



**一星教練講習會課程表 1-Star Coach  
Certification Course Course  
Programme**

**8 月 14 日 DAY 1**

09:00 - 10:30	課程介紹 Course programme presentation 國際拳擊總會組織結構 Structure of AIBA 國際拳擊總會教練管理系統 AIBA Coaches Management System	課堂授課 Lecture (Classroom)
10:30 - 10:45	休息 Break	
10:45 - 12:15	拳擊訓練階段 Sports training stages 拳擊訓練方法 Sports training methodology 拳擊培訓課程結構和發展 Training unit structure and development	課堂授課 Lecture (Classroom)
12:15 - 12:45	問題與討論 Feedback session	課堂授課 Lecture (Classroom)
12:45 - 14:30	休息 Break	
14:30 - 15:30	實踐考試 - 主題分配和解釋 Practice examination - topics assignment and explanation 訓練計劃案例 - (俄羅斯, 古巴, 美國, 歐陸) Training plan structure - examples (Russia, Cuba, USA, Europe)	課堂授課 Lecture (Classroom)
15:30 - 15:45	休息 Break	
15:45 - 17:15	訓練計劃案例 - (俄羅斯, 古巴, 美國, 歐陸) Training plan structure - examples (Russia, Cuba, USA, Europe)	課堂授課 Lecture (Classroom)
17:15 - 17:45	問題與討論 Feedback session	課堂授課 Lecture (Classroom)
17:45 - 20:00	休息 Break	
20:00-21:00 視需要增加 (optional)	視實際需要增列課程 Facultative classes	賽台或教室 授課 Lecture (Classroom)/Gym



8月15日 DAY 2

09:00 - 10:30	AIBA 規則：AIBA 技術規則，AOB，WSB 和 APB 競賽規則（選擇性講授） AIBA Rules and Regulations: AIBA Technical Rules, AOB, WSB and APB Competition Rules (selected aspects)	課堂授課 Lecture (Classroom)
10:30 – 10:45	休息 Break	
10:45 – 12:15	AIBA 規則：AIBA 技術規則，AOB，WSB 和 APB 競賽規則（選擇性授課） AIBA Rules and Regulations: AIBA Technical Rules, AOB, WSB and APB Competition Rules (selected aspects)	課堂授課 Lecture (Classroom)
12:15 – 12:45	問題與討論 Feedback session	課堂授課 Lecture (Classroom)
12:45 – 14:30	休息 Break	
14:30 – 15:30	傷口包紮員責任：影帶欣賞： 拳擊最嚴重 15 項傷害 Role of Cutman: video - 15 worst boxing injuries	課堂授課 Lecture (Classroom)
15:30 – 15:45	休息 Break	
15:45 – 17:15	Cutman –傷口包紮員理論與實務 Role of Cutman - theory and practice WSB / APB 比賽纏繃理論與實踐 Hand wrapping to WSB/APB events 繃帶纏繃過程-實踐訓練 Hand wrapping -practice training	課堂授課 Lecture (Classroom)
17:15 – 17:45	問題與討論 Feedback session	課堂授課 Lecture (Classroom)
17:45 – 20:00	休息 Break	
20:00-21:00 (optional)	視實際需要增列課程 Facultative classes	賽台或教室 授課 Lecture (Classroom)/Gym



8月16日 DAY 3

09:00 - 10:30	頭部抬高活動 HeadsUp campaign 運動營養學-基礎篇 Sports nutrition- basics	課堂授課 Lecture (Classroom)
10:30 - 10:45	休息 Break	
10:45 - 12:15	初級選手訓練 General training of beginners boxers 影帶觀賞：一般訓練案例：運動能力發展（速度，力量，協調，耐力） Video: General training examples: motor abilities development (speed, strength, coordination, endurance)	課堂授課 Lecture (Classroom)
12:15 - 12:45	問題與討論 Feedback session	課堂授課 Lecture (Classroom)
12:45 - 14:30	休息 Break	
14:30 - 15:30	初級選手的訓練法和形式 General preparation and training for beginners boxers - methods and forms	賽台授課 Gym
15:30 - 15:45	休息 Break	
15:45 - 17:15	選手的準備訓練法和形式 Athlete's general preparation and training- methods and forms	賽台授課 Gym
17:15 - 17:45	問題與討論 Feedback session	賽台授課 Gym
17:45 - 20:00	休息 Break	
20:00-21:00 (optional)	視需要選擇性授課 Facultative classes	課堂或 賽台授課 Lecture (Classroom)/Gym



#### 8月17日 DAY 4

09:00 - 10:30	教練及助手的責任/Role of coach/second 運動員心理調適 Athlete's psychological preparation	課堂授課 Lecture (Classroom)
10:30 - 10:45	休息 Break	
10:45 - 12:15	初學者技術準備和訓練 影帶觀賞：技術及教學改進 Technical preparation and training for beginners boxers Video: Technique teaching and improvement	課堂授課 Lecture (Classroom)
12:15 - 12:45	問題與討論 Feedback session	課堂授課 Lecture (Classroom)
12:45 - 14:00	休息 Break	
14:00 - 15:30	初學者拳擊技術準備訓練法和訓練模式 Technical preparation and training for beginners boxers- methods and forms	賽台授課 Gym
15:30 - 15:45	休息 Break	待訂 TBC
15:45 - 17:15	初學者拳擊技術準備訓練法和訓練模式 Technical preparation and training for beginners boxers- methods and forms	賽台授課 Gym
17:15 - 17:45	問題與討論 Feedback session	賽台授課 Gym
17:45 - 20:00	休息 Break	
20:00-21:00 (optional)	視需要選擇性授課 Facultative classes	課堂或賽台 授課 Lecture (Classroom)/Gym

#### 8月18日 DAY 5

09:00 -12:45	練習考試：運動員的一般準備和訓練-訓練要素介紹 Practice examination: Athlete's general preparation and training - training elements presentation	賽台授課 Gym
12:45 - 14:30	休息 Break	
14:30 - 17:45	練習考試：運動員的一般準備和訓練-訓練要素介紹 Practice examination: Athlete's general preparation and training - training elements presentation	賽台授課 Gym
17:45 - 21:00	休息 Break	



### 8月19日 DAY 6

09:00 -12:45	練習考試：運動員技術準備和訓練-訓練要素介紹 Practice examination: Athlete's technical preparation and training - training elements presentation	賽台授課 Gym
12:45 – 14:30	休息 Break	
14:30– 17:45	練習考試：運動員技術準備和訓練-訓練要素介紹 Practice examination: Athlete's technical preparation and training – training elements presentation	賽台授課 Gym
17:45 – 21:00	休息 Break	

### 8月20日 DAY 7

09:00 -12:45	筆試 Written Examination	考試 Examination (Classroom)
12:00 – 12:15	休息 Break	
12:15 – 14:30	綜合座談 Final Feedback Session	課堂授課 Classroom