

Athletic Training and Physical Fitness Workshops

運動傷害防護及體適能工作坊

Organizer: Office of Sports Affairs (OSA), University of Macau

Objective: OSA is going to launch a series of Athletic Training and Physical Fitness Workshops to enrich the knowledge of sports injury prevention and physical fitness for sports teams members and sports lovers in UM.

Target Participants: All UM Students

Quota: 30 per class

*Priority will be given to UM Sports Teams Members, RC & PGH Sports Teams Members, Students who have participated in Train the Trainer Programs organized by OSA

Workshop Duration: Approximate 3 hours per workshop

Venue: Sports Complex, N8

Topic and Schedule:

Ref #	Topic	Proposed Schedule
1.	Running Injury Prevention	1 Dec 2021
2.	Sports Training Preparation and Cool Down	TBC
3.	Introduction of Sports Injury Prevention and Care	TBC
4.	Introduction of Sports Taping	TBC

Language: All workshops will be conducted in Cantonese and supplemented in English and Mandarin.

Instructor: Mr. Sam Mak (MSc. in Sports Medicine and Health Science; Sports Medicine Australia Certified Sports Trainer)

Certification: Students who complete all four workshops within their studying period can apply for a certificate of attendance by OSA.