

圖書館收藏了超過1萬4,690冊中英文書籍、2,560項視聽資料、500份期刊及1,300份由SPORTDiscus收錄的電子期刊，內容涵蓋運動科學及運動醫學、教練學、體育及康樂。此外，圖書館又提供網上資源，包括網上目錄、研究報告、研究摘要及其他互聯網資源。為幫助使用者充份利用這些資源，圖書館亦提供諮詢服務、館際互借服務、視聽器材設備及閱覽區。現時，圖書館提供兩個電子數據資料庫，分別是EBSCOhost的SPORTDiscus及萬方數據資料庫。SPORTDiscus全文數據庫備有索引，可查閱超過530份編入索引並可追溯至一九八五年的期刊，內容涵蓋各種有關運動的題材。萬方數據資料庫內設有兩個數據庫可供檢索，分別是「中國學位論文全文數據庫」及「中國數字化期刊」，提供摘要及PDF格式的中文全文。

體育資訊中心亦為精英訓練科技科負責的國際關係及特別項目提供重點支援，如統籌和安排各項探訪及交流活動、籌備體院每年一度的國際科學研討會，以及為體院的科研及出版工作提供行政及技術支援等。

The library houses over 14,690 Chinese and English books, 2,560 audio-visual items, 500 printed journals and 1,300 e-journals from SPORTDiscus, covering sports science and sports medicine, coaching, physical education and recreation. A host of online resources are also available, including online catalogues, research reports, research highlights and other Internet resources. To help users fully benefit from this breadth of information, the library provides reference services, Interlibrary Loan Services, audio-visual viewing facilities and reading areas. The library provides two electronic databases: EBSCOhost's SPORTDiscus with Full Text, and Wanfang Data. SPORTDiscus provides indexed, full-text access to more than 530 journals dating back to 1985, covering all aspects of sports. Wanfang Data comprises two databases, the "China Academic Dissertations Full-Text Database" and "China Digitised Journals", both of which provide both abstracts and full-text Chinese articles in PDF format.

The Sports Information Centre also plays a key role in the coordination and management of a broad range of international relations initiatives and special projects within the Elite Training Science & Technology Division, such as visits and exchanges, organising the HKSI's annual International Scientific Symposium, and providing administrative and technical support for the HKSI's scientific research and publications.

## 運動員發展 Athlete Development

### 個人/社交發展計劃

運動員事務部因應體院獎學金運動員的特別需要，制訂不同的支援計劃，照顧他們在社會、個人及職業技能等重要範疇的發展需要，讓這些具天賦的運動員全情投入精英訓練生活。

在二零一三/一四年度，運動員事務部為50名運動員提供學業輔導服務，協助他們報讀本地大學，當中41名運動員獲得取錄。

年度內，部門亦為789名獎學金運動員舉辦了36次工作坊，提供不同範疇的學習機會，包括形象指導、時間管理、團隊建立技巧、確立目標、公眾演講，以及溝通及傳媒處理技巧等。此外，又為71名運動員安排不同類型的體驗活動，包括皮革製作、夏威夷小結他演奏、非洲鼓賞析和音樂剪輯等，讓他們得到多元化的學習經驗，擴闊眼界。

### Personal/Social Development Programmes

The Athlete Affairs Department supports the special needs of HKSI's gifted Scholarship Athletes through a number of programmes designed to enable them to fully dedicate themselves to an elite training lifestyle, without neglecting important social, personal and vocational developmental needs.

In the 2013/14 fiscal year, 50 athletes were provided with educational support for admission to local universities, of which 41 were offered a place.

A total of 36 workshops were organised during the year for 789 Scholarship Athletes, offering them with a variety of learning opportunities in areas such as image building, time management, team building, goal setting, public speaking, and communication and media-handling skills. A variety of experiential activities were organised for 71 athletes, including leather making, ukulele playing, djembe appreciation and music editing, to offer them different learning opportunities.

體院於二零零八年推出的精英教練工作體驗計劃，旨在協助精英運動員轉職至專業教練工作提供支援。計劃為準備在兩年內退役的精英運動員提供參與精英培訓工作的機會，建立教練技巧和汲取實質工作經驗。在二零一三/一四年度，體院得到香港西區隧道有限公司的慷慨支持，給予現金38萬港元成為計劃的冠名贊助機構，並於二零一三年九月二十五日舉行支票移交儀式。

To help elite athletes' transition to a career in sports coaching, the HKSI Elite Coaching Apprenticeship Programme was implemented in 2008, providing elite athletes who have plans to retire in the coming two years with an opportunity to develop coaching skills and gain practical coaching experience in preparation for their post-athletic retirement. In 2013/14, Western Harbour Tunnel Company Limited confirmed its title sponsorship of the programme with a cash sponsorship of HK\$380,000. An announcement was made at a cheque-presentation ceremony on 25 September 2013.



體院為運動員舉辦多元化的工作坊、體驗活動、社交發展計劃和學校外展活動，讓他們得到不同的學習經驗。  
A wide variety of workshops, experiential activities, social development programmes and school outreach activities were organised for athletes, offering them different learning opportunities.



精英教練工作體驗計劃協助即將退役的精英運動員建立教練技巧和汲取實質工作經驗，為退役後的事業作好準備。  
The Elite Coaching Apprenticeship Programme helps retiring elite athletes develop coaching skills and gain practical experience in preparation for a post-athletic career.

由民政事務局及康樂及文化事務署主辦、教育局和體院協辦的學校體育計劃推廣主任先導計劃自二零一二年九月推出以來，一直為退役運動員提供與運動有關的工作經驗，鞏固他們日後的職業發展。年度內，體院推薦了三名退役運動員於三間學校擔任學校體育計劃推廣主任。截至二零一四年三月三十一日，學校體育計劃推廣主任的總數增加至15名。

由中國香港體育協會暨奧林匹克委員會及體院合辦的2014奧林匹克主義體驗營於二零一四年二月十一日至十三日舉行。為期三日的住宿體驗營吸引了來自12個精英體育項目的30名運動員參加，透過課堂、團隊遊戲及小組報告，讓他們學習奧運會的歷史、奧林匹克主義的核心價值、香港的體育架構及體制、運動營養及心理學、運動禁藥及傳媒關係等知識，以提高精英運動員的自我價值和身份認同。

年度內，部門繼續與本港的體育機構、院校及社會各界緊密聯繫，確保各項重要的支援計劃得以順利及成功舉行；此外，亦與多個主要教學團體探討不同方案，為在學運動員提供具彈性的優質教育服務，以便他們接受全職訓練。

此外，體院於二零一四年三月二十五日為本地中學舉辦以「精英運動員的教育支援」為題的分享會，並藉此平台邀請參與中學參加於二零一四/一五年度推出的「精英運動員友好學校網絡」。



學校體育計劃推廣主任先導計劃為退役運動員提供與運動有關的工作經驗，鞏固他們日後的職業發展。

*The School Sports Programme Coordinator Pilot Scheme offers retired athletes the opportunity to gain sports-related work experience as part of their future career development.*

Launched in September 2012, the School Sports Programme Coordinator (SSPC) Pilot Scheme, organised by the Home Affairs Bureau, and the Leisure and Cultural Services Department, and coorganised by the Education Bureau and the HKSI, continued to provide retired athletes with opportunities to receive sports-related work experience as part of their future career development. In 2013/14, three retired athletes were recommended by the HKSI to work as SSPCs in three secondary schools, raising the total number of SSPCs to 15 as at 31 March 2014.

Jointly organised by the Sports Federation & Olympic Committee of Hong Kong, China and the HKSI, the 2014 Olympism Camp was held from 11 to 13 February 2014. The three-day residential camp attracted 30 serving athletes from 12 elite sports, who received an introduction to the history of the Olympics, the core values of Olympism, Hong Kong's sports structure, sports nutrition and psychology, anti-doping and media relations through various lectures, team-building games and presentations to enhance their self-value and sense of identity as elite athletes.

Throughout the fiscal year, the Department also worked closely with local sports organisations, educational institutions and community agents to ensure the smooth and effective operation of its key support programmes. Options for providing quality, flexible education services to facilitate the full-time training of student athletes were explored with key education bodies.

A school sharing session for local secondary schools with the theme "Elite Athlete Education Support" was held on 25 March 2014 at the HKSI and served as a platform to invite schools to join the "Elite Athlete-friendly School Network" to be launched in 2014/15.



奧林匹克主義體驗營透過課堂、團隊遊戲及小組報告，提高精英運動員的自我價值和身份認同。

*The Olympism Camp aims to enhance elite athletes' sense of self-worth and identity through various lectures, team-building games and presentations.*