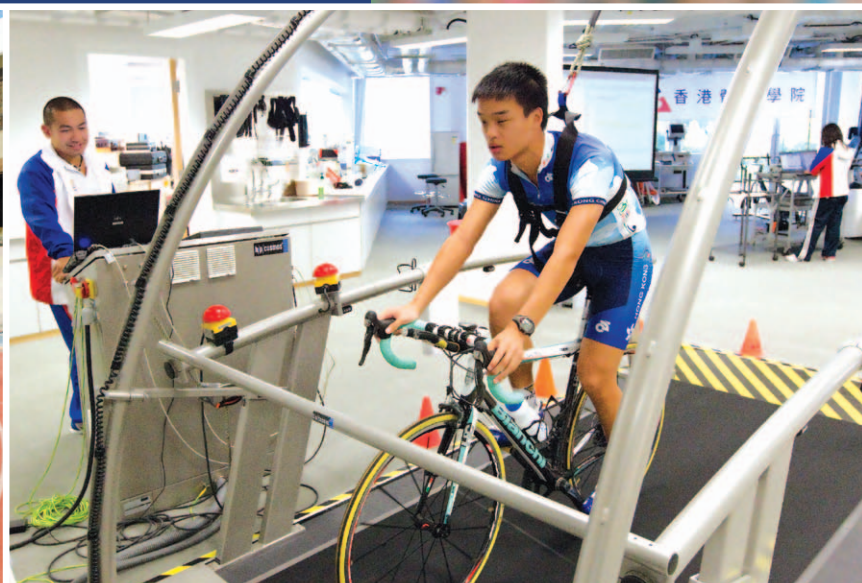


# 精英訓練支援 Elite Training Support







## 體院21世紀精英培訓系統 HKSI's 21<sup>st</sup> Century Elite Training System

精英運動員在體育事業上的成就，往往是多種複雜因素相互影響下的結果，因此要取得最佳成效，必須依靠系統化的訓練支援，以達致高水平的競技表現。在協助運動員發揮潛能的過程中，除講求運動員本身的天份及專業的教練培訓外，還需要配合一個全面的支援系統，以減低受傷的風險及提高訓練成效。這個系統必須具備以科學和實證為本的長遠目標，確保從運動選材的最初階段，以至到達巔峰期及往後的各個時期，均能提供完善的支援。

體院的精英體育系統架構綜合政策/管理及科學元素，創設出一套21世紀精英培訓系統（圖一）。這系統以運動員為中心，外圍一方面以最佳管治原則作為規限，另一方面則以綜合生物心理社會模式的科學原則設定基礎。以綜合生物心理社會模式為基礎的運動員發展系統了解影響運動員發展的各種生物、心理及社會文化因素，以及各因素之間的複雜互動關係。體院的架構旨在提供集中而全面的支援系統，以針對運動員在生理、心理、社交及個人發展等方面的需要而提供有關的精英訓練支援服務。

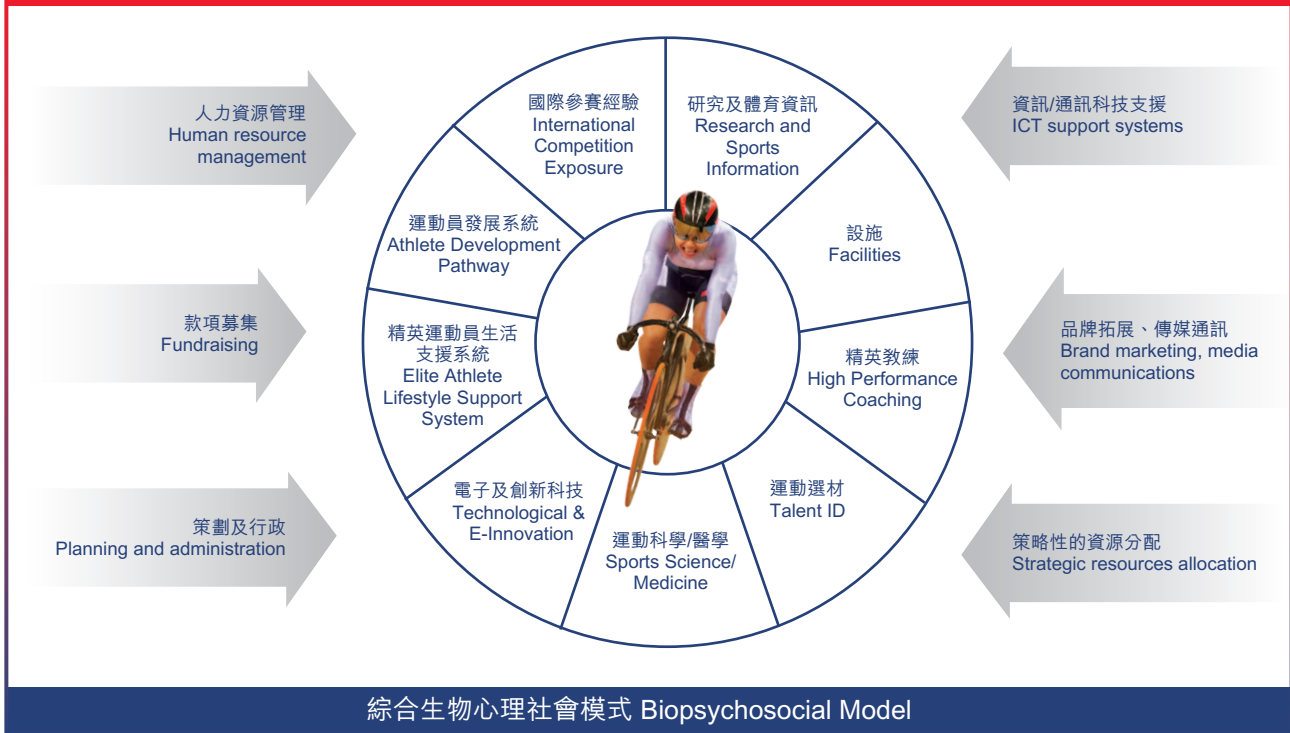
直接關乎精英運動員系統化發展的關鍵成功因素顯示於圖一中的圓形內，而非直接關乎個別運動員發展但有助提升精英培訓系統水平的活動，則顯示在圓形外。

Individual success in elite sport depends on a systematic approach to optimise the complex interplay of the multiple factors that drive high-level performance. In addition to individual talent and expert coaching to facilitate that talent, the process of helping a gifted athlete reach his or her full potential requires a comprehensive support infrastructure to minimise risk and maximise results. It also demands a scientific, evidence-based, long-term commitment from the earliest stages of talent identification all the way through to the athlete's peak performance years and beyond.

The HKSI's elite sport system framework combines policy/management and science models to articulate a 21<sup>st</sup> century elite training delivery system (Figure 1). It is an athlete-centred system bounded by best practice principles of corporate governance on the one hand, and the scientific principles of the biopsychosocial model on the other. The biopsychosocial model of athlete development recognises the complex interaction of biological, psychological and socio-cultural factors which impact on athlete development. The HKSI is structured to provide centralised, integrated support systems targeting all aspects of the athletes' physiological, psychological, social support, and personal development needs.

The critical success factors, which are directly related to the systematic development of elite athletes, are portrayed inside the circle in Figure 1, while support activities which are not directly related to individual athletes' development, but which improve the provision and efficient functioning of the elite training system are portrayed outside the circle.

## 最佳管治 Best Practice Governance



圖一：香港體育學院21世紀精英培訓系統  
Figure 1: 21<sup>st</sup> Century Elite Training System at the HKSI

## 體育資助 Funding Support

### 對運動員的直接財政資助

財政資助對運動員爭取佳績起著重要作用，政府透過體院執行本地精英培訓的工作，進一步加強對精英運動員的支持，並於二零一一年成立70億港元的精英運動員發展基金，為體院運作提供穩定而長遠的財政資助，讓運動員在安穩的經濟環境下專心受訓，在國際體壇為港爭光。

在二零一二/一三年度，體院透過四項直接資助計劃向797名運動員提供資助，總額達5,969萬港元，較上一年度增加12%：

- 精英體育項目及個別精英運動員資助計劃下之體育項目的692名運動員
- 其他體育項目的49名運動員
- 香港殘疾人奧委會暨傷殘人士體育協會及香港弱智人士體育協會的56名運動員

### Direct Financial Support to Athletes

Funding support has played a pivotal role in athletes' success. In 2011 the Government underscored its ongoing support for elite athletes through the HKSI as its elite sport delivery agent with the establishment of the HK\$7 billion Elite Athletes Development Fund, offering the HKSI a stable, long-term source of future funding for its operations and providing elite athletes with a financially stable environment, facilitating an uninterrupted focus on training and competitions in the international sporting arena.

In 2012/13, the HKSI offered HK\$59.69 million, more than a 12% increase over the previous year, to 797 athletes under four Direct Financial Support (DFS) schemes comprising:

- 692 athletes from Elite Sports and sports supported under the Individual Athletes Support Scheme (IASS);
- 49 athletes from other sports; and
- 56 athletes from the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled (HKPC&SAPD) and the Hong Kong Sports Association for the Mentally Handicapped (HKSAM).