

The University of Hong Kong

Recreation and Sports

Management Short Courses

(2016 Summer)

康樂及體育管理短期課程

康樂及體育管理



HKUSPACE

香港大學專業進修學院
HKU School of Professional and Continuing Education

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Elementary Tai Chi Chuan

初級太極拳

本班課程是教授楊家 24 式太極拳為主，太極拳是一種適合任何年齡人士練習的良好運動，通過連貫優美的動作，能使人體各部份的關節，獲得平衡的發展，有助預防骨質疏鬆和保持心境寧靜，對身體中樞神經系統有很大裨益。

Intermediate Tai Chi Chuan

中級太極拳

本課程是為學員有意改良技巧及加深研究楊家 24 式太極拳。課程亦包括楊家 88 式太極拳 (前三十式)，報名學員對楊家 24 式太極拳或其他門派太極拳有基本認識為佳。

若學員參加這進修太極拳課程後，將會安排參與楊家 88 式其餘拳式班。

	初級太極拳	中級太極拳
課程大綱:	1. 熱身運動， 2. 楊家 24 式太極拳輔以太極音樂； 3. 舒緩運動	1. 熱身運動； 2. 楊家 24 式太極拳及 88 式太極拳 (前三十式)， 輔以太極拳音樂； 3. 舒緩運動
入學條件:	學員必須 18 歲或以上，並且體格強健	學員須完成大學專業進修學院提供初級太極拳， 或有楊家 24 式太極拳同等知識。
導師:	高樹興先生，香港太極總會太極拳教練，香港武術聯會武術教練	
地點:	香港銅鑼灣禮頓道 66 號港大保良何鴻燊社區書院	
課程日期 /時間:	SPRM9001 Term:1435 (初級太極拳) 2016 年 7 月 15 日 (逢星期五) 全期 6 課。每課兩小時。 晚上 8 時至 10 時	SPRM9001 Term:1445 (初級太極拳) 2016 年 9 月 9 日 (逢星期五) 全期 6 課。每課兩小時。 晚上 8 時至 10 時
	SPRM9001 Term:1455 (初級太極拳) 2016 年 11 月 11 日 (逢星期五) 全期 6 課。每課兩小時。 晚上 8 時至 10 時	SPRM9001 Term:1465 (初級太極拳) 2017 年 1 月 20 日 (逢星期五) 全期 6 課。每課兩小時。 晚上 8 時至 10 時



	SPRM9001 Term:1485 (初級太極拳) 2017 年 5 月 5 日 (逢星期五) 全期 6 課。每課兩小時。 晚上 8 時至 10 時	
學費:	\$1,300	
	年長學員(50 歲以上)入讀，可享八折學費折扣	
名額:	15 人	
教學語言:	以廣東話為主，輔以英語	
報名方法及查詢:	請填妥 <u>香港大學專業進修學院報名表格(SF26)</u> 連同支票寄回香港大學專業進修學院北角英皇道 250 號北角城中心 19 樓 1903 室，體育運動及康樂管理部 馮小姐 / 羅小姐收 如要查詢有關詳情，請聯絡馮小姐 / 羅小姐電話: 2587 3295 / 2587 3154 傳真: 2512 6416 電子郵箱: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk	

Elementary Tai Chi Chuan

初級太極拳

A course designed to introduce the twenty four basic forms of practicing the simplified Tai Chi Chuan. This is one of the best exercises for all ages offering a balanced drill to the muscles and joints of the various parts of the body. With movement regulated by the timing of deep breathing, Tai Chi Chuan can provide tranquility of mind with concentration applied to thought rather than strength.

Intermediate Tai Chi Chuan

中級太極拳

A course designed to improve the techniques of practicing the Yang Style 24 forms and also cover Yang Style 88 forms Tai Chi Chuan. Students who want to enroll should preferably have basic knowledge of the 24 forms of Yang Style Tai Chi Chuan or equivalent. For students who successfully master this intermediate stage then a progressive route to learn further forms of Yang's style 88 forms is planned.

	Elementary Tai Chi Chuan	Intermediate Tai Chi Chuan
Content:	1. Warm up techniques – 18 Forms 2. Simplified 24 forms Tai Chi Chuan accompanied by music 3. Cool Down Exercises	1. Warm up techniques. 2. Practice Yang's 24 forms Tai Chi Chuan & Learn Yang's 88 forms Tai Chi Chuan accompanied by music 3. Cool Down Exercises
Entry Requirement:	Participants should be at least 18 years and in good general health.	Applicants should have completed the Elementary programme offered by HKU SPACE, or equivalent and have basic knowledge of the 24 forms of Yang Style Tai Chi Chuan.
Tutor:	Mr. Kelvin Ko, Tai Chi Chuan Instructor, Hong Kong Tai Chi Association. With over 10 years of experience in Tai Chi Chuan	
Venue:	HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus, 66 Leighton Road, Causeway Bay, Hong Kong	
Date/Time:	SPRM9001 Term:1435 (Elementary Tai Chi Chuan) 15-July-2016 (Friday) 6 sessions, 2 hrs per session 8:00 - 10:00pm.	SPRM9001 Term:1445 (Elementary Tai Chi Chuan) 9-September-2016 (Friday) 6 sessions, 2 hrs per session 8:00 - 10:00pm.
	SPRM9001 Term:1455 (Elementary Tai Chi Chuan) 11-November-2016 (Friday) 6 sessions, 2 hrs per session 8:00 - 10:00pm.	SPRM9001 Term:1465 (Elementary Tai Chi Chuan) 20-January-2017 (Friday) 6 sessions, 2 hrs per session 8:00 - 10:00pm.

	SPRM9001 Term:1485 (Elementary Tai Chi Chuan) 5-May-2017 (Friday) 6 sessions, 2 hrs per session 8:00 - 10:00pm.	
Fee:	\$1,300	
	Third Age Learners (aged 50+) to enjoy a 20% fee discount for this course.	
Capacity:	15 people	
Language:	Cantonese supplemented with English	
Enrollment and Enquiry:	<p>Complete application form SF26* and attach a cheque payable to "HKU SPACE".</p> <p>Return to HKU SPACE Sport Exercise and Recreation Management Section, Room 1903, 19/F, Fortress Tower, 250 King's Road, North Point, HK (Attention: Ms. Jessie Fung)</p> <p>For Enquiry, please contact Ms. Jessie Fung / Ms. Winnie Law, Tel: 2587 3295 / 2587 3154. Fax: 2512 6416</p> <p>Email: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk</p>	

Introduction to Chinese Martial Arts Wushu

四十二式扇 (初級中國武術班)

本班課程是指引學員對中國基本武術(短器械)的認識。整套四十二式扇的動作包括砍、刺、提、點、撩、攔及其他優美的扇法，可令學員達致全身、手和腳的協調配合運動。這套扇班是適合任何年齡人仕參與的初級中國武術運動。

課程大綱

1. 熱身運動：適量的手、腳及全身活動。
2. 主要內容：授教及帶領學習四十二式扇，每節約教導六至七式。
3. 鬆弛：舒緩面部及全身活動。



入學條件:	學員必須 18 歲或以上，並且體格強健	
導師:	高樹興先生，香港太極總會太極拳教練，香港武術聯會武術教練	
地點:	香港銅鑼灣禮頓道 66 號港大保良何鴻燊社區書院	
課程日期/時間:	SPRM9004 Term:1435 2016 年 7 月 23 日 (逢星期六) 全期 6 課。每課兩小時。 於下午 4 時至 6 時分進行。	SPRM9004 Term:1475 2017 年 3 月 4 日 (逢星期六) 全期 6 課。每課兩小時。 於下午 4 時至 6 時分進行。
學費:	\$1,300 元; 年長學員(50 歲以上)入讀，可享八折學費折扣	
教學語言:	以廣東話為主，輔以英語	
裝備:	學員必須自行購買功夫扇及穿上鞋底不脫色的運動鞋	
出席率:	1.若學員出席率達到 70%，本學院會頒發學員出席證明書。 2.若學員出席率達到 100%及成功通過測試，本學院會頒發學員成就證書。	
報名方法及查詢:	請填妥 香港大學專業進修學院報名表格(SF26) 連同支票寄回香港大學專業進修學院北角英皇道 250 號北角城中心 19 樓 1903 室，體育運動及康樂管理部 馮小姐 / 羅小姐收 如要查詢有關詳情，請聯絡馮小姐 / 羅小姐電話: 2587 3295 / 2587 3154 傳真: 2512 6416 電子郵箱: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk	

Introduction to Chinese Martial Arts Wushu

四十二式扇 (初級中國武術班)

This course will enable students to acquire a basic understanding of Chinese Martial Arts using a short weapon. It is one of the best Wushu exercises to develop and retain better co-ordination between the movement of the body, hands and feet. The 42 Forms of Fan short course will include movements such as chop, stab, lift, point, block and sink forms which are selected and arranged as they are for international competition routines.

Content:

1. Warm up techniques
2. Main Exercise - 8 Forms of 42 Forms of Fan, each session will cover up 6 to 7 forms
3. Cool down exercise



Entry Requirement:	Participants should be at least 18 years and in good general health.	
Tutor:	Mr. Kelvin Ko, Tai Chi Chuan Instructor, Hong Kong Tai Chi Association. With over 10 years of experience in Tai Chi Chuan	
Venue:	HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus, 66 Leighton Road, Causeway Bay, Hong Kong	
Date/Time:	SPRM9004 Term:1435 23-July-2016 (Saturday) 6 lessons. 2 hrs per session. 4:00 – 6:00pm	SPRM9004 Term:1475 4-March-2017 (Saturday) 6 lessons. 2 hrs per session. 4:00 – 6:00pm
Fee:	\$1,300; Third Age Learners (aged 50+) to enjoy a 20% fee discount for this course	
Language:	Cantonese supplemented with English	
Equipment:	Participants need to buy WuShu Fan and wear appropriate sport wear shoes	
Attendance:	1. The minimum attendance rate for class is 70% in which case students that fulfill this requirement will receive a HKU SPACE Statement of Attendance. 2. Students that attend 100% of classes may be considered for assessment of their knowledge and skills, and if successful may receive an HKU SPACE Statement of Achievement.	
Enrollment and Enquiry:	Complete application form SF26* and attach a cheque payable to "HKU SPACE". Return to HKU SPACE Sport Exercise and Recreation Management Section, Units 1903, 19/F., Fortress Tower, 250 King's Road, North Point, HK (Attention: Ms. Jessie Fung) For Enquiry, please contact Ms. Jessie Fung / Ms. Winnie Law, Tel: 2587 3295 / 2587 3154. Fax: 2512 6416 Email: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk	

Introduction to Chinese Qi Gong

導引保健功八式 (初級中國氣功班)

本課程旨在指引學員通過意識的運作、呼吸的控制、形體的調整及和諧的動作，舒展筋骨，緩解神經緊張，按摩關節，從而達致身心健康及延年益壽。這是一套適合任何年齡人士參與，練習時可站可坐的中國氣功基本保健運。此外，導師會教授學員於練習太極氣功時適用的自然和混合呼吸方法。

課程大綱:

1. 熱身運動：舒緩全身經絡活動。
2. 主要內容：授教及帶領學習基本中國氣功配合呼吸和適當節奏。
3. 鬆弛：舒緩面部、手和腳的活動。



入學條件:	學員必須 18 歲或以上，並且體格強健	
導師:	高樹興先生，香港太極總會太極拳教練，香港武術聯會武術教練	
地點:	香港銅鑼灣禮頓道 66 號港大保良何鴻燊社區書院	
課程日期/時間:	SPRM9005 Term:1455 2016 年 11 月 5 日 (逢星期六) 全期 6 課。每課兩小時。 於下午 4 時至 6 時進行。	SPRM9005 Term:1485 2017 年 5 月 6 日 (逢星期六) 全期 6 課。每課兩小時。 於下午 4 時至 6 時進行。
學費:	\$1,300 元; 年長學員(50 歲以上)入讀，可享八折學費折扣	
教學語言:	以廣東話為主，輔以英語	
裝備:	學員必須穿上鞋底不脫色的運動鞋	
出席率:	1.若學員出席率達到 70%，本學院會頒發學員出席證明書。 2.若學員出席率達到 100%及成功通過測試，本學院會頒發學員成就證書。	
報名方法及查詢:	請填妥 香港大學專業進修學院報名表格(SF26) 連同支票寄回香港大學專業進修學院北角英皇道 250 號北角城中心 19 樓 1903 室，體育運動及康樂管理部 馮小姐 / 羅小姐收 如要查詢有關詳情，請聯絡馮小姐 / 羅小姐電話: 2587 3295 / 2587 3154 傳真: 2512 6416 電子郵箱: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk	

Introduction to Chinese Qi Gong

導引保健功八式 (初級中國氣功班)

This course will enable students to strengthen the vital energy of their mind and body. Students can oxygenate their muscles, relax their nervous systems and massage their body joints through Chinese Qi Gong. This life nourishing exercise is suitable for participants of all ages who want to learn the fundamental skill of practicing Chinese Qi Gong either in sitting or standing mould.

Content:

1. Warm up techniques
2. Main Exercise – fundamental Chinese Tai Chi Qi Gong.
3. Cool down exercise accompanied by melodious music.



Entry Requirement:	Participants should be at least 18 years and in good general health.	
Tutor:	Mr. Kelvin Ko, Tai Chi Chuan Instructor, Hong Kong Tai Chi Association. With over 10 years of experience in Tai Chi Chuan	
Venue:	HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus, 66 Leighton Road, Causeway Bay, Hong Kong	
Date/Time:	SPRM9005 Term:1455 5-November-2016 (Saturday) 6 lessons, 2 hrs per session. 4:00 – 6:00pm	SPRM9005 Term:1485 6-May-2017 (Saturday) 6 lessons, 2 hrs per session. 4:00 – 6:00pm
Fee:	\$1,300; Third Age Learners (aged 50+) to enjoy a 20% fee discount for this course	
Language:	Cantonese supplemented with English	
Equipment:	Participants need to wear appropriate sport wear shoes	
Attendance:	<ol style="list-style-type: none"> 1. The minimum attendance rate for class is 70% in which case students that fulfill this requirement will receive a HKU SPACE Statement of Attendance. 2. Students that attend 100% of classes may be considered for assessment of their knowledge and skills, and if successful may receive an HKU SPACE Statement of Achievement. 	
Enrollment and Enquiry:	<p>Complete application form SF26* and attach a cheque payable to “HKU SPACE”.</p> <p>Return to HKU SPACE Sport Exercise and Recreation Management Section, Units 1903, 19/F., Fortress Tower, 250 King’s Road, North Point, HK (Attention: Ms. Jessie Fung)</p> <p>For Enquiry, please contact Ms. Jessie Fung / Ms. Winnie Law, Tel: 2587 3295 / 2587 3154. Fax: 2512 6416</p> <p>Email: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk</p>	

Beginners Yoga 瑜伽初班

本課程主要是介紹「哈達瑜伽」。瑜伽起源于印度，有一個長遠悠久的歷史。學習瑜伽的最終目的是要達至身體上、精神上和心靈上的平衡。學員將學習傳統「哈達瑜伽」的式子、呼吸法和冥想。通過這個課程，學員將會掌握瑜伽基本知識及技巧、知道如何將瑜伽應用到日常生活和開始個人的瑜伽修練。

Intermediate Yoga 瑜伽中班

本課程主要是「瑜伽初班」的延續。同樣以「哈達瑜伽」作為基本的鍛練。瑜伽起源于印度，有一個長遠悠久的歷史。學習瑜伽的最終目的是要達至身體上、精神上 and 心靈上的平衡。學員將學習傳統「哈達瑜伽」的式子、呼吸法和冥想。通過這個課程，學員將會掌握屬於中級難度的瑜伽知識及技巧，從而加深有關方面的體會和經驗。

	瑜伽初班	瑜伽中班
課程大綱:	這個課程在 8 個星期內完成。首先學員將學習一些簡單安全的式子，然後由淺入深，使身體逐漸柔軟靈活而精神和心靈進入一個平靜鬆馳的狀態。在最後兩課，學員將會體驗一套由個別式子組成一套有連貫性的鍛練方式。	這個課程在 10 個星期內完成。首先學員將覆習一些基本的式子，然後按照各學員的程度分別加上難度的動作，加深加重學員的體能。在每一課裏，學員將會體驗一套由前攀、後仰、側彎、平衡、倒轉和扭曲六大組式子組成有連貫性的鍛練方式。再配合站立、坐、臥(包括俯和仰)等姿勢變化出多樣的式子，以增加學員的興趣。對於呼吸及冥想的鍛練，本課程對學員的要求亦會適當地提高。
入學條件:	學員必須 18 歲或以上，並且體格強健	學員必須在 18 歲或以上，身體健康良好。已完成「瑜伽初班」或對瑜伽已有初步的訓練和認識。
導師:	李懷謙 Mr. W. H. Lee, MBuddhStd (HKU), B.Soc.Sc (HKU), E-RYT 500 (US Yoga Alliance), C.H.Ed. (Dip Yoga) (The Kevala Centre, UK)	
課程日期/時間:	SPRM9002 Term:1450 (瑜伽初班) 2016 年 10 月 25 日 (逢星期二) 全期 8 課，共十五小時 1-6 課，每課 2 小時: 晚上 8 時至 10 時; 7-8 課，每課 1 小時 30 分: 晚上 8 時至 9 時 30 分	
	SPRM9002 Term:1465 (瑜伽初班)* 2017 年 1 月 3 日 (逢星期二) 全期 15 課，共十五小時 1-15 課，每課 1 小時: 中午 12 時至 1 時;	

	SPRM9002 Term:1485 (瑜伽初班) 2017 年 5 月 9 日 (逢星期二) 全期 8 課，共十五小時 1-6 課，每課 2 小時: 晚上 8 時至 10 時; 7-8 課，每課 1 小時 30 分: 晚上 8 時至 9 時 30 分
地點:	香港銅鑼灣禮頓道 66 號港大保良何鴻燊社區書院 *香港金鐘夏愨道 18 號海富中心 2 樓及 3 樓金鐘教學中心
學費:	瑜伽初班: \$1,950；年長學員(50 歲以上)入讀，可享八折學費折扣
教學語言:	以廣東話為主，輔以英語
裝備:	學員要穿著運動服裝，自備大毛巾一條。
報名方法及查詢:	請填妥 <u>香港大學專業進修學院報名表格(SF26)</u> 格連同支票寄回香港大學專業進修學院北角英皇道 250 號北角城中心 19 樓 1903 室，體育運動及康樂管理部 馮小姐 / 羅小姐收 如要查詢有關詳情，請聯絡馮小姐 / 羅小姐電話: 2587 3295 / 2587 3154 傳真: 2512 6416 電子郵箱: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk



Beginners Yoga 瑜伽初班

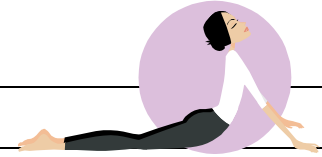
This is a course designed to introduce people to the practice of Hatha Yoga. Yoga, which found its origin in India, has a long history and through practice the ultimate goal is to achieve physical, mental and spiritual balance. Students will learn the postures, breathing exercises and meditation techniques taught using an eclectic blend of Hatha Yoga traditions. Through classes students will understand the basic knowledge needed to apply Yoga to daily life and should be able to commence their own Yoga practice.

Intermediate Yoga 瑜伽中班

This course is a continuation of Yoga Beginners' Course, which is conducted on the basis of Hatha Yoga. Students will be taught traditional postures, breathing exercises and meditation of Hatha Yoga. On completion of the course, students will be able to acquire yoga knowledge and techniques at an intermediate level. There will be a deeper understanding and experience in yoga practice.

	Beginners Yoga	Intermediate Yoga
Content:	This programme lasts for eight weeks commencing with asanas (poses) that can safely be completed by beginners progressing to harder asanas in order to widen the scope of learning, and to develop agility and relaxation. During the last two sessions asanas will be combined to provide students with the experience of a structured yoga programme.	This course comprises of 10 lessons. There will be a revision of some basic postures in the first two lessons. Based on the different level and achievement of students, postures at an appropriate level will be included. In each lesson, students will be instructed to do six groups of posture comprising forward bends, backward bends, side stretches, balance, inversion and spinal twist. There will be variations of postures as a result from sitting, standing, prone and supine positions. The requirement to do breathing and meditation will also be enhanced.
Entry Requirement:	Participants should be at least 18 years and in good general health.	Participants should be 18 years or over, and completed the HKU SPACE "Yoga Beginners' Course" or equivalent.
Tutor:	李懷謙 Mr. W. H. Lee, MBuddhStd (HKU), B.Soc.Sc (HKU), E-RYT 500 (US Yoga Alliance), C.H.Ed. (Dip Yoga) (The Kevala Centre, UK), Mental Health First Aid Training Certificate, HKU	
Date/Time: (Beginners Yoga)	SPRM9002 Term:1450 (Beginners Yoga) 25-October-2016 (Tuesday) 8 lessons, total 15 hours Lesson 1-6: 2 hrs per session (8:00-10:00 pm) Lesson 7-8: 1.5 hrs per session (8:00-9:30pm)	
	SPRM9002 Term:1465 (Beginners Yoga)* 3-January-2017 (Tuesday) 15 lessons, total 15 hours Lesson 1-15: 1 hrs per session (12:00-1:00pm)	

	SPRM9002 Term:1485 (Beginners Yoga) 9-May-2016 (Tuesday) 8 lessons, total 15 hours Lesson 1-6: 2 hrs per session (8:00-10:00 pm) Lesson 7-8: 1.5 hrs per session (8:00-9:30pm)
Venue:	HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus, 66 Leighton Road, Causeway Bay, Hong Kong * Admiralty Learning Centre, 2/F & 3/F, Admiralty Centre, 18 Harcourt Road, Hong Kong
Fee:	Beginners Yoga: \$1,950; Intermediate Yoga: To be confirmed Third Age Learners (aged 50+) to enjoy a 20% fee discount for this course
Language:	Cantonese supplemented with English
Equipment:	Students will need to bring a towel.
Enrollment and Enquiry:	Complete application form SF26* and attach a cheque payable to "HKU SPACE". Return to HKU SPACE Sport Exercise and Recreation Management Section, Room 1903, 19/F., Fortress Tower, 250 King's Road, North Point, HK (Attention: Ms. Jessie Fung) For Enquiry, please contact Ms. Jessie Fung / Ms. Winnie Law, Tel: 2587 3295 / 2587 3154. Fax: 2512 6416 Email: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk



Introduction to Meditation 靜坐介紹班

本課程主要是介紹現今常用的兩種靜坐方式：一是瑜伽的傳統方法，二是佛學的禪修。瑜伽的靜坐，是一種專注的鍛煉，目的是使人消除憂慮和壓力，以求達到身心上的和諧合一。佛學的靜坐，是一種修行，藉着內觀的方法，增進智慧，以求離苦得樂。這兩種靜坐方式，在現今繁忙的都市生活裏，都能使人緩解緊張不安的情緒。

課程大綱

這個課程在 8 個星期內完成。學員將在導師帶領下，有系統地體驗瑜伽和佛學的靜坐法。此外，學員除了學習各種靜坐的姿勢外，亦會練習大休息、呼吸法和簡單的身體伸展。課程還會包括膝頭和髖關節的伸展和保健訓練，為「全蓮坐」(即雙腿交叉屈膝盤起而坐)作出準備。

入學條件:	學員必須 18 歲或以上，並且體格強健		
導師:	李懷謙 香港大學佛學碩士，香港大學社會科學學士，US Yoga Alliance 註冊培訓瑜伽導師，英國 Kevala Centre 瑜伽教師文憑 香港大學精神健康急救課程文憑		
地點:	香港銅鑼灣禮頓道 66 號港大保良何鴻燊社區書院		
課程日期/時間:	SPRM9003 Term:1435 2016 年 7 月 28 日 (逢星期四) 全期 8 課，共十五小時 1-6 課，每課 2 小時: 晚上 8 時至 10 時; 7-8 課，每課 1 小時 30 分: 晚上 8 時至 9 時 30 分	SPRM9003 Term:1465 2017 年 1 月 12 日 (逢星期四) 全期 8 課，共十五小時 1-6 課，每課 2 小時: 晚上 8 時至 10 時; 7-8 課，每課 1 小時 30 分: 晚上 8 時至 9 時 30 分	SPRM9003 Term:1475 2017 年 3 月 23 日 (逢星期四) 全期 8 課，共十五小時 1-6 課，每課 2 小時: 晚上 8 時至 10 時; 7-8 課，每課 1 小時 30 分: 晚上 8 時至 9 時 30 分
學費:	\$1,950 元; 年長學員(50 歲以上)入讀，可享八折學費折扣		
教學語言:	廣東話為主，輔以英語		
裝備:	學員要穿著運動服裝，自備大毛巾一條。		
報名方法及查詢:	請填妥 香港大學專業進修學院報名表格(SF26) 連同支票寄回香港大學專業進修學院北角英皇道 250 號北角城中心 19 樓 1903 室，體育運動及康樂管理部 馮小姐 / 羅小姐收 如要查詢有關詳情，請聯絡馮小姐 / 羅小姐電話: 2587 3295 / 2587 3154 傳真: 2512 6416 電子郵箱: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk		



Introduction to Meditation 靜坐介紹班

This is a course designed to introduce the general public to two types of meditation that are practiced widely nowadays, namely the Yogic and the Buddhist style. The practice of Yogic meditation involves a focus on concentration, leading to a calm, peaceful and pleasant life free from anxiety, worry and stress; whereas the Buddhist style practices mindfulness with an insight for wisdom to end suffering.

Content:

This program lasts for eight weeks. The practice of the Yogic and Buddhist meditation (including walking meditation) will be guided and trained systematically. Training will also be given on different relaxation and breathing techniques; and stretches of the body, particularly the knees and hips for two purposes: a. to free the joints for the 'lotus' posture for meditation, and b. to maintain healthy knees.

Entry Requirement:	Participants should be at least 18 years and in good general health.		
Tutor:	李懷謙 Mr. W. H. Lee, MBuddhStd (HKU), B.Soc.Sc (HKU), E-RYT 500 (US Yoga Alliance), C.H.Ed. (Dip Yoga) (The Kevala Centre, UK) Mental Health First Aid Training Certificate, HKU		
Venue:	HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus, 66 Leighton Road, Causeway Bay, Hong Kong		
Date/Time:	SPRM9003 Term:1435 28-July-2016 (Thursday) 8 lessons, total 15 hours Lesson 1-6: 2 hrs per session (8:00-10:00 pm) Lesson 7-8: 1.5 hrs per session (8:00-9:30pm)	SPRM9003 Term:1465 12-January-2016 (Thursday) 8 lessons, total 15 hours Lesson 1-6: 2 hrs per session (8:00-10:00 pm) Lesson 7-8: 1.5 hrs per session (8:00-9:30pm)	SPRM9003 Term:1475 23-March-2016 (Thursday) 8 lessons, total 15 hours Lesson 1-6: 2 hrs per session (8:00-10:00 pm) Lesson 7-8: 1.5 hrs per session (8:00-9:30pm)
Fee:	\$1,950; Third Age Learners (aged 50+) to enjoy a 20% fee discount for this course		
Language:	Cantonese supplemented with English		
Equipment:	Students will need to bring a towel.		
Enrollment and Enquiry:	Complete application form SF26* and attach a cheque payable to "HKU SPACE". Return to HKU SPACE Sport Exercise and Recreation Management Section, Room 1903, 19/F., Fortress Tower, 250 King's Road, North Point, HK (Attention: Ms. Jessie Fung) For Enquiry, please contact Ms. Jessie Fung / Ms. Winnie Law, Tel: 2587 3295 / 2587 3154. Fax: 2512 6416 Email: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk		



Intermediate Meditation 靜坐實踐進階

本課程主要為已完成靜坐介紹班的同學或已有靜坐經驗的人士提供一個靜坐實踐進階的機會。以實踐為主要學習形式。與靜坐有關的理論項目可以由學員自由提出和討論。

課程大綱

這個課程在 8 個星期內完成。學員將在導師帶領下，進一步實踐各種靜坐放鬆的技巧，包括大休息、呼吸法和身體伸展。課程還會包括膝頭和髖關節的伸展和保健訓練。

入學條件:	學員必須 18 歲或以上，並且體格強健	
導師:	李懷謙 香港大學佛學碩士，香港大學社會科學學士，US Yoga Alliance 註冊培訓瑜伽導師，英國 Kevala Centre 瑜伽教師文憑 香港大學精神健康急救課程文憑	
地點:	香港銅鑼灣禮頓道 66 號港大保良何鴻燊社區書院	
課程日期 /時間:	SPRM9007 Term:1450 2016 年 10 月 6 日 (逢星期四) 全期 8 課, 共十五小時 1-6 課, 每課 2 小時: 晚上 8 時至 10 時; 7-8 課, 每課 1 小時 30 分: 晚上 8 時至 9 時 30 分	SPRM9007 Term:1490 2017 年 6 月 1 日 (逢星期四) 全期 8 課, 共十五小時 1-6 課, 每課 2 小時: 晚上 8 時至 10 時; 7-8 課, 每課 1 小時 30 分: 晚上 8 時至 9 時 30 分
學費:	\$1,970 元; 年長學員(50 歲以上)入讀, 可享八折學費折扣	
教學語言:	廣東話為主, 輔以英語	
裝備:	學員要穿著運動服裝, 自備大毛巾一條。	
報名方法 及查詢:	請填妥 香港大學專業進修學院報名表格(SF26) 連同支票寄回香港大學專業進修學院北角英皇道 250 號北角城中心 19 樓 1903 室, 體育運動及康樂管理部 馮小姐 / 羅小姐收 如要查詢有關詳情, 請聯絡馮小姐 / 羅小姐電話: 2587 3295 / 2587 3154 傳真: 2512 6416 電子郵箱: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk	



Intermediate Meditation 靜坐實踐進階

This is a course designed to enable participants who have attended the introductory course or who have already had experienced on meditation to further their training on the subject. More emphasis will be put on the practical aspect. Discussion sessions on related topics would be allowed as raised by students.

Content:

This program lasts for eight weeks. Practical will also be held to provide further training on different relaxation, breathing techniques; and stretches of the body, particularly on the knees and hip for two purposes: a. to free the joints for the 'lotus' posture for meditation and b. to maintain healthy knees.

Entry Requirement:	Participants should be at least 18 years and in good general health.	
Tutor:	Mr. Lee Wai Him, MBuddhStd (HKU); B.Soc.Sc. (HKU), E-RYT 500 (US Yoga Alliance), C.H. Ed. (Dip Yoga) (The Kevala Centre UK), Mental Health First Aid Training Certificate, HKU	
Venue:	HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus, 66 Leighton Road, Causeway Bay, Hong Kong	
Date/Time:	SPRM9007 Term:1450 6-October-2016 (Thursday) 8 lessons, total 15 hours Lesson 1-6: 2 hrs per session (8:00-10:00 pm) Lesson 7-8: 1.5 hrs per session (8:00-9:30pm)	SPRM9007 Term:1490 1-June-2016 (Thursday) 8 lessons, total 15 hours Lesson 1-6: 2 hrs per session (8:00-10:00 pm) Lesson 7-8: 1.5 hrs per session (8:00-9:30pm)
Fee:	\$1,970; Third Age Learners (aged 50+) to enjoy a 20% fee discount for this course	
Language:	Cantonese supplemented with English	
Equipment:	Students will need to bring a towel.	
Enrollment and Enquiry:	Complete application form SF26* and attach a cheque payable to "HKU SPACE". Return to HKU SPACE Sport Exercise and Recreation Management Section, Room 1903, 19/F., Fortress Tower, 250 King's Road, North Point, HK (Attention: Ms. Jessie Fung) For Enquiry, please contact Ms. Jessie Fung / Ms. Winnie Law, Tel: 2587 3295 / 2587 3154. Fax: 2512 6416 Email: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk	



Beginners Pilates 初級彼拉提健康運動

本課程主要介紹彼拉提健康運動 (Pilates) 的基本動作。彼拉提是一種養生運動，透過專注 (concentration)、軸心 (center core)、控制 (control) 呼吸 (breathing)、準確 (precision)、流暢 (flow) 的方式，提高身體力量、柔韌性和平衡。並適合希望藉著深層肌肉訓練及鍛鍊腰腹肌肉來塑造體型與提升運動及活動表現的人士。

課程大綱：

在為期六星期的課程中，初學者對身體的能力及作出自我了解，並在身體訓練上作出更健康的選擇。課堂上的練習以鍛鍊質素為主，每一節完畢後學員們會更感到清新及有能量。課程亦會包括活動對身體的影響和背景理論的教授以及相關專題討論。



入學條件:	學員必須 18 歲或以上，並且體格強健		
導師:	胡慧鈞 Woo Wai Kwan, Trix 亞洲運動及體適能專業學院 (AASFP) 導師		
地點:	香港銅鑼灣禮頓道 66 號港大保良何鴻燊社區書院		
開課日期/時間:	SPRM9006 Term:1440 2016 年 8 月 16 日 (逢星期二) 全期 6 課。每課兩小時。 於晚上 8 時至 10 時進行。	SPRM9006 Term:1455 2016 年 11 月 1 日 (逢星期二) 全期 6 課。每課兩小時。 於晚上 8 時至 10 時進行。	SPRM9006 Term:1480 2017 年 4 月 4 日 (逢星期二) 全期 6 課。每課兩小時。 於晚上 8 時至 10 時進行。
費用:	\$1,600 元; 年長學員(50 歲以上)入讀，可享八折學費折扣		
教學語言:	以廣東話為主，輔以英語		
裝備:	學員要穿著運動服裝，自備大毛巾一條。		
名額	15 人		
證書:	最低出席率要求為 70%。學員們符合最低出席率要求者將會頒授一張出席證明書。		
報名方法及查詢	請填妥 香港大學專業進修學院報名表格(SF26) 連同支票寄回香港大學專業進修學院北角英皇道 250 號北角城中心 19 樓 1903 室，體育運動及康樂管理部 馮小姐 / 羅小姐收 如要查詢有關詳情，請聯絡馮小姐 / 羅小姐電話: 2587 3295 / 2587 3154 傳真: 2512 6416 電子郵箱: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk		

Beginners Pilates 初級彼拉提健康運動

This is a course designed to introduce people to the exercises of the Classical form of Pilates. Pilates is a life-style regime geared to assist optimum movement through strength, flexibility and balance. The method is systematic in approach and uses breath, concentration, control, centering, flow and precision. It is a dynamic and adaptable workout suitable for those persons who wish to focus on “core” and abdominal strength to advance body-toning or improved performance in their sport or movement.

Content:

A six week programme designed for beginners providing participants with an awareness of their body strengths and weaknesses so that they are able to make healthy choices about what is beneficial to their own body type. Each session’s workout focuses on the quality of the exercise rather than the quantity and the attendee will feel refreshed and energized at the end of the workout rather than fatigued. Emphasis will be placed upon the background theory concerning the impact that these exercises have on the body and discussion topics will be included to enhance learning.



Entry Requirement:	Participants should be at least 18 years and in good general health.		
Tutor:	Ms. Woo Wai Kwan, Trix AASFP Teacher		
Venue:	HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus, 66 Leighton Road, Causeway Bay, Hong Kong		
Date/Time:	SPRM9006 Term:1440 16-August-2016 (Tuesday) 6 lessons. 2 hrs per session 8:00 – 10:00pm	SPRM9006 Term:1455 1-November-2016 (Tuesday) 6 lessons. 2 hrs per session 8:00 – 10:00pm	SPRM9006 Term:1480 4-April-2016 (Tuesday) 6 lessons. 2 hrs per session 8:00 – 10:00pm
Fee:	\$1,600; Third Age Learners (aged 50+) to enjoy a 20% fee discount for this course		
Language:	Cantonese supplemented with English		
Equipment:	Students will need to bring a towel.		
Capacity	15 people		
Certificate:	The minimum attendance requirement is 70%. Students who meet the minimum attendance rate will receive a Statement of Attendance.		
Enrollment and Enquiry:	Complete application form SF26* and attach a cheque payable to “HKU SPACE”. Return to HKU SPACE Sport Exercise and Recreation Management Section, Room 1903, 19/F., Fortress Tower, 250 King’s Road, North Point, HK (Attention: Ms. Jessie Fung) For Enquiry, please contact Ms. Jessie Fung / Ms. Winnie Law, Tel: 2587 3295 / 2587 3154. Fax: 2512 6416 Email: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk		

Intermediate Pilates 進階彼拉提健康運動

本課程主要為已完成本學院的「初級彼拉提健康運動」課程或擁有相關經驗人士提供一個進修機會。課程內容主要重溫彼拉提健康運動 (Pilates) 的重要綱領和介紹進階動作。重要綱領包括專注力、能源重心、控制肌肉活動、控制呼吸、精準動作和動作轉移。進階動作包括控制腹部肌肉和大腿後肌群、控制可以穩定肩胛部位的肌群、提高對腰背和肩胛部位的理想弧度和位置的認知及提高身體柔軟度，從而改善整體運動表現。

課程大綱：

這個課程在 6 個星期內完成。本課程將會重溫「初級彼拉提健康運動」的基本理論和練習、了解肌肉的肩胛部位和骨盆的穩定性及學習進階動作從而增強腹部和背部。每一節課程完畢後，學員都能以漸進的方式學習動作的質量及其相關理論。

入學條件:	學員必須 18 歲或以上，並且體格強健	
導師:	胡慧鈞 Woo Wai Kwan, Trix 亞洲運動及體適能專業學院 (AASFP) 導師	
地點:	香港銅鑼灣禮頓道 66 號港大保良何鴻燊社區書院	
開課日期/時間:	SPRM9011 Term:1450 2016 年 10 月 28 日 (逢星期五) 全期 6 課。 每課兩小時。 於晚上 8 時至 10 時進行。	SPRM9011 Term:1480 2017 年 4 月 28 日 (逢星期五) 全期 6 課。 每課兩小時。 於晚上 8 時至 10 時進行。
費用:	\$1,600 元	
教學語言:	以廣東話為主，輔以英語	
裝備:	學員要穿著運動服裝，自備大毛巾一條。	
名額	15 人	
證書:	最低出席率要求為 70%。學員們符合最低出席率要求者將會頒授一張出席證明書。	
報名方法及查詢	請填妥 <u>香港大學專業進修學院報名表格(SF26)</u> 連同支票寄回香港大學專業進修學院北角英皇道 250 號北角城中心 19 樓 1903 室，體育運動及康樂管理部 馮小姐 / 羅小姐收 如要查詢有關詳情，請聯絡馮小姐 / 羅小姐電話: 2587 3295 / 2587 3154 傳真: 2512 6416 電子郵箱: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk	

Intermediate Pilates 進階彼拉提健康運動

This is a course designed for people who have previously attended the Beginners Pilates course offered by HKU SPACE or who have already experienced fundamental Pilates training. The course will revisit the principles of Pilates. They are breathing (Control of breathing), concentration (Intense focus for movements), center (Powerhouse in the core body), control (Control of muscles), efficient movement or flow (Transitions of movements), precision (Correct movements); and remind participants of the practice in elementary exercises for abdominal and back muscles.

Participants will learn more about pelvis stability through using abdominal muscles and hamstrings; will newly learn about the stabilizers (muscles) for the scapular and shoulder joints; will get more awareness on good alignment of backbone and shoulders; will let people get a stronger and more flexible body and enhance performance for any sport or activity.

Content:

This is a six-week program. The course will review the basic theory and principle, practise beginner's exercises. Understand the muscles for shoulders and pelvis stability. Learn new intermediate exercises enhancing abdominals and back. Each session will have exercise focusing on the quality of movement with an understanding of the related theory presented in a progressive way.

Entry Requirement:	Participants should be at least 18 years and in good general health.	
Tutor:	Ms. Woo Wai Kwan, Trix AASFP Teacher	
Venue:	HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus, 66 Leighton Road, Causeway Bay, Hong Kong	
Date/Time:	SPRM9011 Term:1450 28-October-2016 (Friday) 6 lessons. 8:00pm – 10:00pm (2 hrs per session)	SPRM9011 Term:1480 28-April-2017 (Friday) 6 lessons. 8:00pm – 10:00pm (2 hrs per session)
Fee:	\$1,600	
Language:	Cantonese supplemented with English	
Equipment:	Students will need to bring a towel.	
Capacity	15 people	
Certificate:	The minimum attendance requirement is 70%. Students who meet the minimum attendance rate will receive a Statement of Attendance.	
Enrollment and Enquiry:	Complete application form SF26* and attach a cheque payable to "HKU SPACE". Return to HKU SPACE Sport Exercise and Recreation Management Section, Room 1903, 19/F., Fortress Tower, 250 King's Road, North Point, HK (Attention: Ms. Jessie Fung) For Enquiry, please contact Ms. Jessie Fung / Ms. Winnie Law, Tel: 2587 3295 / 2587 3154. Fax: 2512 6416 Email: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk	

Healthy at Work Series: Toning and Stretching for Good Posture 健健康康上班去系列: 強健肌肉及伸展運動, 達致良好體態

現今都市人生活繁忙, 在工作桌上的工作時更愈來愈長。加上對良好體態的意識及察覺低, 最後導致嚴重的肌肉疼痛, 甚至需要看醫生及作物理治療。其實這些問題是可以避免的。本課程旨在幫助學員了解良好姿態、運動技巧及鞏固身體特定部份以改良體態。

課程大綱:

本課程是一個以學員為中心及學員自我幫助為本的短期課程。介紹不同的伸展運動及增強肌力運動的生物力學與原則。更基於學生的不同身體狀況介紹及分析正確體態及導致肌肉緊張的理論。本課程獨特之處是綜合伸展運動、強健肌肉運動及鬆弛肌肉運動於一課程中。



入學條件:	學員必須 18 歲或以上, 並且體格強健	
導師:	胡慧鈞 Woo Wai Kwan, Trix 亞洲運動及體適能專業學院 (AASFP) 導師	
地點:	香港銅鑼灣禮頓道 66 號港大保良何鴻燊社區書院	
開課日期/時間:	SPRM9008 Term: 1465 2017 年 1 月 3 日 (逢星期二) 全期 10 課。 每課兩小時。 於晚上 8 時至 10 時進行。	SPRM9008 Term: 1485 2017 年 5 月 16 日 (逢星期二) 全期 10 課。 每課兩小時。 於晚上 8 時至 10 時進行。
費用:	\$2,300 元; 年長學員(50 歲以上)入讀, 可享八折學費折扣	
教學語言:	以廣東話為主, 輔以英語	
裝備:	本院鼓勵學員自備用具於堂上及家中練習, 以收更佳效果。詳情可在第一課向老師查詢。	
名額	15 人	
報名方法及查詢	請填妥 香港大學專業進修學院報名表格(SF26) 連同支票寄回香港大學專業進修學院北角英皇道 250 號北角城中心 19 樓 1903 室, 體育運動及康樂管理部 馮小姐 / 羅小姐收 如要查詢有關詳情, 請聯絡馮小姐 / 羅小姐電話: 2587 3295 / 2587 3154 傳真: 2512 6416 電子郵箱: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk	

Healthy at Work Series: Toning and Stretching for Good Posture 健康康上班去系列: 強健肌肉及伸展運動, 達致良好體態

Nowadays, office workers spend increasingly longer hours involved in desk work and using computers. If they are not aware of what is good posture and how to maintain this physical state then the chance of developing posture related muscle strain may result. Many office workers end up suffering serious muscle pains and aches and need to consult a doctor or physiotherapist. Such problems may be reduced or even prevented if individuals develop better posture awareness.

Course Content:

The course will be student centered and positioned as a self-help short course that will include an educational component whereby students will learn about the biomechanics and principles behind various related toning exercises and flexibility techniques. Students will be introduced to the theory underpinning correct posture and muscle tightness will be discussed in relation to the student's individual posture related issues. The uniqueness of this course is that it will include toning together with stretching and relaxation rather than separating these into two or more different courses (usually it is either toning or stretching or relaxation courses) thus offering the most comprehensive approach for lay people.



Entry Requirement:	Participants should be at least 18 years and in good general health.	
Tutor:	Ms. Woo Wai Kwan, Trix AASFP Teacher	
Venue:	HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus, 66 Leighton Road, Causeway Bay, Hong Kong	
Date/Time:	SPRM9008 Term: 1465 3-January-2017 (Tuesday) 10 lessons, 2 hrs per session. 8:00 – 10:00pm	SPRM9008 Term: 1485 16-May-2017 (Tuesday) 10 lessons, 2 hrs per session. 8:00 – 10:00pm
Fee:	\$2,300; Third Age Learners (aged 50+) to enjoy a 20% fee discount for this course	
Language	Cantonese supplemented with English	
Equipment:	We encourage participants to bring their own equipment in the classroom and at home exercises to receive better results. For details, inquire at the first lesson to the teacher	
Capacity	15 people	
Enrollment and Enquiry:	Complete application form SF26* and attach a cheque payable to "HKU SPACE". Return to HKU SPACE Sport Exercise and Recreation Management Section, Room 1903, 19/F., Fortress Tower, 250 King's Road, North Point, HK (Attention: Ms. Jessie Fung) For Enquiry, please contact Ms. Jessie Fung / Ms. Winnie Law, Tel: 2587 3295 / 2587 3154. Fax: 2512 6416 Email: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk	

Posture Improvement: An Integrated Approach

姿勢(脊骨)改良班

脊骨是人體最重要的器官之一，正如一幢大廈的棟樑及根基，如果它出現歪斜時，整幢大廈亦會有安全風險。其實，若因長期姿勢不良或因受傷的緣故，脊骨容易過份歪斜而導致勞損及錯位，幾乎每個人一生中都會經歷過最少一次的背痛；而在美國，每 10 個人中便有 9 個一生中曾有腰痛的毛病，可見其情況的普遍性。

歪斜的脊骨，除了導致不同的脊椎毛病，如頸腰背痛、脊椎側彎、寒背、椎間盤突出、骨刺…等，此外，脊柱還負責保護脊椎神經，而這些神經負責管理不同的內臟系統，若脊椎發生問題，是會影響相關的內臟功能如內分泌、荷爾蒙…，所以很多都市病如心臟病、高血壓、鼻敏感、便秘、胃氣脹、尿頻、月經失調、荷爾蒙失衡…等都和脊骨過份歪斜有密切的關係。

本課程並不是一般姿勢糾正班，只教授伸展及強化運動，更加強調一些基本但有實用臨床效果的軟組織手法治療，所以較適合運動教練、運動員及體育老師等對脊椎保健有基礎認識之人士。

課程大綱:

姿勢(脊骨)改良班是把臨床上有實症效用的

運動治療及軟組織手法治療融會貫通後所得的一套指導性技術，當中包含以下元素：臨床普拉提運動、臨床瑜伽、肌肉能量技巧 (Muscle Energy Techniques)、筋膜放鬆法(Myofascial Release)、脊椎側彎專科伸展運動及靜觀察覺運動 (Mindfulness Exercise)，能慢慢又踏實地將潛在問題風險的脊椎功能慢慢恢復過來，因此能排除對脊椎骨骼及內臟器官的惡性影響，提高免疫力，重拾健康的身體。此課程設計是以練習為主，輔以醫學實症理論，在導師的指導下，讓學員有效地得到練習的效果，同時培養學員養成運動的習慣。

入學條件:	學員必須 18 歲或以上，並且體格強健	
導師:	李浩威先生，註冊物理治療師(香港、澳洲、新西蘭)；美國運動醫學學會(ACSM) - 運動專家；高級體適能私人教練，普拉提(I-III)及健身球教練(AASFP)；香港大學心理學系心理學學士後深造證書	
地點:	香港銅鑼灣禮頓道 66 號港大保良何鴻燊社區書院	
開課日期/時間:	SPRM9009 Term:1450 2016 年 10 月 17 日 (逢星期一) 全期 8 課。每課兩小時。 於晚上 8 時至 10 時進行。	SPRM9009 Term:1470 2017 年 2 月 20 日 (逢星期一) 全期 8 課。每課兩小時。 於晚上 8 時至 10 時進行。
費用:	\$1,990 元；年長學員(50 歲以上)入讀，可享八折學費折扣	
教學語言:	以廣東話為主，輔以英語	
裝備:	本院鼓勵學員自備用具於堂上及家中練習，以收更佳效果。詳情可在第一課向老師查詢。	
名額	15 人	
報名方法及查詢	請填妥 香港大學專業進修學院報名表格(SF26) 連同支票寄回香港大學專業進修學院北角英皇道 250 號北角城中心 19 樓 1903 室，體育運動及康樂管理部 馮小姐 / 羅小姐收 如要查詢有關詳情，請聯絡馮小姐 / 羅小姐電話: 2587 3295 / 2587 3154 傳真: 2512 6416 電子郵箱: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk	

Posture Improvement: An Integrated Approach

姿勢(脊骨)改良班

The Spine is one of human's critical organs and systems. It forms the solid foundation for most human's soft tissues like muscles and internal organs. A dysfunctional vertebral column may not only affect our musculoskeletal system resulting in a variety of painful conditions such as chronic neck pain, lower back pain, knee pain but also influences our internal organs' normal functions that may lead to heart, gastric, digestive problems and so on.

The core components of this class not only include clinical exercise such as Clinical Pilates and Yoga, but also a variety of soft tissue manual therapies like basic Muscle Energy Techniques, basic Myofascial Release skills. These skills focused on improving a deviated spine, which have significant impact on our nervous system and internal organs. This integrative approach helps resolve complicated spinal problems in a holistic approach and effective ways.

Course Content:

This course is designed to introduce medical/exercise practitioners to methods to improve the functioning of the spine and relieve common musculoskeletal discomfort because of dysfunctions in the spine. Students will learn about good and bad postures, joint mobilisation, soft tissue release techniques, core strengthening exercise as well as mental stress reduction. Through classes students will understand the basic exercise knowledge and manual skills needed to correct their own spine in daily life.

Entry Requirement:	Participants should be at least 18 years and in good general health.	
Tutor:	Mr. Lee Ho Wai, Registered Physiotherapist (Australia, Hong Kong & New Zealand); Certified Clinical Exercise Specialist, American College of Sports Medicine; Advanced Personal Trainer, AASFP; Postgraduate Certificate in Psychology, HKU	
Venue:	HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus, 66 Leighton Road, Causeway Bay, Hong Kong	
Date/Time:	SPRM9009 Term:1450 17-October-2016 (Monday) 8 lessons, 2 hrs per session. 8:00 – 10:00pm	SPRM9009 Term:1470 20-February-2017 (Monday) 8 lessons, 2 hrs per session. 8:00 – 10:00pm
Fee:	\$1,990; Third Age Learners (aged 50+) to enjoy a 20% fee discount for this course	
Language	Cantonese supplemented with English	
Equipment:	We encourage participants to bring their own equipment in the classroom and at home exercises to receive better results. For details, inquire at the first lesson to the teacher	
Capacity	15 people	
Enrollment and Enquiry:	Complete application form SF26* and attach a cheque payable to "HKU SPACE". Return to HKU SPACE Sport Exercise and Recreation Management Section, Room 1903, 19/F., Fortress Tower, 250 King's Road, North Point, HK (Attention: Ms. Jessie Fung) For Enquiry, please contact Ms. Jessie Fung / Ms. Winnie Law, Tel: 2587 3295 / 2587 3154. Fax: 2512 6416 Email: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk	

本課程主要為選擇過悠然生活人士提供一個練習多種靜坐和身體伸展活動的機會。參與人士可透過鍛鍊身心健全而改善全人健康。部份實習課堂將會安排在戶外進行，參與人士可在練習靜坐和身體伸展活動其間，同時享受戶外的清新空氣，既可幫助達至身心平靜，又可感受戶外的美，相得益彰。透過練習靜坐和有關技巧亦有助改善身體的靈活性，使進行日常活動以致休閒運動更為得心應手。

課程大綱:

這個課程在 9 個星期內完成。本課程以小班教學並特別適合能在日間上課的學員。課程的首 6 星期將教授不同方式的靜坐入門訓練，當中包括坐下、站立及行走方式。另外亦會教授不同方式的身體伸展運動。最後 3 星期，學員可以在戶外環境練習靜坐。

入學條件:	學員必須 18 歲或以上，並且體格強健
導師:	李懷謙 香港大學佛學碩士, 香港大學社會科學學士, US Yoga Alliance 註冊培訓瑜伽導師, 英國 Kevala Centre 瑜伽教師文憑
地點:	香港金鐘夏慤道 18 號海富中心 2 樓及 3 樓金鐘教學中心 香港沙灣沙灣徑 10 號何鴻燊體育中心
開課日期/時間:	SPRM9122 Term:1450 2016 年 10 月 20 日 (逢星期四) 全期 9 課。每課兩小時。 於早上 10 時至 12 時進行
費用:	\$3,600 元
教學語言:	以廣東話為主，輔以英語
裝備:	學員要穿著運動服裝，自備大毛巾及瑜伽墊。
名額	12 人
報名方法及查詢	請填妥 香港大學專業進修學院報名表格(SF26) 連同支票寄回香港大學專業進修學院北角英皇道 250 號北角城中心 19 樓 1903 室，體育運動及康樂管理部 馮小姐 / 羅小姐收 如要查詢有關詳情，請聯絡馮小姐 / 羅小姐電話: 2587 3295 / 2587 3154 傳真: 2512 6416 電子郵箱: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk

Golden Generation Series: Healthy Ageing: Meditation for Wellness

全人健康由靜坐鍛鍊開始

New Programme!!

This course is designed to lead people who have chosen to use their leisure time to nurture a healthy mind and body by practicing meditation and body stretches of various styles. The aim of this short course is to enable participants to achieve stillness in the mind and body and to appreciate the beauty of the world through practicing meditation skills and related techniques. Some practical sessions will be conducted in an outdoor space where participants can practise meditation while breathing fresh air. It also enables participants to have a stronger flexible body to enhance performance in daily activities as well as sport and physical activities.

Course Content:

A nine-week programme conducted in small classes for participants who are available in the daytime. First six weeks, introductory training related to meditation (sitting, standing and walking style) and stretches (standing and sitting style) including theories and exercises given in a classroom environment. Last three weeks, practices will take place in an outdoor space.

Entry Requirement:	Participants should be at least 18 years and in good general health.
Tutor:	Mr Lee Wai Him MBuddhStd (HKU), B.Soc.Sc (HKU), E-RYT 500 (US Yoga Alliance), C.H.Ed. (Dip Yoga) (The Kevala Centre, UK)
Venue:	Admiralty Learning Centre, 2/F & 3/F, Admiralty Centre, 18 Harcourt Road, Hong Kong Stanley Ho Sports Centre, 10 Sha Wan Drive, Sandy Bay, Hong Kong
Date/Time:	SPRM9122 Term:1450 20-October-2016 (Thursday) 9 lessons, 2 hrs per session. 10:00a.m. – 12:00p.m.
Fee:	\$3,600
Language	Cantonese supplemented with English
Equipment:	Students should dress in a tracksuit. Students will need to bring a towel and yoga mat.
Capacity	12 people
Enrollment and Enquiry:	Complete application form SF26* and attach a cheque payable to "HKU SPACE". Return to HKU SPACE Sport Exercise and Recreation Management Section, Room 1903, 19/F., Fortress Tower, 250 King's Road, North Point, HK (Attention: Ms. Jessie Fung) For Enquiry, please contact Ms. Jessie Fung / Ms. Winnie Law, Tel: 2587 3295 / 2587 3154. Fax: 2512 6416 Email: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk

Golden Generation Series: Healthy Ageing: Stretching for Wellness

全人健康由伸展運動開始

New Programme!!

本課程主要為選擇悠然生活的人士提供一個練習身體伸展活動的機會，從而幫助改善肌肉和關節的活動情況。參與人士可透過伸展練習，幫助改善某關節的伸展情況，或可幫助舒緩相關的關節痛。透過練習伸展和有關技巧亦有助改善身體的靈活性，使進行日常活動以致休閒運動更為得心應手。

課程大綱:

這個課程在 9 個星期內完成並以小班形式教學，專為能在日間上課的學員而設。本課程以學生為中心，配合不同的教學元素，讓學員能夠學習相關的動作之餘，亦可了解到不同伸展動作及強化運動背後的力學概念和原理。課堂上亦會教授特定的伸展動作及強化運動技巧以助改善肩膊、盆骨及膝關節活動情況。

入學條件:	學員必須 18 歲或以上，並且體格強健
導師:	胡慧鈞 Woo Wai Kwan, Trix 亞洲運動及體適能專業學院 (AASFP) 導師
地點:	香港薄扶林薄扶林道 111-113 號何世光夫人體育中心
開課日期/時間:	SPRM9123 Term:1465 2017 年 1 月 (逢星期五) 全期 9 課。每課兩小時。 於早上 9 時半至 11 時半進行
費用:	\$3,600 元
教學語言:	以廣東話為主，輔以英語
裝備:	學員要穿著運動服裝，自備大毛巾及瑜伽墊。
名額	12 人
報名方法及查詢	請填妥 香港大學專業進修學院報名表格(SF26) 連同支票寄回香港大學專業進修學院北角英皇道 250 號北角城中心 19 樓 1903 室，體育運動及康樂管理部 馮小姐 / 羅小姐收 如要查詢有關詳情，請聯絡馮小姐 / 羅小姐電話: 2587 3295 / 2587 3154 傳真: 2512 6416 電子郵箱: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk

Golden Generation Series: Healthy Ageing: Stretching for Wellness

全人健康由伸展運動開始

New Programme!!

This short course is designed to lead people who have chosen to use their leisure time to nurture a healthy body by stretching the body to help improve muscle and joint conditions. The aim is to enable participants to improve joint specific flexibility to promote healthy joint movements that may ease associated pain. It also enables participants to have a stronger and more flexible body to enhance performance in daily activities as well as sport and physical activities.

Course Content:

This is a nine-week programme conducted in small sized classes for participants who are available in the daytime. This course will be student centered and positioned as a self-help short course that will include an educational component whereby students will learn about the biomechanics and principles behind various stretching and strengthening exercises. Specific stretching and strengthening techniques will be introduced during class that can be used to promote healthy shoulder, hip and knee joint movement.

Entry Requirement:	Participants should be at least 18 years and in good general health.
Tutor:	Ms Trix Woo (instructor form Asian Academy For Sports and Fitness Professionals)
Venue:	Flora Ho Sports Centre, 111-113 Pokfulam Road, Pokfulam, Hong Kong
Date/Time:	SPRM9123 Term:1465 January-2017 (Friday) 9 lessons, 2 hrs per session. 09:30a.m. – 11:30a.m.
Fee:	\$3,600
Language	Cantonese supplemented with English
Equipment:	Students should dress in a tracksuit. Students will need to bring a towel and yoga mat.
Capacity	12 people
Enrollment and Enquiry:	Complete application form SF26* and attach a cheque payable to "HKU SPACE". Return to HKU SPACE Sport Exercise and Recreation Management Section, Room 1903, 19/F., Fortress Tower, 250 King's Road, North Point, HK (Attention: Ms. Jessie Fung) For Enquiry, please contact Ms. Jessie Fung / Ms. Winnie Law, Tel: 2587 3295 / 2587 3154. Fax: 2512 6416 Email: jessie.fung@hkuspace.hku.hk / winnie.law@hkuspace.hku.hk

ENROLMENT PROCEDURES

Short courses and Undergraduate Level application must be accompanied by:

- a) a completed HKU SPACE application form (SF26);
- b) course fee

and should be returned to the Sport, Exercise and Recreation Management Section, Room 1903, 19/F., Fortress Tower, King's Road, Fortress Tower, HK.

Please pay your fee by crossed cheque or bank draft made payable to "HKU SPACE", or by cash, or by EPS or credit card (is only for Short courses and Undergraduate Level courses) at any of the following enrolment counters:

HKU Campus (Next to Swire Hall)

3/F, T.T.Tsui Building, The University of Hong Kong, Pokfulam Road, Hong Kong Tel: 2975 5680

Opening Hours: (Weekdays) 8:30a.m. – 6:00p.m. ***

Fortress Tower Learning Centre (Exit B, Fortress Hill MTR Station)

14/F, Fortress Tower, 250 King's Road, North Point, Hong Kong Tel: 3762 0888

Opening Hours: (Weekdays) 8:30a.m. – 7:30p.m. ****

HKU SPACE Po Leung Kuk Stanley Ho Community College (HPSHCC) Campus (Exit A, Causeway Bay MTR Station)

66 Leighton Road, Causeway Bay, Hong Kong Tel: 3923 7171

Opening Hours: (Weekdays) 9:00a.m. – 5:30p.m. ***

Admiralty Learning Centre (access via the Shopping Arcade escalators through Exit A, Admiralty MTR Station)

3/F, Admiralty Centre, 18 Harcourt Road, Hong Kong Tel: 3761 1111

Opening Hours: (Weekdays) 8:30a.m. – 7:30p.m. (Saturdays) 8:30a.m. – 5:30p.m.

Island East Campus (Exit B3, North Point MTR Station)

494 King's Road, North Point, Hong Kong Tel: 3762 0000

Opening Hours: (Weekdays) 8:30a.m. – 7:30p.m. (Saturday) 8:30a.m. – 5:30p.m.

Kowloon East Campus (Exit B, Kowloon Bay MTR Station)

28 Wang Hoi Road, Kowloon Bay, Kowloon Tel: 3762 2222

Opening Hours: (Weekdays) 8:30a.m. – 7:30p.m. (Saturdays) 8:30a.m. – 5:30p.m.

Kowloon West Campus (Exit B, Mei Foo MTR Station)

G/F., 38-46 Nassau Street, Mei Foo Sun Chuen, Kowloon Tel: 3762 4000

Opening Hours: (Weekdays) 8:30a.m. – 7:30p.m. (Saturday) 8:30a.m. – 5:30p.m.

*****Enrolment counters are not open on Sundays or Public holiday.**