



Mandatory

Continued Professional Development Manual

for Registered Members

First Edition – Aug 2025

Introduction

With the introduction of a Sports Therapy Degree in Hong Kong in 2012 and graduates beginning to practice in 2016, the development of the sports therapy profession is being recognized more widely by various sports sectors as well as the community sector.

The understanding of technological development, practical skills and knowledge are the core requirements for sports therapists to manage changes of medical trends and in either on-field or clinical conditions as well as providing evidence-based intervention or education to the public.

It is believed that continued professional development (CPD) can be a tool to assist sports therapist to develop their lifelong learning plan to maintain a safe and competent environment in the sports and medical fields. Especially when working in specialty areas like sports field emergency care, children, elderly, pregnancy, CPD scheme becomes a safeguard to ensure providing a safe service for both therapists and the service users. Therefore, the participation of CPD is a mandatory continuous act for all sports therapists throughout their life.

Objectives of Mandatory CPD Scheme

Objectives of mandatory CPD are:

- i. Encourage registrants to be up-to-date in their career while maintaining knowledges and skills.
- ii. Enhance future capabilities in registrants' future career development.
- iii. Prove registrants possess necessary personal qualities to execute professional and technical duties in an ethical manner.

Mandatory CPD Cycle

Only ***Category A – Registered Members** are required to report their CPD assessment in every CPD year, but all members are encouraged to maintain their sports therapy related service quality by self-participating in the CPD activities mentioned in the list below.

A CPD year is a 12-month cycle starting from **1st July of the start/renewal of the STAoHK membership to 30th June next year** before the end of their yearly membership (e.g 1st July 2024 – 30th June 2025). In general, **32 CPD hours (Simply, 1 hour = 1 CPD hour)** are needed for each registrant to fulfill the yearly requirement.

It is the responsibility of registrants and other related personnels to record and calculate the hours that have taken place. Any exceeded CPD hours in each CPD cycle **will not be** carried to the next CPD cycle.

For CPD Courses that are not accredited by STAoHK, the hours of CPD will be only count by 50%.

*This requirement also applies to any Category B Members has a professional indemnity insurance under the Association bundle.

The list below are activities registrants should attend to accumulate their CPD hours:

Items	Description of activity
i. Lecture/Course/Seminar	Must be accredited by STAoHK, either online or live.
ii. Present in conferences/professional meeting	Must be accredited by STAoHK, either online or live.
iii. Participating in publication related to sports therapy	Articles published in professional journal / textbook / editorial column (English/Chinese).
iv. Exchange in professional sports team	Supervisor with 2 years or more experience in sports therapy or related field
v. Teaching sports therapy related programme	Must be accredited by STAoHK committee
vi. Post-graduation studies	Post-graduate studies (HKQF Level 6 or equivalent) in academic institute related to sports therapy or medicine leading to higher qualifications (except studies in different medical or allied health disciplines)
vii. In-service training	Internal sports therapy related CPD training offered by the employer/Department Head with evidence. <ul style="list-style-type: none"> i. Min 3 pax. ii. Present of attendance record. iii. Evidence of used presentation/teaching materials.
viii. Volunteer for STAoHK	Participate as a volunteer of STAoHK and have serviced maximum 16 hours in the past 12 months.

The registrants are required to keep their CPD record and documentary proof for **at least 6 years**. Upon requesting by the Association, registrants should submit their evidence to the association for processing by email: enquiry@staohk.org

Mandatory CPD Scheme for Registered Sports Therapists (STAoHK-Reg)

CPD Record form

FROM 1 JULY _____ TO 30 JUNE _____

Date Attended	CPD code (if have)	Title of CPD Activity	CPD hours Attained

Total number of CPD hours attained: ()

1. The registrants are required to keep their CPD record and documentary proof for **at least 6 years**. Upon requesting by the committee, registrants should submit their evidence to the committee for processing.
2. **Minimum of 32 CPD hours** are needed for each registrant to fulfill the yearly requirement.

Name: (Full name in HKID card): _____ Date: _____

Registration no: _____ Signature: _____