

## 教練發展 Coach Development

### 教練級別評定計劃

為了提升本地教練的專業發展和認受性，以及鼓勵他們持續進修，香港教練培訓委員會推出了一項新的「運動教練理論基礎證書」課程，取代舊有在「教練級別評定計劃」下的運動通論（甲部）課程。新課程於二零一四年六月開辦，第一屆共有30位學員，包括教練、前精英運動員及體育界同業，並於二零一四年七月七日於體院舉行開學禮。為期半年的證書課程提供10個必修科目，如教練理論、解剖學與人體、運動生理調適、預防與處理運動創傷、運動心理技能，以及體適能測試與評核等。另外，學生需完成合共30小時的實習及兩小時實習前輔導簡介。於香港教練培訓委員會曾取得相關認可資歷的學員可獲豁免部份課程。

新課程獲香港學術及職業資歷評審局資歷架構認可為第二級，內容經特別設計，一方面為教練提供改善教練培訓成效的機會，另一方面讓他們透過香港資歷架構認可的課程，提升其專業資格。

### 教練總監論壇

香港教練培訓委員會於二零一四年四月四日及十月二十日分別舉行兩次教練總監論壇，共吸引超過80名體育總會代表參加。論壇集中探討香港學術及職業資歷評審局的資歷架構，以及新開辦的「運動教練理論基礎證書」課程對提升本地教練專業發展的功用，並為體育總會的教練總監提供互相交流的機會。

### Coach Accreditation Programme

To enhance the development and accreditation of coaches, and to encourage the continuing education of coaches in Hong Kong, the Hong Kong Coaching Committee (HKCC) introduced a new course, called “Foundation Certificate in Sports Coaching Theory”, to replace the Sports-General Theory Course (Part A) under the Coach Accreditation Programme. The first class started in June 2014, with 30 students, including coaches, ex-athletes and in-service personnel from the sports sector, with the first assembly held on 7 July 2014 at the HKSI. The course, which lasts half a year, has 10 modules, such as Coaching Principles, Anatomy and Human Body, Physiological Adaptations to Exercise, Prevention and Management of Sports Injuries, Psychological Skills in Sports, and Fitness Tests and Assessments. In addition, students are required to undergo a 30-hour practicum, plus two hours of pre-practicum briefings. Module exemption is granted to students who have acquired relevant accredited qualifications from the HKCC.

The new course has been accredited by the Hong Kong Council for Accreditation of Academic & Vocational Qualifications (HKCAAVQ) and is recognised as equivalent to Level 2 under the Qualifications Framework (QF). It is designed to provide coaches with an opportunity to improve their coaching effectiveness while also upgrading their professional qualifications through a validated programme under the Hong Kong Qualifications Framework.

### Coaching Directors Forum

Two Coaching Directors Forums were held on 4 April and 20 October 2014, attracting over 80 representatives from NSAs. The focus of the Forums was on the HKCAAVQ Qualifications Framework and how the new “Foundation Certificate in Sports Coaching Theory” course can help enhance the professional development of coaches in Hong Kong. The forums also provided an opportunity to enhance communication among the coaching directors from different NSAs.



新推出的「運動教練理論基礎證書」課程獲資歷架構認可，協助教練提升專業資格。

The new QF-accredited “Foundation Certificate in Sports Coaching Theory” course enables coaches to upgrade their professional qualifications.

## 教練延續培訓計劃

自一九九二年起，香港教練培訓委員會一直透過教練延續培訓計劃舉辦工作坊及研討會，協助認可教練掌握最新的理論與專門知識，並藉此促進教練間的意見交流。在二零一四/一五年度，委員會主辦或協辦了五次講座，吸引超過1,200名認可教練參加。講座的主題包括：

- 運動禁藥研討會 - 探討二零一五年新世界運動禁藥條例法規
- 穴位按摩對運動復康的應用
- 運動處方 - 認識及預防上肢的運動風險

## 教練培訓社區推廣計劃

教練培訓社區推廣計劃於二零零四年推出，旨在提高公眾對教練培訓及專業教練資格的認識。此計劃對協助和培育有志投身運動教練行列的人士發揮重要的作用。

二零一四年七月二十二日至二十五日，香港教練培訓委員會應康樂及文化事務署的邀請，為超過200名運動領袖舉辦講座，講解一系列議題，包括教練的角色、教練的專業守則，以及剛獲資歷架構認可的「運動教練理論基礎證書」課程。透過這項豐富且具啟發性的活動，學員增進了對本地教練培訓系統的認識。



教練延續培訓計劃為認可教練舉行講座，讓他們掌握最新的理論和專門知識。Seminars are organised under the Continuing Coach Education Programme for accredited coaches to update their theoretical knowledge and practical expertise.

## Continuing Coach Education Programme

Since 1992, the HKCC has organised a series of workshops and seminars through the Continuing Coach Education Programme, with the objective of providing opportunities for accredited coaches to update their theoretical knowledge and practical expertise, as well as enhancing exchange of ideas. Five seminars were organised or supported by the HKCC in 2014/15, attracting over 1,200 accredited coaches. The seminar themes were as follows:

- Anti-doping Seminar on New 2015 World Anti-doping Code
- Concept and Application of Acupressure in Sports Massage
- Exercise Prescription - Identification and Prevention of Exercise Risks

## Community Education Programme

The Community Education Programme, launched in 2004, was designed to enhance public awareness of the importance of sports coaching and the value of coaching qualifications. The Programme plays an important role in supporting and nurturing individuals who are interested in sports coaching.

The HKCC was invited by the Leisure and Cultural Services Department to provide lectures to over 200 sports leaders from 22 to 25 July 2014 on the role of coaches, the coaches' code of conduct, and the newly QF-accredited "Foundation Certificate in Sports Coaching Theory" course. Through the informative and thought-provoking event, the students gained an in-depth understanding of the coaching system in Hong Kong.



教練培訓社區推廣計劃對培育有志投身運動教練行列的人士十分重要。The Community Education Programme plays an important role in nurturing individuals interested in sports coaching.

## 香港優秀教練選舉

2014香港優秀教練選舉頒獎典禮於二零一五年四月二十六日在體院舉行，嘉許共109位本地教練。這項一年一度的選舉旨在表揚一眾教練帶領香港運動員在國際體壇勇創佳績的貢獻。今屆選舉共接獲超過160份提名，競逐六大組別的獎項。

全年最佳教練獎一向是最矚目的獎項。單車教練沈金康憑著帶領李慧詩於亞運會凱琳賽及爭先賽摘下歷史雙金，第八度獲得個人項目高級組全年最佳教練獎榮銜。壁球教練趙詠賢和硬地滾球教練郭克榮則雙雙獲頒團體項目高級組全年最佳教練獎。

青少年組方面，武術教練羅健強首次榮膺個人項目全年最佳教練獎，而三項鐵人教練溫樹華則首度登上團體項目全年最佳教練寶座。

滑浪風帆教練艾培理獲頒優秀服務獎，以表揚他25年來培育香港滑浪風帆運動員的重大貢獻，包括訓練多位青少年及成年世界冠軍、亞運金牌得主，以及香港至今唯一的奧運金牌得主李麗珊。

此外，足球教練陳曉明獲頒發最佳教練培訓工作者獎，以表揚他多年來對推動足球發展不遺餘力的付出。最佳隊際運動教練獎則由欖球教練備加力獲得；在他帶領下，香港七人欖球男子隊於2014亞洲七人欖球系列賽登上總排名榜首。本年度共有82位精英教練獎得主，另有26位教練獲頒社區優秀教練獎。

這項一年一度的體壇盛事由香港教練培訓委員會自一九九三年開始舉辦，是本港唯一嘉許社區以至精英層面教練的全港性運動教練選舉。

## Hong Kong Coaching Awards

A total of 109 coaches were honoured at the 2014 Hong Kong Coaching Awards Presentation Ceremony, held at the HKSI on 26 April 2015. The aim of the annual Awards is to recognise the contribution of coaches in leading Hong Kong athletes to success in the international sporting arena, and also in developing sports at the community level. Over 160 nominations were received for honours in six categories.

The Coach of the Year Award was again the highlight of the Presentation. Cycling coach Shen Jinkang claimed his eighth Coach of the Year title in the senior athletes, individual sport category, in recognition of Lee Wai-sze's historic double gold in the keirin and sprint events at the Asian Games. Squash coach Chiu Wing-yin Rebecca and boccia coach Kwok Hart-wing both received Coach of the Year Awards in the senior athletes, team event category.

Wushu coach Law Kin-keung collected his first Coach of the Year honour in the junior athletes, individual sport category, while triathlon coach Wan Shu-wah earned his first title in the junior athletes, team event category.

The Distinguished Services Award for Coaching was presented to Rene Appel, for his contributions to the development of Hong Kong windsurfing athletes spanning 25 years, during which multiple junior and senior world champions, Asian Games champions and Hong Kong's only Olympic champion to date, Lee Lai-shan, were trained.

Football coach Chan Hiu-ming won the Coach Education Award for his long-term commitment to the sport. The Best Team Sport Coach Award went to rugby coach Gareth Baber, who led the men's rugby sevens team to first place in the final ranking of the ARFU Asian Sevens Series 2014. The Coaching Excellence Award was presented to 82 coaches, while 26 coaches were presented with the Community Coach Recognition Award.

Organised by the HKCC since 1993, the annual Coaching Awards is the only territory-wide programme awarding the achievements of local coaches from community to elite levels.



2014香港優秀教練選舉嘉許逾百名本地教練的傑出成就及對體育界的貢獻。

The 2014 Hong Kong Coaching Awards recognised over 100 coaches for their outstanding achievements and contribution to Hong Kong sports.



## 資助體育總會

香港教練培訓委員會於年度內共撥出90萬港元予代表48個項目的47個體育總會，籌辦共107項短期教練培訓及獎勵計劃，當中包括九個海外課程、65個本地課程及33個教練獎勵計劃，共有約4,000名教練受惠。

## 運動訓練教育學士學位課程

由北京體育大學（北體大）開辦，並由體院負責行政工作的運動訓練教育學士學位課程是本港首個運動訓練教育學位課程，旨在為教練及運動員提供從事精英運動培訓所需的知識和技巧，藉此提高香港的教練水平。

課程為期五年，合共有25個必修科目，包括運動心理、運動營養學、體育統計學，以及運動訓練相關的行政工作等。課程的資歷等同於中國內地取得的學位，並廣受包括美國、加拿大及澳洲在內的國家承認。

二零一四年十月二十一日，六名修讀該課程的優異學員獲頒共3萬港元獎學金，以表揚他們於二零一三/一四學年的卓越成績，當中包括於仁川2014亞運會勇奪一面銅牌的田徑運動員鄧亦峻，充份體現運動員「體」、「學」兼優的努力獲得認同。

自一九九九年取錄首批學員起，這項兼讀制學位課程成功培育了不少本地精英運動員及專業教練。截至二零一五年三月三十一日為止，共有69名學員修畢該課程。

## Funding Support to NSAs

During the year, a total subvention of HK\$0.9 million was provided by the HKCC to 47 NSAs, representing 48 disciplines, to organise 107 short-term coach education and recognition programmes. These included nine overseas courses, 65 local courses and 33 coach recognition programmes, which collectively benefited around 4,000 coaches.

## Undergraduate Course in Sports Training

Organised by Beijing Sport University and administered by the HKSI, the Bachelor of Education in Sports Training Programme is Hong Kong's first degree course in sports training. Its goal is to professionally develop sport-specific coaches and athletes, as well as to provide quality coaches for Hong Kong sports.

The five-year course consists of 25 modules, comprising sports psychology, sports nutrition, statistics in sports, and administration in sports training. The qualification is equivalent to a degree in the Mainland and is widely recognised by countries such as the United States, Canada and Australia.

In recognition of outstanding achievements for the 2013/14 academic year, on 21 October 2014 six students under the Programme were presented with scholarships totalling HK\$30,000. The scholarship recipients included elite athletics competitor Tang Yik-chun, who won a bronze medal at the Incheon 2014 Asian Games, demonstrating excellence in both sports and academic achievements.

Since its first Hong Kong intake in 1999, the part-time degree programme has nurtured many elite athletes and professional coaches in Hong Kong, with a total of 69 students having completed the course as at 31 March 2015.



六名修讀北體大課程的優異學員獲頒獎學金，以茲鼓勵。

Six students in the Beijing Sport University Undergraduate Programme were presented with scholarships in recognition of their outstanding performance.