

## 教練發展 Coach Development

### 滙豐銀行慈善基金教練級別評定計劃

這項計劃為本港教練提供培訓並予以認可資格。課程分為三個級別，每級包括四個部份，當中甲部教授運動通論，由香港教練培訓委員會的行政辦事處——體院教練培訓部推行，而乙、丙及丁部則圍繞運動專項內容，由香港教練培訓委員會資助各體育總會舉辦。自一九九一年開始，香港教練培訓委員會已經透過這項計劃培訓了超過1萬5,000位教練。



一年一度的教練級別評定計劃獎學金頒獎禮於二零一二年三月九日舉行，表揚於二零一零/一一年度教練級別評定計劃運動通論課程中四位成績優異的教練。此外，五位由學員選出的傑出導師，於二零一二年三月十五日獲頒發優秀教學獎，表揚他們為計劃付出的努力及貢獻。

為了維持教練的質素及為認可教練提供清晰的途徑，以達到提升技術水平的目標，香港教練培訓委員會於二零零八年九月推出認可教練續領計劃。在此計劃下，於二零零八年九月一日前取得認可身份的教練，需於二零一二年年底前辦理續領。認可教練需在四年的有效期內累積足夠時數的教練延續培訓活動，以保持認可教練的身份。

列入教練延續培訓的活動包括參與由香港、內地或海外的認可體育或教育相關機構舉辦的課程、講座或工作坊（必須涵蓋最少兩個不同教練延續培訓的題目）；教授非專項體育項目課程或擔任有關講座的演講嘉賓；擔任體育總會內教練委員會成員（體育總會必須為中國香港體育協會暨奧林匹克委員會的會員）；或在非專項體育項目的書籍或期刊中發表著作或文章。

截至二零一二年三月，認可教練續領計劃共收到超過2,200份教練的申請。

### Hongkong Bank Foundation Coach Accreditation Programme

This three-level Coach Accreditation Programme (CAP) provides accreditation to, and development opportunities for, coaches in Hong Kong. Each level comprises four parts. Part A provides Sports-General Theory and is conducted by the HKSI Coach Education Department, the executive arm of the Hong Kong Coaching Committee (HKCC). Parts B, C and D consist of Sports-Specific components conducted by NSAs, with funding from the HKCC. Since 1991, the HKCC has trained over 15,000 coaches through the CAP.

The annual CAP Scholarship Presentation was held on 9 March 2012, when four coaches were awarded for their outstanding academic results in the 2010/11 CAP Sports-General Theory courses. Voted by CAP participants, five outstanding tutors were also recognised at the Quality Teaching Awards on 15 March 2012 for their hard work and dedication to the programme.

To maintain the quality of coaches and provide accredited coaches with a clear path in their aspiration for higher skill levels, the HKCC launched the Accredited Coach Renewal Scheme (ACRS) in September 2008. Under the ACRS, coaches who were accredited before 1 September 2008 will be due for renewal in 2012. Accredited coaches are required to accumulate sufficient hours of continuing coach education activities during the four-year period to maintain their accreditation status.

These continuing education activities include courses, seminars or workshops organised by recognised sports- or education-related bodies in Hong Kong, the Mainland or overseas that cover at least two different continuing coach education topics; teaching courses or serving as a speaker at seminars in non sports-specific areas; serving as a coaching committee member in an NSA which is affiliated to the Sports Federation & Olympic Committee of Hong Kong, China; or writing peer-reviewed books or journal articles in non sports-specific areas.

As at March 2012, the ACRS had received over 2,200 applications from CAP coaches.

## 滙豐銀行慈善基金 精英運動員教練培訓計劃

精英運動員擁有豐富的運動知識和經驗，是成為教練人才的重要人選。有見及此，香港教練培訓委員會於二零零七年設立滙豐銀行慈善基金精英運動員教練培訓計劃，透過特別設計的課程時間表，鼓勵運動員進修成為認可教練。課堂編排靈活，全面配合運動員緊密的訓練和比賽時間。

第五期的精英運動員教練培訓計劃於二零一一年十二月五日至二十三日舉行，為14位來自田徑、羽毛球、壁球、乒乓球及保齡球項目的運動員提供二級運動通論課程，考試合格及出席率達80%的運動員均獲頒證書。

自推行以來，共有54位精英運動員透過此計劃獲得運動通論資格。

## 滙豐銀行慈善基金教練總監論壇

二零一二年三月十五日，共30位來自不同體育總會的教練總監和代表出席滙豐銀行慈善基金教練總監論壇，就教練培訓發展交流意見。他們更出席於同日舉行的「保護兒童」講座，深入了解有關政策，以及國際和本地的最新發展。



滙豐銀行慈善基金精英運動員教練培訓計劃為希望進修成為認可教練的運動員提供靈活的課堂編排。

*The Hongkong Bank Foundation Elite Athletes Support Scheme in Coach Education provides flexible class arrangements for athletes who want to become accredited coaches.*

## Hongkong Bank Foundation Elite Athletes Support Scheme

With their sporting knowledge and experience, elite athletes are a prime source of future coaching talent. Recognising this valuable source of talent, the Hongkong Bank Foundation Elite Athletes Support Scheme in Coach Education (EASS) was set up in 2007 to encourage elite athletes to become accredited coaches by providing a tailor-made course schedule, along with greater flexibility in class arrangements to suit their tight training and competition schedules.

The fifth EASS was held from 5 to 23 December 2011, with a tailor-made Level 2 CAP course schedule arranged for 14 athletes from athletics, badminton, squash, table tennis and tenpin bowling. Athletes who passed the examination with an attendance rate of at least 80% were granted a certificate.

Since its inception, 54 elite athletes have gained the CAP qualification through this programme.

## Hongkong Bank Foundation Coaching Directors Forum

On 15 March 2012, 30 Coaching Directors and representatives from NSAs attended the Hongkong Bank Foundation Coaching Directors Forum, where they exchanged views and expertise on coaching practices. Participating coaches and administrators also attended a seminar on "Child Protection" to learn more about its related policies and latest international and local developments.



滙豐銀行慈善基金教練總監論壇  
Hongkong Bank Foundation Coaching Directors Forum



## 滙豐銀行慈善基金教練延續培訓計劃

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知識和實際經驗，以保持認可教練的質素，並為他們提供有效的平台，促進教練之間的互相溝通。在二零一一/一二年度，委員會合共舉辦了六次講座，吸引超過1,400名認可教練參加。講座的主題包括：

- 防止賄賂條例與運動教練的關係
- 咖啡因及其他營養補充劑對運動訓練的影響
- 運動員受傷後的逆境及壓力對策
- 上肢運動創傷的預防、處理及復康
- 保護兒童

## 滙豐銀行慈善基金教練培訓社區推廣計劃及滙豐銀行慈善基金教練入門課程

這兩項計劃於二零零四年推出，旨在提高公眾對教練培訓的認識。

因應二零零九年展開的3-3-4新學制，香港教練培訓委員會特別為新高中學生推出新模式的教練培訓社區推廣計劃，為新高中的「其他學習經歷」課程提供不同的學習機會，以啟發學生對運動培訓的興趣。兩項計劃均透過不同的講座，讓參加者了解教練培訓的重要性，並對香港的教練培訓制度及發展有概括的認識。

截至二零一二年三月，兩項計劃共吸引逾1,100位學生參加。



香港教練培訓委員會每年均為認可教練舉辦工作坊及研討會，以維持他們的質素。

*A series of workshops and seminars are arranged every year to help accredited coaches maintain their standards.*

## Hongkong Bank Foundation Continuing Coach Education Programme

The HKCC has been organising a series of workshops and seminars through the Continuing Coach Education Programme since 1992, aiming to provide opportunities for accredited coaches to update their theoretical knowledge and practical expertise, maintain the quality of accredited coaches, and provide an effective platform for coaches to communicate. Six seminars were organised in 2011/12, attracting over 1,400 accredited coaches. Seminar themes included the following:

- Preventing Corruption in Sports Coaching
- The Influence of Caffeine and Other Supplements on Sports Training
- Adversity of Injured Athletes and Stress Management
- Prevention, Treatment and Rehabilitation of Upper Limb Sports Injuries
- Child Protection

## Hongkong Bank Foundation Community Education Programme and Hongkong Bank Foundation Coach Orientation Programme

These two programmes, both launched in 2004, are intended to raise public awareness of the value and importance of sports coaching.

When the new 3-3-4 curriculum began in 2009, the HKCC also implemented a new mode of Community Education Programme for senior secondary students. This now serves as one of the "Other Learning Experiences" opportunities under the New Senior Secondary Curriculum with the aim of stimulating students' interest in sports coaching. Through various talks, participants learn about the importance of coaching and gain an overview of the coach education system and coach development in Hong Kong.

By March 2012, over 1,100 students had participated in these two programmes.



滙豐銀行慈善基金教練培訓社區推廣計劃旨在啟發學生對運動培訓的興趣。  
*The Hongkong Bank Foundation Community Education Programme aims to stimulate students' interest in sports coaching.*



## 滙豐銀行慈善基金學校教練培訓計劃

這項計劃由香港教練培訓委員會開辦，包括學校教練評定計劃及學校教練延續培訓計劃兩個部份，旨在為負責校隊及聯課活動的中、小學老師，特別是非體育科老師，提供正規教練培訓和考取認可資格的機會，從而提升學校教練的質素。

在體育總會的支持下，委員會於二零一一/一二年度內開辦了一系列的學校教練評定計劃暑期及冬季課程。

暑期課程於二零一一年七月十三日至二十九日期間舉行，來自118間本地中、小學的145名老師分別參加羽毛球、籃球、乒乓球及排球教練培訓課程。委員會於二零一一年七月二十九日假體院舉行了證書頒發儀式，嘉許表現出色的學員及向所有修畢課程的老師頒發出席證書。此外，在課程中表現優秀的11名學員獲頒發傑出表現獎，以表揚他們對學校體育培訓的熱誠與努力。冬季課程則在二零一一年十一月二日至十二月十七日期間舉行，共有65名來自57間中、小學的教師參加足球及曲棍球培訓課程。

學校教練評定計劃涵蓋運動通論和專項運動（理論及技術）兩個部份。課程出席率達80%的學員均可獲授出席證書。參加者於兩個部份的考試取得合格後，並於其後一年內在任教學校以義務形式完成30小時的相關運動專項訓練工作，即可獲發學校教練證書。計劃自一九九八年推出以來，共有超過2,200名老師參加11個運動項目的培訓課程。

在二零一零/一一年度，委員會革新了學校教練延續培訓計劃的模式，推出不同類型的講座，內容涵蓋運動培訓的不同題目與最新知識，獲得參與老師高度評價。在二零一一/一二年度內，委員會於二零一二年一月十四日舉行「學校環境常見運動創傷的預防及處理」講座，共有45位學校教練參加，學習辨識不同類型和程度的運動創傷之技巧與方法。

滙豐銀行慈善基金學校教練評定計劃為老師提供正規教練培訓和考取認可資格的機會。

*The Hongkong Bank Foundation School Coach Accreditation Programme provides school teachers with formal training and accreditation.*



## Hongkong Bank Foundation School Coach Education Programme

Organised by the HKCC, the Hongkong Bank Foundation School Coach Education Programme comprises the School Coach Accreditation Programme (SCAP) and the School Coach Continuing Education Programme (SCCEP). It aims to enhance the coaching standard of school teachers, especially non-PE teachers who work with sports teams and on co-curricular activities in primary and secondary schools, through formal training and accreditation.

With the support of NSAs, a series of SCAP summer and winter courses were held for different sports in 2011/12.

The summer courses were held from 13 to 29 July 2011. A total of 145 teachers from 118 local primary and secondary schools participated in a series of coaching courses, including badminton, basketball, table tennis and volleyball. A certificate presentation ceremony was held at the HKSI on 29 July 2011 to recognise the best performers and to present attendance certificates to all participating teachers who successfully completed the course. Eleven outstanding awards were also presented to recognise participants' enthusiasm and dedication to school sports. Winter courses were held for football and hockey from 2 November to 17 December 2011, attracting 65 local primary and secondary school teachers from 57 schools.

The SCAP comprises two parts, namely Sports-General Theory, and Sports-Specific Theory and Practical. Participants who achieve an 80% attendance rate are presented with an attendance certificate. Those who pass both parts of the examinations and complete a voluntary 30-hour practicum on a particular sport within a year are awarded a School Coach Certificate. Since its launch in 1998, the SCAP has benefited over 2,200 teachers through numerous courses covering 11 sports.

In 2010/11, the mode of the SCCEP was revamped, with the new School Coach Seminar covering different topics and current issues in sports coaching. The participating teachers' feedback was very positive. In 2011/12, a seminar entitled "Prevention and Treatment on Common Sports Injuries in the School Environment" was held on 14 January 2012 for 45 school coaches. The seminar introduced techniques and tips for identifying different types and levels of sports injuries.

學校教練講座涵蓋運動培訓的不同題目和最新知識。  
*The School Coach Seminars cover different topics and current issues in sports coaching.*





## 滙豐銀行慈善基金優秀教練選舉

2011滙豐銀行慈善基金優秀教練選舉頒獎典禮於二零一二年四月二十二日舉行，共有100位優秀教練獲得嘉許，以表揚他們在培育和發展香港運動員、協助他們在國際賽事上取得佳績所付出的努力。

選舉收到超過160份提名，角逐六大獎項類別，分別為優秀服務獎、全年最佳教練獎、最佳隊際運動教練獎、最佳教練培訓工作者獎、精英教練獎和社區優秀教練獎。

資深單車教練沈金康成為優秀服務獎的得主，表揚他多年來對香港單車運動的貢獻。沈教練自一九九四年擔任香港單車隊的教練以來，培育了不少世界級優秀運動員，帶領他們在不同的大型運動會及國際賽事中屢獲佳績。

本年度共有六位教練榮膺全年最佳教練獎。個人項目高級組全年最佳教練為智障人士游泳教練甘志豪及武術教練高聳；團體項目高級組全年最佳教練的殊榮則由乒乓球教練李惠芬與輪椅劍擊教練王銳基共同奪得。在青少年組方面，武術教練黃志光及壁球教練梁動輝分別獲選個人項目及團體項目的最佳教練。

另外，欖球教練戴里斯再度蟬聯最佳隊際運動教練獎，而多年來對本港草地滾球運動發展不遺餘力的香港草地滾球總會副會長（技術）林志堅則獲頒最佳教練培訓工作者獎。

本年度共有72位教練獲得精英教練獎，另有26位教練獲頒發社區優秀教練獎。

這項一年一度的體壇盛事由香港教練培訓委員會主辦，並於一九九三年起得到滙豐銀行慈善基金資助，是本港唯一嘉許來自社區以至精英層面的優秀運動教練的選舉。

## Hongkong Bank Foundation Coaching Awards

A total of 100 coaches were honoured at the 2011 Hongkong Bank Foundation Coaching Awards Presentation on 22 April 2012 in recognition of their efforts in nurturing and developing Hong Kong athletes and helping them achieve sports excellence in the international sporting arena.

Over 160 nominations were received for the 2011 Awards in six categories: the Distinguished Services Award for Coaching, Coach of the Year Awards, Best Team Sport Coach Award, Coach Education Award, Coaching Excellence Awards, and Community Coach Recognition Awards.

The Distinguished Services Award for Coaching went to veteran cycling coach Shen Jinkang, recognising his long-term commitment to the sport. Shen has served as a coach of the Hong Kong cycling team since 1994 and nurtured many outstanding athletes who reached world-class status, winning medals at different Major Games and international competitions over the years.

There were six recipients in the Coach of the Year Awards this year. Swimming coach for athletes with intellectual disabilities Kam Chi-ho and wushu coach Gao Song shared the honour in the senior athletes, individual sport category. Table tennis coach Li Huifen and wheelchair fencing coach Wang Ruiji were recipients in the senior athletes, team event category. In the junior athletes category, the Coach of the Year Awards for individual sport and team event went respectively to wushu coach Wong Chi-kwong and squash coach Leung Kan-fai.

Rugby coach Dai Rees won the Best Team Sport Coach Award for the second consecutive year. Claudius Lam, Vice President (Technical) of the Hong Kong Lawn Bowls Association, won the Coach Education Award for his continuous devotion to the sport over the years.

The Coaching Excellence Awards were presented to 72 coaches, and the Community Coach Recognition Awards to 26 coaches.

Organised by the HKCC and funded by the Hongkong Bank Foundation since 1993, the annual event is the only territory-wide programme to acknowledge the achievements of local coaches from community to elite levels.



滙豐銀行慈善基金優秀教練選舉是唯一嘉許本地優秀運動教練的全港性選舉。  
The Hongkong Bank Foundation Coaching Awards is the sole programme to commend the achievements of local coaches on a territory-wide basis.



## 資助體育總會

香港教練培訓委員會於本年度內共撥出逾76萬港元予代表46個項目的45個體育總會，籌辦共70項教練培訓活動，當中包括七個海外短期課程及63個本地短期課程，共有超過2,500名教練受惠。

## 運動訓練教育學士學位課程

這項為期五年的兼讀制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，旨在透過提供正規訓練，為香港體壇培育高質素的教練。

課程由北體大選派資深教授到體院授課，涵蓋25個科目，包括運動解剖學、運動生理學、體育統計學、運動營養學、專項運動理論與實踐等；學員須符合考核要求才可獲頒學位證書，而持有此學歷資格等同國內頒發的學位，廣獲其他國家認可。

二零零八級及二零一零級學員的新學年於二零一一年十月開始。六名在二零一零/一一學年名列前茅的學員，於二零一一年十月十三日獲滙豐銀行慈善基金頒發合共3萬港元的獎學金。滙豐銀行慈善基金從二零零零年開始為修讀課程的學員提供獎學金。

北體大隸屬國家體育總局，是全國重點大學，歷年來培育了超過40位奧運冠軍和過百位世界冠軍運動員。這項兼讀學位課程在香港也培育出不少精英運動員及專業教練，自一九九九年首辦以來，至今共有58位學員完成課程。

## Funding Support to NSAs

During the year, a total subvention of over HK\$760,000 was provided by the HKCC to 45 NSAs representing 46 disciplines to organise 70 short-term coach education programmes. These included seven overseas courses and 63 local courses, collectively benefiting more than 2,500 coaches.

## Undergraduate Course in Sports Training

The aim of this five-year, part-time degree programme, which is offered by Beijing Sport University and administered by the HKSI, is to develop high-quality coaches for Hong Kong sports by providing formal career training.

Experienced professors from Beijing Sport University travel to Hong Kong to deliver the curriculum at the HKSI. The programme consists of 25 modules, including sports anatomy, exercise physiology, statistics in sports, sports nutrition, sports-specific theory and practicum, and more. Students are granted a bachelor degree upon successful completion of all programme requirements. The qualification is equivalent to a Mainland degree and is widely recognised by other countries.

The new academic year for both 2008 and 2010 classes started in October 2011. On 13 October 2011, six students with outstanding academic performance in the 2010/11 academic year were awarded scholarships worth a total of HK\$30,000 from the Hongkong Bank Foundation. The Foundation has been offering scholarships to students in the programme since 2000.

Beijing Sport University falls under the General Administration of Sport of China and is the key national tertiary education institution for sports, having educated more than 40 Olympic champions and over 100 world champions. 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 58 students having completed the course.



六名成績優異的北體大學員獲頒滙豐銀行慈善基金獎學金。

Six students with outstanding academic performance in the Beijing Sport University programme are awarded scholarships from the Hongkong Bank Foundation.