

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

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| 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"> – 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 | | <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: \$650 per session (\$440 for each extended session on the same day) (2) For a class size of 60: \$820 per session (\$600 for each extended session on the same day) | (1) For a class size of 30: \$720 per session (\$520 for each extended session on the same day) (2) For a class size of 60: \$910 per session (\$690 for each extended session on the same day) | \$1,840 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) | |
| 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 |

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| Key Information | Type of Activity Sport Demonstration | Outreach Coaching Programme (Non-school Team Training) |
| 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.185-186) | Outreach Coaching Programme Enrolment Form (P. 203-204) |
| 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 (\$204 per Sport Demonstration or \$408 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 | |