

**Organised by the Leisure and Cultural Services Department (LCSD)**  
**School Sports Programme – Sport Captain Programme**

**Objective :** Courses on sports administration and programme planning are organised for secondary school students, parents and teachers to enable them to assist in the organisation of sport activities and competitions at schools.

**Outline :** The programme offers the following three training courses for schools to choose from:

	Course Description										*Fee
(I) Sports Activity Planning Course	The course content includes i) how to select, plan and organise recreation and sports activities suitable for persons of all age and varying abilities; ii) how to be a sport leader; and iii) how to conduct fitness tests  ● Duration: 8 hours  ● Target participants: Students at or above Secondary 3 level, teachers and parents										\$80 (per person)
<div><div>Sport</div><div>Duration (hour)</div><div>Course</div></div>	Track and Field	Badminton	Basketball	Dragon Boat	Handball	Fencing	Football	Table Tennis	Tenpin Bowling	Volleyball	\$80 (per person per sport)
(II) Introduction to Sport Refereeing	The course mainly introduces the game rules and refereeing skills for individual sports										
	15	12	27.5	-	-	-	6	-	-	20	
(III) Introduction to Sport Coaching	The course covers the coaching techniques for individual sports										
	-	21	16	8	16	20	12	20	12	20	

**Eligibility :** Secondary school students, teachers and parents recommended by schools

**Date :** Training courses will be held between July and August every year (“Track and Field courses” will be held in October)

**Fee :** \$80 per person per course/sport (half rate for full-time students)  
 \*Fees are subject to change from time to time. Schools are advised to stay abreast of the latest information as announced by the LCSD. **If the prepayment made by a school for an activity/course is less than the updated fee, the school in question is required to pay up the difference.**

**Attendance Certificate :** Participants who have an attendance rate of 80% or above will receive a certificate issued by the LCSD

**Application :** Details will be announced later

**Enquiry Phone No./Website :** 2601 8861  
<http://www.lcsd.gov.hk/en/ssp/index.html>