

Physical Achievement Instructor Training Workshop

“Physical Achievement Instructor Training Workshop” organized by Physical Recreation Section Panel was successfully held on 10th October 2009, Saturday at Po Leung Kuk Tong Nai Kan College. It was a great pleasure to have Mr. Billy So, Registered Physiotherapist, Mr. Sam Hui, Physical Fitness Instructor, Mr. Ringo Lee, Representative of HK Playground Association Operating Authority and Mr. Chan Hon Shing, PR Panel member to be our guest speakers. 25 Physical Recreation Section instructors attended the workshop.

The course consisted of three sessions. In the first session, Mr. Ringo Lee provided information to instructors when organizing Physical Achievement Course. Part two, Mr. Chan Hon Shing demonstrated the seven proper postures of Physical Achievement activities. Lastly, Mr. Billy So and Mr. Sam Hui showed the warm up and stretching exercise when doing Physical Achievement activities. They also introduced methods to enhance physical fitness and training effects. The Physical Recreation Section Panel thanked the active involvement of all participants at the seminar, which made the course a great success.



Mr. Ringo Lee was introducing how to organize a Physical Achievement Course to participants.



Mr. Chan Hon Shing was demonstrating the proper postures of Physical Achievement activities.



Mr. Billy So was demonstrating the proper posture to enhance physical fitness.



Mr. Sam Hui was teaching the proper posture to enhance physical fitness to the participants.