCREDITATION REPORT**

**Coach Education Department, Hong Kong Sports Institute  
Limited**

**Programme Validation at QF Level 3 of**

**Certificate in Advanced Sports Coaching Theory**

**September 2015**

This accreditation report is issued by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications (HKCAAVQ) in its capacity as the Accreditation Authority as provided for under the Accreditation of Academic and Vocational Qualifications Ordinance (Cap 592) (AAVQO). This report outlines HKCAAVQ's determination, the validity period of the determination as well as any conditions or restrictions on the determination.

## 1. Introduction

- 1.1 Coach Education Department, Hong Kong Sports Institute Limited [ 香港體育學院教練培訓部 ] is under the control of Hong Kong Sports Institute Limited. The Coach Education Department offers a wide variety of coach education programmes for athletes and potential coaches.
- 1.2 Based on the Service Agreement, HKCAAVQ was commissioned by Coach Education Department, Hong Kong Sports Institute Limited [ 香港體育學院教練培訓部 ] (the Operator) to conduct Programme Validation exercise to assess and determine whether the following learning programme achieves the stated objectives and meets the Qualifications Framework (QF) standard at QF Level 3:  
 (1) Certificate in Advanced Sports Coaching Theory
- 1.3 The accreditation exercise was conducted according to the relevant accreditation guidelines referred to in the Service Agreement and the Terms of Reference stated therein. A site visit took place on 31 July 2015.

## 2. HKCAAVQ's Accreditation Determination

Having due consideration of the accreditation panel's observations and comments as presented in this Report, HKCAAVQ makes the following accreditation determination:

Approval

<b>Name of Operator</b>	Coach Education Department, Hong Kong Sports Institute Limited 香港體育學院教練培訓部
<b>Name of Award Granting Body</b>	Coach Education Department, Hong Kong Sports Institute Limited 香港體育學院教練培訓部
<b>Title of Learning Programme</b>	Certificate in Advanced Sports Coaching Theory 高級運動教練理論證書
<b>Title of Qualification (Exit Award)</b>	Certificate in Advanced Sports Coaching Theory 高級運動教練理論證書
<b>Primary Area of Study / Training</b>	Education, Teacher Training and Sports Science
<b>Other Area of Study / Training</b>	Not applicable

<b>Industry</b>	Not applicable
<b>Branch</b>	Not applicable
<b>QF Level</b>	Level 3
<b>QF Credit</b>	25
<b>Mode of Delivery and Programme Length</b>	Part-time 250 notional learning hours (including 100 contact hours)
<b>Intermediate Exit Award</b>	Not applicable
<b>Validity Period</b>	3 years 16 January 2016 – 15 January 2019
<b>Number of Enrolments</b>	Not applicable
<b>Maximum Number of New Students</b>	Maximum of 30 learners per class Maximum of 30 learners per year
<b>Specification of Competency Standards Based Programme</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Programme Specific Requirement</b>	Not applicable
<b>Remark to be indicated on the QR</b>	This programme includes Practicum for 6 credits. 此課程包括實習部分，佔 6 資歷學分。
<b>Address of Teaching/Training Venue</b>	25 Yuen Wo Road, Shatin, New Territories 新界沙田源禾路 25 號

<b>Recommendations</b>
<ol style="list-style-type: none"> <li>1. The Operator is to review the effectiveness of the tutorial sessions as well as the allocated contact hours for laboratory training of the two modules, ‘Exercise Physiology’ and ‘Sports Medicine’ respectively through end-of-course evaluation such as a learner survey, instructor survey, external advisor’s feedback and feedback from other appropriate stakeholders.</li> <li>2. The Operator is to review the manpower of the training staff regularly to ensure that there will be sufficient staffing to ensure effective programme delivery and sustainable development of the programme.</li> </ol>

### 3. Programme Details

The following is the programme information provided by the Operator.

#### 3.1 Programme Objectives

- To provide participants with a broad coverage of updated and in-depth theoretical knowledge of sports coaching, sports management in coaching and sports science.

- To provide participants with practicum practice and practical skills related to sports coaching which takes into account the needs and potential of coaching career and industry in Hong Kong.
- To provide participants' in-depth and comprehensive knowledge, practicum practice and practical skills related to sports coaching theories, sports management in coaching and sports science that meets current and anticipated future needs in sports coaching to equip their employment.
- To provide participants with an in-depth and comprehensive knowledge in sports coaching, sports management in coaching and sports science for further advancement in a higher level of Diploma course.

### 3.2 Programme Intended Learning Outcomes

Upon successful completion of the Course, participants should be able to:

- Demonstrate their understanding and application of the in-depth concept of sports pedagogy and different learning theories in coaching.
- Acquire the motor control concept and skill to apply in sports coaching as well as to evaluate independently the performance characteristics of complex skills.
- Apply the coaching knowledge to develop a talent identification programme and to coach different categories of athletes independently, and to manage the problems of a coach.
- Apply the skills to perform physiological assessment of athletes and evaluate the importance of the relationships among food, nutrition and sports performance independently.
- Evaluate the doping control procedures and control system independently and apply the knowledge and skills of sports injuries including potential athlete's body check and training after recovery taping.
- Apply different kinds of training principles and to evaluate a yearly training schedule for elite athletes independently.
- Apply and evaluate the practical knowledge of sports team management, and risk management independently as well as to show an understanding of legal concept in sports.
- Acquire the knowledge of psychological preparation of sports training and to apply the skills of psychological intervention for sports performance.
- Acquire the knowledge and apply the concepts of biomechanics of human movement in sports coaching of different activities such as forces, momentum and motion.
- Demonstrate the skills to apply the concept of different steps of a research process and basic statistical analysis.

### 3.3 Programme Structure

Module Title	QF Credit
Sports Pedagogy	
Motor Learning	
Effective Coaching	
Exercise Physiology	
Sports Medicine	
Training Principles	
Sports Team Management	
Sports Psychology	
Sports Biomechanics	
Introduction to Research Methods and Applied Statistics	
Coaching Practicum	
<b>Total</b>	

### 3.4 Graduation Requirements

- Achieved the minimum required overall score of 50% of all modules
- Passed the Coaching Practicum
- Achieved at least 50% of the attendance rate for each module and an overall attendance rate of 80% for 10 modules.

### 3.5 Admission Requirements

- Completion of QF Level 2 Foundation Certificate in Sports Coaching Theory or other relevant QF Level 2 courses under the Qualifications Register (QR) with any sports-specific coaching certificate(s) issued by NSAs under the Sports Federation and Olympic Committee (SF&OC); OR
- Completion of Level 3 Sports-General Theory Course (Part A) offered by the Hong Kong Coaching Committee (HKCC) with 2 years of sports-related or coaching experience\*; OR
- Completion of Level 2 Sports-General Theory Course (Part A) offered by the HKCC with 3 years of sports-related or coaching experience\*; AND
- Pass the Admission Interview

\* For those Level 2 & 3 Sports-General Theory Courses (Part A) holders, they should have completed Form 5 level of secondary education or equivalent in terms of academic qualification.

## 4. Substantial Change

- 4.1 Maintenance of HKCAAVQ accreditation status during the validity period is subject to no substantial change being made without prior approval by HKCAAVQ.

## **5. Qualifications Register**

- 5.1 Qualifications accredited by HKCAAVQ are eligible for entry into the Qualifications Register (QR) at <http://www.hkqr.gov.hk> for recognition under the Qualifications Framework (QF). Operators should apply separately to have their quality-assured qualifications entered into the QR.
- 5.2 Only learners who are admitted to the named accredited learning programme during the validity period and who have graduated with the named qualification uploaded in the QR will be considered to have acquired a qualification recognised under the QF.

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