

體育教師暑期學校 2009
教學工作坊
課程資料

A. 基本資料

課程名稱: (中文)	基礎高爾夫球工作坊(II)
(英文)	Introductory Golf Workshop (II)
編號:	AS
日期:	20-23/07/2009
時間:	09:00 – 12:30
地點: (中文)	亞洲高爾夫球會，九龍長沙灣荔枝角道 688 號(L2#68-77)
(英文)	Asia Golf Club, 688 Lai Chi Kok Road, Cheung Sha Wan, Kowloon (L2#68-77)
對象:	在職中小學體育教師
名額:	30

B. 導師

導師名稱: (中文)	黃淑賢女士
(英文)	Ms. Wong Shuk Yin, Lena
資歷 / 簡介: (中文)	-活躍高球愛好者 -長安高爾夫球鄉俱樂部會員(自1996) -現行差點 : 14 -曾多次成爲不同主辦單位(長安高爾夫球鄉俱樂部、中國高爾夫球迷會)女子組總桿冠軍 -香港中文大學校友高爾夫球會幹事
(英文)	-Active golfer for over 13 years, -Member of Long Island Golf & Country Club(China) since 1996, -Current handicap : 14, -Gross Winner of Ladies' Division of different competitions held by Long Island Golf & Country Club and China Golf Club, -Committee member of the Chinese University of HK Alumni Golf Association.

C. 課程概要

課程大綱 (中文)	本港學校高球教學情況、高球基本知識及技術
(英文)	Teaching Golf in HK Schools, Basic Golf Knowledge & Fundamental Skills
學員所需自備之裝束/設備 (中文及英文)	Golf gloves, sporting outfit, towel

D. 課程大綱及時間表

日期	時間	教授主題
20/07/2009 Day 1	09:00 – 12:30	1. Teaching Golf in HK Schools 2. Safety of the Game 3. The 4 Fundamentals (the set-up) 4. Practice – The mini-swing (suggested drills)
21/07/2009 Day 2	09:00 – 12:30	1. Equipment Knowledge 2. Revision of 3 & 4 of Day 1 3. The Swing (I) – 8 parts 4. Practice (suggested drills)
22/07/2009 Day3	09:00 – 12:30	1. Revision of 2 of Day 2 2. Putting 3. Chipping, Bump & Run 4. The Golf Course – Video
23/07/2009 Day 4	09:00 – 12:30	1. Ball Flight Laws 2. The Swing – (suggested drills) 3. Revision of 2 & 3 of Day 3 4. Conclusion of Course

參考資料：