"IPTFA in collaboration with GBAFCA proudly presents"

Level 1 - Curling Counselor Certification Course

一級 – 地冰壺輔導員證書課程



Introduction

This course is specially designed for young people who are interested in floor curling and wish to initially master the psychological counselling skills for the sport. Breaking the framework of traditional sports training, it integrates practical theories of basic psychology and counselling, leveraging floor curling's unique characteristics of "low confrontation, high focus, and strong teamwork". It helps learners go beyond the limitation of "only teaching movements", and truly understand the dual role of a floor curling counsellor — both an instructor of sports techniques and a guide for participants' emotional states.

Upon completion of the course, learners will not only be familiar with the basic techniques and teaching logic of floor curling, but also master actionable basic counselling skills. They will initially gain the practical ability to

課程簡介：

本課程專為對地冰壺運動感興趣，並希望初步掌握地冰壺心理輔導技能的青年設計。課程突破傳統運動培訓的框架，結合地冰壺運動「低對抗、重專注、講團隊」的獨特特性，融入基礎心理學、輔導學的實用理論，幫助學員跳出「只教動作」的局限，真正理解地冰壺輔導員的雙重角色——既是運動技術的傳授者，也是學員情緒狀態的引導者。

完成課程後，學員不僅能熟悉地冰壺的基礎技術與教學邏輯，更能掌握可直接落地的基礎輔導技巧，初步具備在地冰壺教學場景中，幫助學員調整比賽焦慮、建立團隊信任、緩解動作練習挫敗感的實際應用能力，成為市場上稀缺的「運動技術+心理支持」複合型康體人才。

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help participants adjust competition anxiety, build team trust, and ease the frustration from movement practice in floor curling teaching scenarios, becoming scarce "sports technique + psychological support" compound fitness professionals in the market.

Course Content

Module 1: Fundamentals of Floor Curling and Psychological Counselling

- Introduction to floor curling sportsmanship and team dynamics: Break down core values including teamwork, strategic thinking and fair play, and analyze their impact on team atmosphere.
- Basic psychological qualities and emotion management: Sort out the qualities required for floor curling participants such as stress resistance, concentration and emotional stability, and introduce practical basic emotion regulation methods.
- Counsellor's team role positioning: Clarify the core responsibilities of a counsellor as a psychological supporter, skill instructor, team coordinator, discipline maintainer and safety manager.

Module 2: Basic Psychology and Personal Growth

- Overview of psychological development in childhood and adolescence: Introduce the developmental characteristics of the two stages in cognition, emotion and social interaction, and sort out the key points for observing common behaviours in floor curling scenarios.
- Self-exploration and simple career planning: Guide learners to sort out their own interests, strengths and values, and master basic career guidance skills suitable for fitness

課程大綱：

模塊一：地冰壺運動與心理輔導基礎

- 地冰壺運動精神與團隊動力簡介：拆解團隊合作、策略思考、公平競爭等核心價值，分析其對團隊氛圍的影響
- 基礎心理素質與情緒管理：梳理地冰壺參與者所需的抗壓力、專注力、情緒穩定性等素質，介紹實用基礎情緒調節方法
- 輔導員團隊角色定位：明確輔導員作為心理支持者、技能指導者、團隊協調者、紀律維護者、安全管理者的核心職責

模塊二：基礎心理學與個人成長

- 兒童、青少年心理發展概述：介紹兩個階段認知、情感、社交層面的發展特點，梳理地冰壺場景下的常見行為觀察要點
- 自我探索與簡單生涯規劃：引導學員梳理自身興趣、優勢與價值觀，掌握適合康體輔導場景的基礎生涯引導技巧
- 輔導員工作價值觀培養：建立學員對崗位的認同感，樹立包容心、責任感、同理心與基礎專業精神

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counselling scenarios.
- Cultivation of counsellors' work values: Build learners' sense of identity with the post, and foster an inclusive, responsible, empathetic and professional spirit.

Module 3: Introduction to Basic Counselling Theories and Skills
- Brief introduction to Humanistic Theory and Cognitive Behavioural Theory: Explain the core viewpoints of the two basic theories, and introduce practical applications combined with floor curling teaching and team guidance scenarios.
- Basics of active listening and empathetic expression: Teach actionable skills such as non-verbal communication and immediate feedback for active listening and empathetic expression.
- Basic interviewing skills and role-play practice: Practice basic interviewing actions including questioning, guiding and summarizing, and reinforce muscle memory through group role-play.
- Analysis of emotion and conflict cases: Break down common scenarios of emotional out-of-control and team disagreement, and teach standard response procedures.
- Simplified application of ABC Theory in sports psychology: Introduce the interdisciplinary basis of Basic Psychological Intervention after Adolescent Sports Injury, and explain the adjustment logic of "event-cognition-emotion" targeting the high-frequency scenario of "self-negation caused by throwing errors" in floor curling.
- Targeted case practice: For the scenario of "a team member develops

模塊三：基礎輔導理論與技巧入門
- 人本主義、認知行為理論簡介：講解兩大基礎理論核心觀點，結合地冰壺教學、團隊引導場景介紹實務用法
- 積極傾聽與共情表達基礎：教授非言語溝通、即時反饋等積極傾聽與共情表達的落地技巧
- 基礎面談技巧與角色扮演練習：練習提問、引導、總結等基礎面談動作，通過分組角色扮演強化肌肉記憶
- 情緒與衝突案例分析：拆解常見情緒失控、團隊意見分歧場景，教授標準應對流程
- 運動心理學 ABC 理論簡化應用：引入《青少年運動損傷後的心理干預基礎》跨學科依據，針對地冰壺中「投擲失誤導致自我否定」的高頻場景，講解事件-認知-情緒的調整邏輯
- 定向案例練習：針對「隊員多次投壺偏差產生抵觸情緒」場景，現場實踐積極傾聽疏導全流程

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resistance due to repeated throwing deviations", practice the whole process of active listening and counselling on site.

Module 4: Adaptation to Floor Curling Teaching Scenarios and Fundamentals of Explanation

- Common problems in basic skill training and counselling responses: Sort out common scenarios of beginners' technical bottlenecks and psychological pressure in floor curling, and provide corresponding counselling strategies.
- Role collaboration logic between coaches and counsellors: Clarify the responsibility boundaries of the two positions, and sort out the standard process of cooperation and connection in class.
- Integration method of explanation skills and psychological support: Teach the method of naturally embedding encouragement and state observation in movement explanations, so as to avoid the disconnection between technical teaching and emotional support.

模塊四：地冰壺教學場景適配與解說基礎

- 地基礎技能訓練常見問題與輔導應對：梳理地冰壺初學者常見的技術瓶頸、心理壓力場景，給出對應輔導策略
- 教練與輔導員角色協同邏輯：明確兩個崗位的職責邊界，梳理課堂中配合銜接的標準流程
- 解說技巧與心理支持融合方法：教授在動作講解中自然嵌入鼓勵、狀態觀察的方法，避免技術教學與情緒支持脫節

Module 5: Fundamentals of Professional Conduct and Ethics for Counsellors

- Confidentiality principle and boundary management basics: Explain the key points of implementing the confidentiality principle in the counselling process, and sort out the boundary management methods in communication with participants and information recording.
- Basic ethical issues in floor curling venues: Identify potential ethical risks in teaching such as conflict of interests and privacy protection, and master standard response strategies.

模塊五：輔導員專業操守與倫理基礎

- 保密原則與邊界管理基礎：講解輔導過程中保密原則的執行要點，梳理學員溝通、信息記錄中的邊界管理方法
- 地冰壺場域基本倫理議題：識別教學中可能遇到的利益衝突、隱私保護等倫理風險，掌握標準應對策略。

Internship Session

- Participate in the counselling of floor

實習環節

- 參與地冰壺基礎技能訓練輔導（至少 2

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curling basic skill training (no less than 2 hours): Learners need to participate in the counselling of floor curling basic skill training to practice the counselling skills they have learned.

- Assist coaches in basic explanation and psychological support (no less than 2 hours): Learners need to assist coaches in basic explanation and psychological support to improve their explanation ability and psychological support ability.

小時）：學員需參與地冰壺基礎技能訓練輔導，實踐所學輔導技巧。

- 輔助教練進行基礎解說與心理支持（至少 2 小時）：學員需輔助教練進行基礎解說和心理支持，提升解說能力和心理支持能力。

Who Should Attend

- Local Hong Kong youth who are interested in floor curling and want to work as counsellors
- Primary and secondary school teachers, social workers, and fitness practitioners who wish to add psychological support elements to their courses
- Active sports coaches who want to expand compound skills and improve their own competitiveness
- Event coordinators who plan to carry out floor curling community activities and campus promotion

適合對象：

- 對地冰壺運動感興趣，想入行做輔導員的本港青年
- 中小學老師、社工、康體從業員，想為課程加入心理支持元素
- 現任運動教練，想拓展複合技能，提升自身競爭力
- 計劃開展地冰壺社區活動、校園推廣的活動統籌人員

Course fee:
HKD 3,800
HKD 3,230 (HKFTU Member Discount)

Course Duration: 24 hours
Continuing Education Units：4 CEUs
Enquiry: (852) 2345 6286
E-mail: info@iptfa.com
Website: www.iptfa.com

課程費用：
HKD 3,800
HKD 3,230 (進修中心會員優惠)

課時： 24 小時
延續學份：4 CEUs 學分
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