香 港 資 優 教 育 學 苑
The Hong Kong Academy for Gifted Education
香港特別行政區政府教育局資助
Subvented by the Education Bureau, the Government of the HKSAR

S2SIA002W
(Token- required)

## Student-initiated Programme (Level II)

# HKAGE After-school Runners

Pak Yui, NG (HKGAP student)

**Application Deadline**
**9 May 2024**
**Result Release**
**13 May 2024**

## Intended Learning Outcomes

Upon completion of the gifted programme, gifted students should be able to:

1. understand the anatomy and physiology involved in exercise
2. understand the biomechanics behind running
3. understand the biochemistry involved in cardiovascular exercise
4. run and develop a healthy cardiovascular lifestyle
5. develop a method relaxation to improve well-being

If student members withdraw from the programme after the Application Deadline, the token will be deducted.

## Introduction

Running has been scientifically shown to boost cardiovascular health, as well as aid in improving mental well-being. This course links the science behind running with practical running activities, serving as a long-term activity for students looking for a method to become more active. The underlying concepts behind sports will also be discussed on a monthly basis, allowing students to better understand the importance of running on health. Team running vest will be provided when students attend competitions.

## Schedule

| # | Date | Time | Activity | Venue |
|---|---|---|---|---|
| 1 | 27 May | 17:00 - 19:00 | Running Activity | Room 203, HKAGE & Shing Mun River |
| 2 | 3 June | | Lecture: Anatomy & Physiology | HKAGE |
| 3 | 17 June | | Running Activity | Shing Mun River |
| 4 | 24 June | | Running Activity | Shatin Sports Ground (Tentative) |
| 5 | 8 July | | Lecture: Physiological Biomechanics | Room 203, HKAGE |
| 6 | 15 July | | Running Activity | Tentative |
| 7 | 22 July | | Running Activity | Tentative |
| 8 | 29 July | | Lecture: Sport Biochemistry | Room 205, HKAGE |
| 9 | 5 August | | Running Activity | Tentative |
| 10 | 12 August | | Running Activity | Tentative |
| 11 | 19 August | | Lecture: Sport Medicine | Room 203, HKAGE |
| 12 | 26 August | | Running Activity | Tentative |
| * | 23 Jun (Tentative) | | 3km Olympic Day Race | Tentative |
| * | 29 Sep (Tentative) | | 10km Tin Shui Wai Race | Tentative |

**Enquiries** 3940 0101 programme@hkage.org.hk

## Suitable for

- F2 – F6 HKAGE student members in 2023/24 school year.
- Class size: 20
- Students should also understand there might be a chance that their physical conditions may not be suitable for participating in the programme.
- Students are urged to seek medical advice of their physical condition before participating in the programme.
- Students are required to submit a "**Health Conditions and Risk Assessment Form**" declaring for the compliance of the associated health requirement.
- Students who have answered a "Yes" to any of the questions on the above-mentioned form are strongly recommended to consult for medical advice. Such students should only join the programme if their doctor advises that their physical condition is fit to participate without risks.

## Medium of Instruction

English & Cantonese with English handouts

## Certificate

E-Certificate will be awarded to gifted students who have:

- attended 80% of sessions

## Screening

Please answer the screening questions in the online application form.

The screening questions can only be attempted once. The answer cannot be changed after submission. Selection is based on students' answers and their suitability for the programme.

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