

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

2016 - Theme Course: Learning of Motor Skills Acquisition

The training course in Kinesiology, Learning of Motor Skills Acquisition and Sport Psychology comprises three themes, spanning over three years, starting from 2015, with a specific theme for each year, and the theme of 2016 is Learning of Motor Skills Acquisition. 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:

Sports Bureau 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 Sports Bureau. Candidates should have communicative proficiency in English.

3. Places: 90

4. Fee: Free

5. Program (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.

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 wishing to obtain certificate must achieve an attendance rate of at least 75% in the module concerned.

9. Date, time & location:

23 June (Thursday)	18:30 – 20:30 (Auditorium 1, Macao Polytechnic Institute)
24 June (Friday)	18:30 – 20:30 (Auditorium 1, Macao Polytechnic Institute)
25 June (Saturday)	09:00 – 11:00 (Zone A, Press Center of The Macao East Asian Games Dome)
	11:30 – 13:00 (Zone A, Arena of The Macao East Asian Games Dome)
	14:30 – 16:30 (Zone A, Press Center of The Macao East Asian Games Dome)
	17:00 – 19:00 (Zone A, Arena of The Macao East Asian Games Dome)
26 June (Sunday)	09:00 – 11:00 (Zone A, Press Center of The Macao East Asian Games Dome)
	11:30 – 13:00 (Zone A, Press Center of The Macao East Asian Games Dome)

10. Application procedures and deadline:

Candidates must submit the completed application form to the Sports Bureau by 8th June, 2016.

11. Information and application form can be downloaded from the Sports Bureau website: www.sport.gov.mo

12. Hotline: 28580762