



## AFC Fitness Coaching Certificate Course Level 1A [2]

### 《Timetable》

Date	Time	Content	Venue
7/7/2021 Wednesday	1930 – 2230	1. Opening/Introduction - Physical Demands in Football 2. Physical demands in football (practice)	Jockey Club HKFA Football Training Centre
10/7/2021 Saturday	1400 - 1930	3. Physical demands in football. Exercise and training physiology (ETP): Introduction/Respiratory system (theory/group work) 4. Anaerobic training: Speed endurance training (theory) 5. ETP : Anaerobic training - Speed Endurance Training (SET) : (group work & assignment)	HKFA
14/7/2021 Wednesday	1930 – 2230	7. Anaerobic training: Speed endurance training (practice/group work) 6. ETP : Presentation "Respiratory and Blood composition" (group work/ presentation)	Jockey Club HKFA Football Training Centre
17/7/2021 Saturday	1400 - 1930	4. ETP : Cardiovascular system (theory/group work) 9. ETP: Oxygen uptake (theory/group work) 10. ETP : Anaerobic training - SET, & Fitness assessment : (group work & assignment)	HKFA
21/7/2021 Wednesday	1930 – 2230	17. Fitness assessment in football (practice/group work) 22. Fitness assessment in football (practice/group work)	Jockey Club HKFA Football Training Centre
24/7/2021 Saturday	1400 - 1930	13. ETP - energy turnover(theory/group work) 16. ETP : Summary "Muscles & Energy turnover" - Aerobic and anaerobic energy turnover (theory/gp work) 15. Evaluation: Speed endurance training. ETP : Muscles & Energy turnover (group work)	HKFA
28/7/2021 Wednesday	1930 – 2230	12. Anaerobic training: Speed endurance training (practice/group work) 11. ETP : "Muscle and oxygen uptake" (group work / presentation)	Jockey Club HKFA Football Training Centre
31/7/2021 Saturday	1400 - 1930	18. Fitness assessment in football (theory) 19. ETP : Energy turnover during exercise (theory/group work) 20. Fitness assessment. ETP : Aerobic and anaerobic energy turnover & Energy turnover during exercise (group work)	HKFA
4/8/2021 Wednesday	1930 – 2230	14. Anaerobic training: Speed endurance training (practice/group work) 21. ETP : Summary "Aerobic and anaerobic energy turnover & Energy turnover during exercise". Planning of training (theory)	Jockey Club HKFA Football Training Centre
7/8/2021 Saturday	1400 - 1930	23. Fitness assessment - Planning of training (theory) 24. Planning of training (theory). 25. Home work / Examination. Summary. Closing.	HKFA

*\*The schedule is subject to modification if necessary*