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東華學院  
TUNG WAH COLLEGE

School of Medical and Health Sciences  
Tung Wah College

Co-organized by



Asian Academy of Sports & Fitness Professionals



Hong Kong Physiotherapists' Union

## CERTIFICATE IN SPORTS PHYSIOTHERAPY 101: A PRACTICAL APPROACH TO ESSENTIAL CONCEPTS, SKILLS, AND APPLICATIONS

### Course Objectives

- ◆ To enhance the knowledge and clinical skills of new physiotherapy graduates (0-3 years) in assessment and management of sports injuries
- ◆ To learn more about the on-field of sports physiotherapy in the form of theory, practical sessions and case discussion opportunities
- ◆ To enhance the development of clinical reasoning and prompt decision making of new graduates to meet the challenges in the clinical setting
- ◆ To demonstrate and teach the commonly used manual/manipulation techniques and therapeutic exercise techniques in the case studies format

<b>Date &amp; Time</b>	<b>Part A: 23 March 2024 (Saturday): 1:30 p.m.– 6:00 p.m.</b> <b>Part B: 24 March 2024 (Sunday): 9:00 a.m.– 4:30 p.m.</b>
<b>Instructors</b>	<b>Mr. Terence CHAU</b> Principal Physiotherapy Consultant, The Asian Fitness Therapy Center (AFTC) & CEO, Asian Academy for Sports & Fitness Professionals (AASFP) <b>Mr. Jacky LEUNG</b> General Manager, The Asian Fitness Therapy Center (AFTC) & Senior Lecturer, Asian Academy for Sports & Fitness Professionals (AASFP)
<b>Venue</b>	<b>Room 1003, 10/F, Tung Wah College King's Park Campus</b> <b>(Ma Kam Chan Memorial Building, 31 Wylie Road, Homantin, Kowloon)</b>
<b>Target Participants</b>	<b>Registered Physiotherapists</b> Priority will be given to Registered Physiotherapist graduated within 0-3 years
<b>Course Fee</b>	<b>HKPU members/ AASFP graduates</b> Early Bird Offer: HK\$1,750 Normal Price: HK\$2,000 <b>Regular</b> Early Bird Offer: HK\$2,800 Normal Price: HK\$3,000
<b>PT CPD Points</b>	<b>10 points</b>
<b>Online Registration &amp; Payment</b>	<b>Registration link: <a href="https://forms.gle/H5ZQTuhRfey3wMrQA">https://forms.gle/H5ZQTuhRfey3wMrQA</a></b> <b>Deadline: 20 March 2024 (Early bird offer on or before 3 March 2024)</b> Payment link will be sent after registration
<b>Enquiry</b>	<b>Ms. Cathy WONG (Email: <a href="mailto:cathymwong@twc.edu.hk">cathymwong@twc.edu.hk</a>, Tel: 3190 6710)</b>

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### Instructors Bio



**Mr. Terence CHAU** is a registered Physiotherapist in Hong Kong and Australia specialised in the sports area, he is currently pursuing his doctorate at City University HK. He is also the Principal Physiotherapy Consultant for the Asian Fitness Therapy Center (AFTC) and the CEO for the Asian Academy for Sports and Fitness Professionals (AASFP). In addition, he served as a board member of the Hong Kong Physiotherapy Board and holds the position of Advisor for the Territory Education Sector in Hong Kong. Terence has a strong passion for education and is a Clinical Educator, imparting his knowledge and experience to the next generation of physiotherapists.

He holds a Bachelor of Science in Physiotherapy from The Hong Kong Polytechnic University, a Master of Sports Physiotherapy from Curtin University of Technology, Australia, and a Diploma in Acupuncture from Guang Zhou Traditional Chinese Medicine University. Terence has extensive experience as a professional advisor, board member, and lecturer, and has published several books on self-rehab training. He is also a champion of sculling (light weight) at the Hong Kong Rowing Championships.



**Mr. Jacky LEUNG** is the General Manager of the Asian Fitness Therapy Center (AFTC) and a senior lecturer at Asian Academy for Sports & Fitness Professionals (AASFP). He is a Registered Physiotherapist in HK, having graduated from The Hong Kong Polytechnic University with a Bachelor of Science Degree in Physiotherapy. In 2005, he pursued his Master's Degree in Sports Physiotherapy and Certificate in Orthopaedic Manual Therapy at Curtin University of Technology in Perth, Australia. Besides obtaining the AASFP Advanced Personal Fitness Trainer certification, he was granted the Exercise Specialist® title from American College of Sports Medicine.

He got the Diploma in Acupuncture at Sun Yat-Sen University, and has also attended the Team Physician Advanced Course and the Manipulative Management Course of Spinal Related Diseases held by the International Federation of Sports Medicine and the First Affiliated Hospital of Guangzhou Medical College respectively. He was invited as a team physiotherapist for the Hong Kong team in the 2002 Asian Games for the Disabled in Busan and the 2003 All China Games for the Disabled in Nanjing, furthermore, he was the team physiotherapist of South China Football Team since 2007, responsible for on field physiotherapy support and management of different kinds of sports injuries. Apart from local football matches, he also follows the team to different countries in Asia for the AFC Cup. From 2012, he was appointed as team physiotherapist of Gai Wu Rugby Football Team as well. Starting from 2011, he was also invited to be one of the professional bloggers.

### Course Outline

#### Part A: 23 March 2024 (Saturday): 1:30 p.m.– 6:00 p.m.

- I. On-field sport physiotherapist's roles and responsibilities
- II. Management of common sports injuries
- III. On-field Emergency assessments, handling and communications
- IV. Sports taping skills application with rigid sports tapes and kinesiotapes

#### Part B: 24 March 2024 (Sunday): 9:00 a.m.– 4:30 p.m.

- I. Integrating therapeutic exercises in rehabilitation of sports injuries for facilitating return-to-sport
- II. Clinical assessment and clinical reasoning of common sporting conditions
- III. Fascia release techniques for common sporting conditions
- IV. Manual techniques (mobilization and manipulation) for common sporting conditions