

2016-17 HKUST Sports Team Fitness Training Workshop



Fitness Training Workshop 1

Date: 14 Feb. 2017 to 28 Mar. 2017 (Every Tuesday)

Time: 18:30-20:00

Sessions: 7

Venue: Artificial Soccer Pitch

Instructors: Professional Instructors from Sports and Wellness Team

Registration Fee: Free

Workshop Content:



Session	Description	Suggested Teams to join	Objectives
1	Fundamental Level I: - Basic Agility Training with Speed ladder - Basic Core Training (I)	<ul style="list-style-type: none"> ➤ Basketball ➤ Handball ➤ Rugby ➤ Football ➤ Volleyball 	<ul style="list-style-type: none"> • Participants will be able to use some equipment introduced in the workshop in a safely manner. • Participants will be able to build up the agility, basic speed and muscular endurance by regular training. • Participants will be able to develop their interests in doing fitness exercises. • Participants will be able to improve their cooperation & communication skills by working with their partners.
2	Fundamental Level II: - Basic Core Training (II) - Basic Muscle Endurance Training		
3	Intermediate Level I: - Moderate Agility Training with Speed ladder - Moderate Muscle Endurance Training (I)		
4	Intermediate Level II: - Moderate Core Training (I) - Moderate Muscle Endurance Training (II)		
5	Intermediate Level III: - Moderate Core Training with Weight vest - Moderate Muscle Endurance Training (III)		
6	Advanced Level I: - Intensive Agility Training with Speed ladder - Intensive Muscle Endurance Training (I)		
7	Advanced Level II: - Intensive Core Training with Core Slider - Intensive Muscle Endurance Training (II)		

Remarks:

- Both male and female athletes are welcome.
- Participants should wear sportswear and non-marking sports shoes.
- For HLTH1010 participants, 1.5 hours will be attained towards the Organized Sports of Activities Module.



2016-17 HKUST Sports Team Fitness Training Workshop

Fitness Training Workshop 2

Date: 15 Feb. 2017 to 29 Mar. 2017 (Every Wednesday)

Time: 18:30-20:00

Sessions: 7

Venue: Mini Soccer Pitch

Instructors: Professional Instructors from Sports and Wellness Team

Registration Fee: Free



Workshop Content:

Session	Description	Suggested Teams to join	Objectives
1	Fundamental Level I: - Basic Agility Training with Speed ladder - Basic Core Training (I)	<ul style="list-style-type: none"> ➤ Racket Sports ➤ Track and Field ➤ Aquatic Sports 	<ul style="list-style-type: none"> • Participants will be able to some equipment introduced in the workshop in a safely manner. • Participants will be able to build up the basic fitness strength and power by regular training. • Participants will be able to develop their interests in doing fitness exercises. • Participants will be able to improve their cooperation & communication skills by working with their partners.
2	Fundamental Level II: - Basic Core Training (II) - Basic Plyometric Training with Medicine Ball and Power Bungee		
3	Intermediate Level I: - Moderate Agility Training with Speed ladder - Moderate Plyometric Training (I)		
4	Intermediate Level II: - Moderate Core Training - Moderate Plyometric Training (II)		
5	Intermediate Level III: - Moderate Core Training with Weight vest - Moderate Plyometric Training with Medicine Ball and Power Bungee		
6	Advanced Level I: - Intensive Agility Training with Speed ladder - Intensive Plyometric Training		
7	Advanced Level II: - Intensive Core Training with Core Slider - Intensive Plyometric Training with Medicine Ball and Power Bungee		



Remarks:

- Both male and female athletes are welcome.
- Participants should wear sportswear and non-marking sports shoes.
- For HLTH1010 participants, 1.5 hours will be attained towards the Organized Sports of Activities Module.