

Continuous Professional Development Programme

Presented by HKCTA Coaches Development and Qualifications Committee
中國香港網球總會教練發展及資歷委員會主辦之持續專業發展計劃

Hong Kong - Prevention of Sports Injuries in Tennis: Keeping Players Healthy on the Court 預防網球運動創傷：守護球員健康

<p>Content 內容</p>	<p>Every tennis player, from beginner to pro, deserves to enjoy the game without the threat of injury. This course is designed to empower coaches with the knowledge and skills to prevent common tennis injuries and promote long-term health. You can learn the below topics from the course.</p> <ul style="list-style-type: none"> - Understand the most common tennis injuries, their causes, and the factors that contribute to their development; - Explore how to identify individual risk factors for injury; - Discover practical strategies for preventing common injuries; - Recognize and respond to common injuries, including first aid, rehabilitation techniques, and strategies for safe return to play; - Learn about useful resources and assessment tools in the field of tennis injury prevention. <p>每位網球選手，不論是初學者還是職業選手，都應該享受比賽的樂趣而不受傷患所困擾。本課程有助教練掌握預防常見網球運動傷害的知識和技能，幫助球員保持健康，延長運動生涯。通過參與課程，您可學習以下內容。</p> <ul style="list-style-type: none"> - 了解最常見的網球運動創傷，其成因及風險因素； - 探討如何識別個人運動創傷的風險因素； - 認識預防運動創傷的實用策略； - 處理常見的運動創傷，包括急救、復康以及安全重返賽場的策略； - 學習預防網球運動創傷之有效評估工具。
<p>Speaker 講者</p>	<p>Mr. WONG Wai Keung, Alex</p> <ul style="list-style-type: none"> - Registered Physiotherapist (HK & HCPC) - Certified Personal Trainer (ACE) - MSc in Sports Medicine and Health Science (CUHK) - Bachelor of Science (Honours) in Physiotherapy (HKPU) - Advanced Diploma Programme in Orthopaedics, Traumatology and Tuina Therapy in Chinese Medicine (CUHK) - Accredited Acupuncture Practitioner (HKPA) <p>黃偉強先生</p> <ul style="list-style-type: none"> - 註冊物理治療師（香港 & 英國） - 認可體能教練（美國運動委員會） - 香港中文大學運動科學及健康科學碩士 - 香港理工大學物理治療（榮譽）學士 - 香港中文大學中醫骨傷推拿高等文憑 - 香港物理治療學會認可針灸治療師
<p>Date 日期</p>	<p>4 September 2024 (Wed) 2024年9月4日（星期三）</p>
<p>Time 時間</p>	<p>09:30 – 11:30</p>
<p>Venue 地點</p>	<p>Gymnasium Room 2, HKCTA Tennis Centre, Kowloon Tsai 中國香港網球總會網球中心 2號健身房</p>

Fee 費用	HKCTA Licensed Coaches: Free 網總持牌教練: 免費
Quota 名額	40 pax/session 40 位/每節
Deadline of Enrolment 截止日期	2 September 2024 (Mon) 2024 年 9 月 2 日 (星期一)
Language 語言	Cantonese 廣東話
Licensing Scheme credit points 教練牌照分數	2 Credit Points 2 分

教練牌照計劃手冊已上載於本會網頁

The HKCTA Coach License Scheme Hand Book has been uploaded on our website: www.tennishk.org

本會不會發出確認信予參加者。請到 www.tennishk.org 查閱取錄名單。如參加者發現自己的名子不在名單上，請於報名截止日期後 2 個工作天內與本會聯絡

No confirmation letter will be issued to participants. Acceptance list is available at www.tennishk.org. It is the applicant's responsibility to check the acceptance list. Any applicant who has submitted the application form but cannot find his/her names on the Acceptance List please call the HKCTA office within 2 working days after the enrolment deadline.