

樹仁長跑訓練班

日期：2021年 29/9，6/10，13/10，20/10（4堂）

時間：18:30 - 20:00（1.5hr）

地點：小西灣運動場

人數：20人（最少8人）*先到先得

教練：梁家雄 - 運動教練（田徑及體適能）

按金：HK\$200（參加者完成四個課堂後將全收退回）

對象：樹仁學生及教職員

備註：*此活動將記錄在獎項及課外活動證書（ACAT）

*此活動可納入申請李達三校董全人發展卓越獎的申請

截止報名日期

13/9/2021

課程簡介：

「樹仁長跑訓練班」適合任何對長跑步有興趣的跑手參加，教練會於第一節課與學員一起訂立目標，因應各學員的體能質素，提供合適的訓練計劃，內容會根據學員的不同水準作出安排。初學者可以學習正確的跑步知識及技巧，已有長跑經驗的跑手可以得到教練的指導及透過團隊練習的動力，更進一步提升成績。

教練會於第四節課中為學員提供「長跑計時測試」，並推薦成績優異者代表樹仁參加香港大專體育協會舉辦的越野比賽及周年陸運會。

課堂內容：

- 熱身運動及動態伸展
- 長跑基礎訓練：跑姿、呼吸配合及節奏等訓練
- 體適能訓練：心肺耐力、肌耐力、肌力及柔軟度等訓練
- 整理運動：靜態伸展
- 其他長跑知識：長跑裝備、運動飲食、身體護理及比賽資訊等

參加者須知：

- 請穿著合適的運動服裝上課（運動短褲及跑鞋）
- 參賽者需要留意自身身體狀況以確保適合參與此活動
- 如患有慢性疾病如心臟病等人士，建議報名參與活動前先徵求醫生意見
- 如在活動前兩小時，紅色及黑色暴雨警告信號、八號或以上熱帶氣旋警告信號仍然生效，該日之課堂將會取消並會另行安排日期補課。

活動名額有限，先到先得，學生事務處將於截止報名後兩個工作天內電郵通知入選者，並繳交按金HK\$200。

如有任何查詢，請致電 2104 8287 或電郵至 osa_activities@hksyu.edu 與學生事務處李小姐或周先生聯絡。

體育部

HKSJU
Long Distance Running Training Course

Date:	2021 29/9 , 6/10 ,13/10 , 20/10 (4 lessons)
Time:	18:30 – 20:00 (1.5hr)
Venue:	Siu Sai Wan Sports Ground
Number of people:	20 people (minimum 8 people) *First-come-first-served basis
Coach:	Leung Ka Hung - Sports Coach (Athletics and Physical Fitness)
Deposit:	HK\$200 deposit will be charged. Participant will be refunded after completion of the whole course
Target:	SYU students and staff members
Remark:	*The activity will be recorded in the Award and Co-curricular Achievement Transcript (ACAT) *Participant may apply as one of the eligible activities for Dr. Li Dak Sum Outstanding Whole Person Development Awards

Enrollment deadline:
13 / 9 /2021

Course introduction:

"Long Distance Running Training Course" is suitable for anyone who are interested in long-distance running. The coach will facilitate all the participants to set a goal together in the first lesson and provide a proper training plan according to their own physical fitness.

Beginners can gain more knowledge on running skills. Experienced long-distance runner can improve their level by learning further instruction from the coach along with the group training.

The coach will provide a "Long Distance Running Time Test" during the last lesson (the fourth lesson). Outstanding participants can gain a chance to represent HKSJU to compete at the Cross-Country Race Competition and Annual Athletic Meet held by USFHK.

Course content:

- Warm-up exercises and Dynamic stretching
- Basic long-distance running training: Running posture, Breathing coordination and Rhythm
- Physical fitness training: Cardiorespiratory endurance, Muscular endurance, Muscle strength and Flexibility training
- Calm-down exercises and Static stretching
- Other long-distance running knowledge: Long-distance running equipment, Sports diet, Body care, Competition information, etc.

Points to note:

- Please wear appropriate sports wear (shorts and running shoes).
- Participants need to pay attention to their physical conditions to ensure they are suitable in this activity.
- Participants with chronic diseases such as heart disease are advised to consult a doctor before signing up.
- If the red and black rainstorm warning signal and the tropical cyclone warning signal No. 8 or above are issued two hours before the event, the lesson of the day will be cancelled, the make-up lesson will be arranged.

The activity on a first-come-first-served basis, successful applicant will be notified within two working days after the deadline.

Should there be any enquiries, please don't hesitate to contact Ms. Iwa Lee / Mr. Jason Chau at 2104 8287 or email to osa_activities@hksyu.edu

Organized by P.E. Section