

(NEW) WAHK / HKCAP CONTENT updated on 29 November, 2004

Part	(A) Sport General Theory	(B) Sport Specific Theory	(C) Sports Specific Practicum	(D) Service, Exam or Qualification Required
Level 1	HKCC* Course	<ol style="list-style-type: none"> 1. Intermediate Instructor Theory 2. Basic Race Management / ISAF - Racing Rules of Sailing Theory 3. Race & Coaching Techniques I Theory 4. Outdoor Physical Fitness Theory 	<ol style="list-style-type: none"> 1. Intermediate Instructor Practical 2. Basic Race Management / ISAF - Racing Rules of Sailing Practical 3a. Race & Coaching Techniques I Practical 3b. Finish 6 Circuit Races 4. Outdoor Physical Fitness Practical 	<ol style="list-style-type: none"> 1a. Intermediate Instructor Exam 1b. Conduct 4 Intermediate course 2a. Basic Race Management / ISAF - RRS Exam 2b. Either Race management official for 2 Circuit or as Race Officer for 4 days in Fleet Race or at Club Level with minimum 15 racers. 3. Race & Coaching Techniques I Exam 4. Outdoor Physical Fitness Exam
Level 2	HKCC Course	<ol style="list-style-type: none"> 1. Intermediate Race Management Theory 2. Race and Coaching Techniques II Theory 3. Basic Fitness and Injury Prevention Theory 4. Power Boat Rescue Theory 5. Basic Meteorology and Strategy 6. Intermediate ISAF-Racing Rules of Sailing 	<ol style="list-style-type: none"> 1. Intermediate Race Management Practical 2a. Race and Coaching Techniques II Practical 2b. Finish in top 40th Overall Raceboard Class year ranking or Top 15 Overall Raceboard Class event ranking twice 3. Basic fitness and Injury Practical 4. Power Boat Rescue Practical 	<ol style="list-style-type: none"> 1a. Intermediate Race Management Exam 1b. As Race Officer for 1 circuit 2. Race and Coaching Techniques II Exam 3. Basic fitness and Injury Exam 4. Power Boat Rescue Exam 5. Basic Meteorology and Strategy Exam 6. Intermediate ISAF - RRS Exam
Level 3	HKCC Course	<ol style="list-style-type: none"> 1. Advanced Power Boat Rescue Theory 2. Preparation of Annual Training Plan 3. Intermediate Meteorology and Strategy 4. Advanced ISAF-Racing Rules of Sailing 5. Competition Tactics 	<ol style="list-style-type: none"> 1. Advanced Power boat Rescue Practical 	<ol style="list-style-type: none"> 1. Advanced Power Boat Exam 2. Preparation of Annual Training Plan Exam 3. Intermediate Meteorology and Strategy Exam 4. Advance ISAF - RRS Exam 5. Competition Tactics Exam

*HKCC – Hong Kong Coaching Committee, for further details of “Part A – Sport General Theory”, please browse the HKSI Website [The Hong Kong Coaching Committee\(HKCC\)](http://www.hkcc.org.hk)