

Organised by Hong Kong China Bodybuilding and Fitness Association (HKCBBA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Bodybuilding
Prospectus

Type of Activity Key Information	Sport Demonstration		Outreach Coaching Programme (<u>Non-school Team Training</u>)
Target Participants	Primary school students	Secondary school students	Secondary (15 or above)
Outline	<ul style="list-style-type: none"> – Sports Skills Training (Enhancing Athletic Performance) – This Workshop develops young athletes through funs, game – based activities that focus on running, jumping, and throwing to boost overall athletic ability. – Using specialized fitness equipment, coaches create training programmes that match each child’s developmental stage, helping improve their precision, agility, reflexes, and self – discipline. – The programme sparks children’s enthusiasm for sports while promoting active engagement. 	<ul style="list-style-type: none"> – Bodybuilding demonstration – Introduction to basic skills and rules of bodybuilding competition e.g. compulsory poses, stage presentation, quarter turns and individual posing routine – Calisthenics game for student to experience the fun and pleasure of bodybuilding – Students participate in a group fitness session (incorporating resistance bands, dumbbells, and fitness benches) 	<ul style="list-style-type: none"> – Briefing on the history and development of bodybuilding – Introduction to the categories and rules of international bodybuilding competitions – Introduction to various principles and methods of muscle training – Teaching of resistance training skills for the muscle of the torso upper limbs and lower limbs. – Provision of a graded examination in the last lesson to let student see the results of their training
Venue	Covered playground, school hall, activity room or fitness room		
Fee	(1) For a class size of 30: \$670 per session (\$460 for each extended session on the same day) (2) For a class size of 60: \$840 per session (\$620 for each extended session on the same day)	(1) For a class size of 30: \$740 per session (\$540 for each extended session on the same day) (2) For a class size of 60: \$930 per session (\$710 for each extended session on the same day)	\$1,900 per course
Equipment to be provided by the school	Computer, DVD player, projection screen, computer projector and portable loudhailer		
Sports Equipment	Resistance band (to be provided by HKCBBA)	Resistance band, dumbbell, weight bench (to be provided by HKCBBA)	

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Duration	2 hours per session		6 lessons per course, 2 hours per lesson (12 hours in total)
Estimated No. of Participants per Session/ Course	30 / 60	30 / 60	15
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm		
Skills Assessment	Not applicable		Badges Award Scheme
Enrolment Form	Sport Demonstration Enrolment Form (P.193-194)		Outreach Coaching Programme Enrolment Form (P. 211-212)
How to Enrol	Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.		
Points to Note	<ol style="list-style-type: none"> 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. 2. Participants should wear proper sportswear and sports shoes. 3. Upon completion of training course under the Outreach Coaching Programme, an assessment will be conducted by the coach according to Gold, Silver and Bronze badges standards of bodybuilding. Participants who meet the required standard may obtain badges and certificates from LCSD free of charge. Please refer to https://www.lcsd.gov.hk/en/ssp/badges.html for details. 4. If the NSA has arranged a coach for a Sport Demonstration and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$210 per Sport Demonstration or \$420 per Outreach Coaching Programme) and refund the balance to the school. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded. 5. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded. 		
Enquiry Phone No./ Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html		