



Committed to achieving sustainable community health through research, teaching and community engagement focused on physical activity and human movement

以体育锻炼和人体运动学为主要目标，开展科研、教学和社区实践，并致力实现可持续性公众健康

AN EXCELLENT PLACE TO STUDY, WORK, AND LEARN

一所集研究，工作和学习为一体的杰出学院



UBC SUMMER STUDY PROGRAM 暑期学习课程

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July 16 – August 16, 2016 / 2015 年 7 月 16 日至 8 月 16 日

Package A - Sport and Exercise Performance / 课程 A - 体育与运动科学

- Sport and Exercise Psychology 体育与运动心理学
- Applied Exercise Physiology 应用运动生理学

Package B - Coaching Science / 课程 B - 运动执教科学

- Principles of Coaching 运动执教理论
- Sport Psychology for Coaching 运动执教心理学





Cost per student \$4,500 CAD/ 每位学员的学费为 4500 加币

Includes 费用包含:

- Shared Accommodation 住所安排 课程材料
- Course Materials 医疗保险 课余社交活动
- Medical Insurance
- Social Activities



SCHOOL OF KINESIOLOGY SUMMER PROGRAM 2016

Course Package Offerings 课程项目安排

Package A – Sport and Exercise Performance 体育与运动科学

Sport and Exercise Psychology 体育与运动心理学

A practical overview of core topics and applications in sport and exercise psychology. The course is intended to develop students' understanding of psychological factors that impact participation and performance in sport and exercise settings. Emphasis will be placed on using psychological concepts and methods in physical activity contexts. Students will have the opportunity to observe athletes and exercisers, participate in group activities, and develop mental skills to demonstrate the application of psychological approaches.

本课程为一门有关体育与运动心理学核心专题及其应用的概述课程。课程旨在培养学生深入理解心理因素对参与体育运动和竞技体育能力表现的影响。课程着重于心理学概念和方法在体育活动中的应用。学生将有机会观察运动员训练，参与小组学习活动，并通过运用心理学的有关方法培养心理思维技能。

Applied Exercise Physiology 应用运动生理学

This lab-based course will provide a practical overview of fundamental exercise-related human anatomy and physiology and its application in exercise and high performance sport training and conditioning. Diverse class activities, including problem-based case studies, group projects, hands-on lab experiences, and meeting with coaches and strength and conditioning specialists will facilitate active learning. Upon completion of this course, students will have an understanding of how the human body responds and adapts to the physiological demands of exercise and athletic training and have basic skills for performing fitness assessment, data collection and analysis.

本课程以实验为基础，旨在培养学生理解掌握基本运动解剖和生理学理论，以及其在运动、高水平竞技训练和体能训练中的应用。课程将寓学习于多种多样的课堂活动中，例如：实例分析，小组项目合作，实验实际操作，以及与专业队教练和体能教练沟通交流等等。通过此课程，学生将深入了解人体运动和训练所致生理要求的应用及适应，并培养执行体能测试、数据采集和数据分析等基本技能。



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Package B – Coaching Science 运动执教科学

Principles of Coaching 运动执教理论

This course provides the basis of what it takes to be a successful coach. It will enable students to define who they are as coaches and will enhance their training and development skills, including strength and conditioning; nutrition; motor learning development; and performance planning. Upon completion of the course the student will be able to recognize the power inherent in coaching, to create a 'coaching philosophy', to recognize common sport injuries, and will learn the basic prophylactic and supportive taping systems.

本课程提供学生有关成为一个优秀教练的基础知识。课程旨在引导学生定义作为教练的身份并培养培训及发展的技能，涉及的课题包括力量与体能训练、营养学、动作学习的开发、及表现性能规划。通过此课程，学生将认识到教练一职所涵盖的权利、创建执教理念、了解常见的运动损伤及如何通过贴扎支持及预防损伤。

Sport Psychology for Coaching 运动执教心理学

The course provides a broad overview of major topics in Sport Psychology for Coaching. The student will develop an awareness of how sport and exercise psychology knowledge can be applied in Coaching and understand the importance of the many mental aspects of coaching including response to injury, athlete motivation, leadership, transition issues and mental skill training.

本课程提供运动心理学中与执教相关课题的广泛概述。学生将开发如何在执教过程中运用体育与运动心理学理论的认知，并理解执教心理方面的重要性，如回应受伤、运动员积极性、领导能力、过渡期问题及心理思维技能训练。

For further information 详细信息请辞讯: <http://vancouversummerprogram.ubc.ca/>

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