

Program of “Training Course in Kinesiology, Learning of Motor Skills Acquisition and Sport Psychology”

With the aim to promote continuous development of sports in Macao, the Macao Sport Development Board of the Macao Special Administrative Region Government, the Macao Polytechnic Institute and the Macao Society of Sport Science and Physical Education jointly organize a course in kinesiology, learning of motor skills acquisitions and sport psychology. The course comprises three themes, spanning over three years, with a specific theme for each year. By hosting this course, the organizers aim to foster more local sport professionals, and to update candidates with the latest developments in sport training and sport science through interactions and discussions, which in turn would help raise the levels of sport professionals and promote sports development in Macao.

1. Organizers:

Macao Sport Development Board of the Macao SAR Government
Macao Polytechnic Institute
Macao Society of Sport Science and Physical Education

2. Targets:

Students currently studying physical education or other aspects of sports, and coaches of sports associations recognized by the Macao Sport Development Board. Candidates should have communicative proficiency in English.

3. Places: 40

4. Fee : Free

5. Program

Term in 2015: Kinesiology (15 hours)

- 1) Muscle and neural factors affecting the strength and flexibility.
- 2) Neuromuscular adaptations to training and detraining.
- 3) Functional analysis of human muscle groups.
- 4) Analysis of neuromuscular patterns in different sports skills.
- 5) Kinesiological principles for prescribing exercises for the trunk, upper limbs and lower limbs.

Term in 2016: Learning of Motor Skills Acquisition (15 hours)

- 1) Learning adaptive behaviors in individual and team games.
- 2) Contradictory tendencies in motor skill acquisition: stability/variability, differentiation / specialization, individuality/ ‘globality’ .
- 3) Constant practice and practice with variability.
- 4) How to explore action possibilities that the opponent offers us.
- 5) Task representativeness - from individual technique to tactical behavior – the similarity between training and competition.
- 6) Relevant factors in motor skill acquisition.

Term in 2017: Sport Psychology (15 hours)

- 1) The Relationship Coach-Athlete. The leadership and communication processes, and coaching strategies.
- 2) The Motivation in Sport. Components, types and motivational orientation; motivation development and management.
- 3) The group dynamics. Attraction and integration into the group. Team building, cohesion and the management.
- 4) The psychological training. Emotions and concentration management. The psychological regulation techniques and the mental training.
- 5) The sports talents. The gifted and the talented youngsters. Characteristics and development of talents in sport.

6. Trainers

This course will be given by academic professionals from the University of Lisbon in Portugal who will address issues on knowledge, methods and latest training techniques in the world.

7. Language

English (simultaneous Cantonese translation)

8. Certification

Candidates may take each module according to their own time and needs. Candidates wishing to obtain the full course certificate must complete all three modules, with an attendance rate of at least 75%. Candidates wishing to obtain certificate of each module must achieve an attendance rate of at least 75% in the module concerned.

Course information and registration for 2015:

➤ **Location:** Macao Polytechnic Institute

➤ **Date:**

4 June (Thursday) 18:30 – 20:30 (Auditorium 1)

5 June (Friday) 18:30 – 20:30 (Auditorium 1)

6 June (Saturday) 09:00 – 11:00 (Gymnasium B), 11:30 – 13:00 (Auditorium 1),
14:30 – 16:30 (Gymnasium B), 17:00 – 19:00 (Auditorium 1)

7 June (Sunday) 09:00 – 11:00 (Gymnasium B), 11:30 – 13:00 (Auditorium 1)

➤ **Application procedures and deadline**

Candidates must submit the completed application form to the Macao Sport Development Board by 15th May, 2015.

➤ **Information and application form can be downloaded from the Macao Sport Development Board website: www.sport.gov.mo**

➤ **Hotline: 28580762**