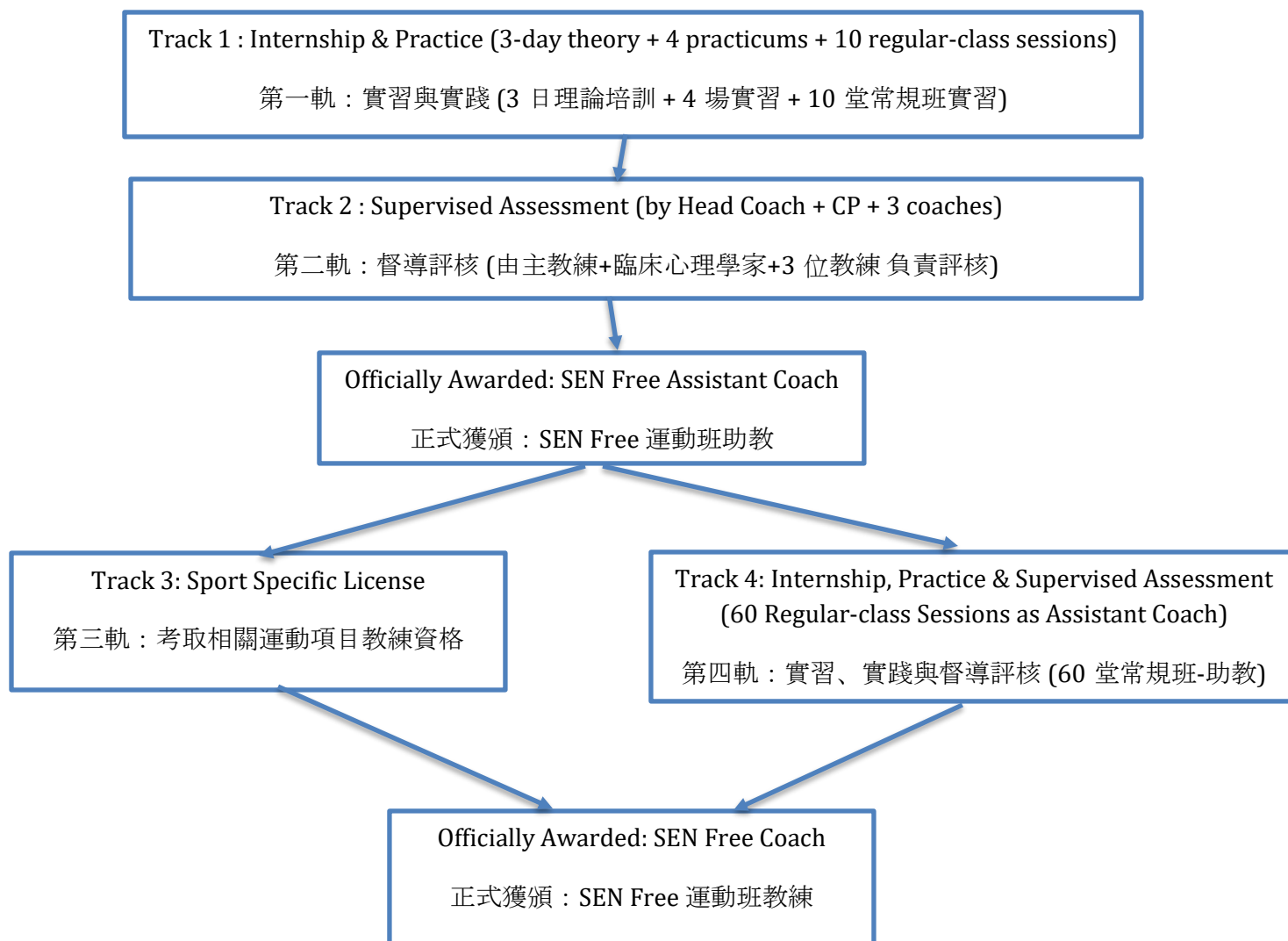




SEN Free 教練資格認證指南

有興趣成為 SEN Free 運動班教練的入門須知



備註：以上為 SEN Free 教練資格認證之路徑摘要；助教在班內的具體職責、基礎教練培訓班開班頻率（暫定每兩年一次）等執行細節，將由 SEN Free 另行公佈及溝通。



Stage 階段	Requirements 要求	Time Limit 時間限制	Assessment 評核方式
Track 1 Internship & Practice 第一軌 實習與實踐	3 days of theoretical training + 4 practicums + 10 regular-class sessions 3 日理論培訓 + 4 場實習 + 10 堂常規班實習	10 regular-class sessions must be completed within 2 consecutive terms 10 堂須於連續 2 期內完成	Pass online exam + Attendance 網上考試合格 + 出席紀錄
Track 2 Supervised Assessment 第二軌 督導評核	Undergo assessment after completing Track 1 完成第一軌後接受評核	As soon as possible upon completing Track 1 完成第一軌後盡快進行	Assessment Team: Head Coach + Clinical Psychologist + 3 Coaches 評核: 主教練 + 臨床心理學家 + 3 位教練
→ Officially Awarded → 正式獲頒	SEN Free Sports Class Assistant Coach SEN Free 運動班助教	—	—
Track 3 Sport Specific License 第三軌 基礎體育門檻	Obtain relevant sports coaching qualifications (e.g., running, stretching) 考取相關運動項目教練資格 (如跑步、伸展)	Must be obtained within the first 30 of the 60 classes 須於 60 堂中的首 30 堂內考獲	Conducted concurrently with Track 4 與第四軌並行進行
Track 4 Internship, Practice & Supervised Assessment 第四軌 實習、實踐與督導評核	60 classes of assistant coach internship 60 堂常規班助教實習	Accumulated and completed within 3 years 3 年內累積完成	Assessment Team: Head Coach + Clinical Psychologist + 3 Coaches 評核: 主教練 + 臨床心理學家 + 3 位教練
→ Officially Awarded → 正式獲頒	SEN Free Sports Class Coach (Qualified to lead classes independently) SEN Free 運動班教練 (可獨立帶班)	—	—