

國際交流 International Cooperation

訪問及交流

體院與內地及海外同業一直保持緊密交流，以緊貼世界體壇在精英體育發展、運動員培訓、訓練科學及體育管理方面的最新動向。年度內的主要交流活動如下：

• 政府及體育領袖

年度內，先後有多名議員及政府官員到訪體院，包括二零一一年四月十八日的立法會議員劉慧卿女士和甘乃威先生及民主黨多名區議會議員及社區主任，以及同年五月三十一日的教育局常任秘書長謝凌潔貞女士與該局官員。他們除參觀精英運動訓練和支援設施外，還與體院管理層、教練及精英運動員會面，了解本地運動員的訓練情況及教育支援的安排。

體院在年度內亦接待了眾多海外政府官員及體育界領袖，包括前南澳洲體育部長Mr Michael Wright、由香港業餘游泳總會代表陪同到訪的國際業餘游泳聯合會代表團、國際奧林匹克委員會青年奧運會文化及教育項目經理Mr Nicholas Chamerois、由蘇格蘭欖球總會行政總裁Mr Mark Dodson率領的蘇格蘭政府與欖球總會代表團，以及由蘇格蘭國會議員兼英聯邦運動會及體育部長Ms Shona Robison率領的蘇格蘭政府三人代表團。

• 國際聯繫

年度內，體院職員於19個國際組織出任不同職務，如委員、顧問等，並獲邀於國際學術機構及同業的講座、工作坊及/或培訓活動中進行17次演講。此外，體院職員亦在四份同業評審學術刊物中發表研究成果。



立法會議員劉慧卿（前）及甘乃威率領代表團到訪體院，了解香港運動員的訓練情況。

A delegation led by Legislative Councillors Emily Lau (front) and Kam Nai-wai visits the HKSI to learn more about Hong Kong athletes' training.

Visits and Exchanges

The HKSI maintains frequent exchanges with sports professionals in the Mainland and overseas in order to stay at the forefront of global trends in elite sports development, in areas such as athlete training, coaching science and sports management. In the year under review, major exchange activities included the following:

• Government and Sports Leadership

On 18 April 2011, Legislative Councillors The Hon Emily Lau and The Hon Kam Nai-wai, joined by District Councillors and community officers from the Democratic Party, visited the HKSI. On 31 May 2011, officials of the Education Bureau, led by Permanent Secretary for Education Mrs Cherry Tse Ling Kit-ching, visited the HKSI. Both groups toured the elite training and support service facilities for athletes, and met with HKSI management, coaches and elite athletes to learn about the athletes' training and education support.

The HKSI also received a number of government and sports leaders from overseas during the year, including The Hon Michael Wright, former Sport Minister of Australia; a delegation from the Federation Internationale de Nation Amateur, accompanied by officials and Hong Kong Amateur Swimming Association representatives; Mr Nicholas Chamerois, Culture and Education Project Manager of the IOC Youth Olympic Games; a delegation of the Scottish Government and Scottish Rugby Union, including Mr Mark Dodson, Chief Executive of the Scottish Rugby Union; and three representatives from the Scottish Government, led by Ms Shona Robison, Member of the Scottish Parliament and Minister for Commonwealth Games and Sport.

• International Representation

During the year, HKSI staff participated as members of committees, consultants, etc. in 19 international bodies, and were invited to provide 17 lectures, workshops and/or training for international academic and institutional counterparts. In addition, HKSI staff produced four peer reviewed academic publications.



教育局常任秘書長謝凌潔貞女士（左一）參觀體院運動科學中心。
Permanent Secretary for Education Mrs Cherry Tse Ling Kit-ching (far left) from the Education Bureau visits the HKSI Sports Science Centre.

• 體育團體

體院在年度內繼續加強與內地及海外體育團體的聯繫，配合提升人力資源及專業交流機會的策略發展方向。

繼於二零一零年七月與南京體育學院簽署合作備忘錄後，南京體育學院院長張雄先生率領一行11人的訪問團，於二零一一年四月十八日至十九日到訪體院。雙方除商討推行備忘錄合作領域的細節外，亦就精英體育訓練、體育推廣、公共關係及設施管理等範疇交換意見。同年十一月十八日，南京體育學院再度派出代表團到訪體院，作進一步交流。

於二零一一年九月二十六日及二十七日在馬來西亞舉行的第二屆精英體育訓練高峰會期間，體院分別與馬來西亞國家體育學院及新加坡體育理事會落實了合作備忘錄的細節，加強與兩個機構在精英培訓、運動科學及醫學專才的交流。

• Counterpart Institutions

As part of its strategic direction to build its human resources capacity and to provide professional exchange opportunities, the HKSI continued to further links with its Mainland and overseas counterparts during the year.

Following the signing of a memorandum of collaboration between the HKSI and the Nanjing Sport Institute (NSI) in July 2010, 11 NSI delegates, led by its President, Mr Zhang Xiong, visited the HKSI on 18 and 19 April 2011 to discuss the implementation of collaboration areas covered in the memorandum of collaboration and to share experience in elite sport training, sport promotion, public relations and experience in facility management and maintenance. The NSI delegation made a second visit on 18 November 2011 for further exchange.

At the 2nd Elite Sports Training Summit, held on 26 and 27 September 2011 in Malaysia, memoranda of understanding were finalised with both the National Sports Institute of Malaysia and the Singapore Sports Council to allow exchanges of elite training, and science and medicine expertise.



前南澳洲體育部長Mr Michael Wright (右二) 參觀體院運動醫學中心。
The Hon Michael Wright (second from right), former Sport Minister of Australia, visits the HKSI Sports Medicine Centre.



蘇格蘭政府代表團對體院體能訓練中心的器材甚感興趣。
The Scottish Government delegation is interested in the equipment in the HKSI Fitness Training Centre.



到訪的俄羅斯國家青年足球隊對體院的精英訓練設施大為讚賞。
The Russian National Youth Football Team were impressed with the elite training facilities at the HKSI during their visit.

繼於二零一一年三月與日本國立運動科學中心簽署合作備忘錄後，體院派代表於同年十月十九日至二十一日出席該中心舉行的第八屆運動科學研討會及十周年慶典。期後，日本國立運動科學中心派出體適能教練伊藤良彥先生於二零一一年十一月十八日至二十四日到體院進行交流訪問，除為熱愛運動人士主持工作坊外，亦與體院的體適能教練及賽艇教練進行多次專業交流。伊藤先生在到訪期間更直接參與賽艇隊的專項體適能訓練工作。

Following a collaboration agreement with the Japan Institute of Sports Sciences in March 2011, the HKSI participated in the 8th JISS Conference on Sports Sciences and the celebration ceremony of the JISS 10th Anniversary from 19 to 21 October 2011. In addition, strength and conditioning coach, Mr Yoshihiko Ito, from the JISS came to the HKSI for an exchange visit from 18 to 24 November 2011. Aside from facilitating a workshop for the sports public, several professional exchange activities with HKSI strength and conditioning coaches and rowing coaches were organised. Mr Ito also worked directly with the rowing team on specific conditioning training during his exchange visit.

在二零一一/一二年度內，體院還接待了多個本地、內地及海外機構和團體，促進體育交流。到訪的嘉賓與代表團包括：

In 2011/12, the HKSI received a number of local and overseas visitors to promote mutual exchange in the field of sports:

二零一一年四月 April 2011	<ul style="list-style-type: none"> 「香港精神」活動的劉鳴煒先生 Mr Lau Ming-wai of the Hong Kong Spirit Programme
二零一一年五月 May 2011	<ul style="list-style-type: none"> 英基學校協會代表 English Schools Foundation officials
二零一一年六月 June 2011	<ul style="list-style-type: none"> 參與香港教育學院藍天計劃的中、小學校長 Primary and secondary school principals under The Hong Kong Institute of Education's blue skies programme
二零一一年七月 July 2011	<ul style="list-style-type: none"> 香港電台2011太陽計劃永不放棄同學會 Students from the Never Give Up Association under Radio Television Hong Kong's Solar Project 2011
二零一一年八月 August 2011	<ul style="list-style-type: none"> 香港公共關係專業人員協會 The Hong Kong Public Relations Professionals' Association
二零一一年九月 September 2011	<ul style="list-style-type: none"> 香港資優教育學苑 The Hong Kong Academy for Gifted Education 英基學校協會體育教師 Physical Education teachers of the English Schools Foundation
二零一一年十月 October 2011	<ul style="list-style-type: none"> 沙田青年服務團成員 Members of Sha Tin Youth Service Corporation 菲律賓聖托馬斯大學 The University of Santo Tomas, Philippines 香港冰球訓練學校 The Hong Kong Academy of Ice Hockey
二零一一年十一月 November 2011	<ul style="list-style-type: none"> 俄羅斯國家青年足球隊 The Russian National Youth (U19) Football Team 美國史丹福大學壁球總教練 Mr Mark Talbott Mr Mark Talbott, Head Squash Coach of Stanford University, United States
二零一一年十二月 December 2011	<ul style="list-style-type: none"> 香港足球總會行政總裁麥國棟先生 Mr Gordon McKie, Chief Executive Officer, Hong Kong Football Association 「明日精英大檢閱暨慈善愛心跑」參加者 Participants of the "Future Elites Forum and Charity Run"
二零一二年一月 January 2012	<ul style="list-style-type: none"> 英國及愛爾蘭獅子會行動總監 Mr Guy Richardson Mr Guy Richardson, Director of Operations of the British and Irish Lions 扶輪與校同行計劃 - 「從體院認識體育專業」活動參加者 Participants of the Rotary Adopt-A-School Programme "HKSI Vocational Training Day"
二零一二年二月 February 2012	<ul style="list-style-type: none"> 香港足球代表隊主教練摩力克先生 Mr Ernie Merrick, Hong Kong Football Team Head Coach 中國武術研究院專家委員會 Expert Committee of the Wushu Research Institute of China

此外，體院亦為本地大專院校的學生安排了多次參觀活動，就精英培訓系統的不同範疇進行交流，到訪的院校包括香港教育學院、香港專業教育學院、香港大學專業進修學院與香港浸會大學持續教育學院。

A number of tours were also conducted for students of local tertiary institutions for exchange of different aspects of elite training systems, including The Hong Kong Institute of Education, the Hong Kong Institute of Vocational Education, the HKU School of Professional and Continuing Education, and the School of Continuing Education of Hong Kong Baptist University.



體院於年度內接待多個本地、內地及海外機構和團體，推廣香港精英體育發展。

The HKSI received many local and overseas visitors during the year to promote elite sports development in Hong Kong.



四名青少年運動員遠赴紐西蘭交流，汲取寶貴經驗。
Four junior athletes gained valuable experience during an exchange tour to New Zealand.

• 交流活動

為了讓運動員汲取寶貴的經驗、擴闊視野和認識運動與人生的不同面貌，體院安排四名二零一一年 ZESPRI®傑出青少年運動員選舉得獎者包括壁球運動員蔡宛珊和何子樂、乒乓球運動員蘇慧音和武術運動員陳卓琳參加於二零一二年四月一日至七日由 ZESPRI®贊助的紐西蘭文化交流團，期間她們除參觀旅遊名勝和親身了解紐西蘭農業的發展情況外，更有機會與當地運動員會面和一同參與訓練。

• 科學發展

體院在本年度的多個國際會議上發表其科研成果，包括在內地舉行的中國運動醫學與關節鏡外科學術大會及第九屆全國體育科學大會、在中華台北舉行的第六屆亞太運動心理學年會、在日本舉行的第八屆日本國立運動科學中心運動科學會議及2011年亞洲運動科學會議；以及在法國舉行的第七屆運動表現中心聯會研討會。

• 教練培訓

香港教練培訓委員會與世界各地同業包括澳洲、英國、加拿大、愛爾蘭、日本、內地、菲律賓及新加坡緊密合作，並透過國際教練培訓局與各地組織聯繫；在國內的合作機構則包括中華全國體育總會、北京體育大學、廣州體育學院及上海體育學院。

• Exchange Programme

With a view to providing athletes with valuable experience, broadening their horizons and allowing them to gain different perspectives on sport and life, four awardees of the 2011 ZESPRI® Outstanding Junior Athlete Awards, including squash players Choi Uen-shan and Ho Tze-lok, table tennis player Soo Wai-yam and wushu athlete Chan Cheuk-lam, were selected to participate in the ZESPRI® 2011 New Zealand Cultural Exchange Tour from 1 to 7 April 2012. In addition to sightseeing tours and learning about New Zealand agriculture up close, the athletes had the opportunity to meet and train with New Zealand athletes.

• Scientific Development

The HKSI's scientific and technological work was represented at various conferences during the year: the Chinese Sports Medicine Conference and the 9th China National Convention of Sport Sciences in the Mainland; the 6th Asian South Pacific Association of Sport Psychology Congress in Chinese Taipei; the 8th JISS Conference on Sports Sciences and the Asian Conference on Sport Science 2011 in Japan; and the 7th Forum of the Association of Sport Performance Centres in France.

• Coaching Development

The HKCC continued to promote collaboration with its counterparts in various parts of the world, including Australia, Britain, Canada, Ireland, Japan, the Mainland, the Philippines and Singapore, as well as through the International Council for Coach Education. Other working partners in the Mainland included the All-China Sports Federation, Beijing Sport University, Guangzhou Sport University and Shanghai University of Sport.

研討會

• 劉鑾雄慈善基金國際科學研討會

體院成功取得2011年國際運動心理學會的理事會年會之主辦權，藉此難得的機會於二零一一年十一月六日至七日假理事會會議舉行前舉辦以「運動心理學的應用」為題的國際科學研討會，由應邀出席的理事擔任研討會講者。

研討會雲集美國、尼日利亞、摩洛哥、葡萄牙、西班牙、英國、德國、丹麥、希臘、瑞典、日本、中華台北和香港的頂尖專家，就應用心理學如何配合訓練和康復治療、提升運動表現，以及協助選材和運動員退役後就業過渡安排幾個方面發表真知灼見。研討會吸引了超過200名本地及海外運動科研人員、體育行政人員、教練、運動員和運動心理學學生參加。討論內容有助建立和實踐以實證為本的心理學應用模式及其發展方向，對亞太區的精英運動員和教練有所裨益。

Symposia and Seminars

• The Joseph Lau Luen Hung Charitable Trust International Scientific Symposium

Following a successful bid to host the Annual Managing Council Meeting of the International Society of Sports Psychology (ISSP) in Hong Kong, the HKSI made use of the invaluable opportunity to organise its annual International Scientific Symposium on 6 and 7 November 2011. The theme of the symposium was "Sport Psychology Application". All ISSP Managing Council members who attended the meeting in Hong Kong were invited as the speakers of the symposium.

During their presentations, renowned experts from the United States, Nigeria, Morocco, Portugal, Spain, the United Kingdom, Germany, Denmark, Greece, Sweden, Japan, Chinese Taipei and Hong Kong shared their knowledge and expertise in applied psychology practice to support training and rehabilitation, enhance performance, and assist in talent identification and athlete career transition. The event attracted over 200 local and international sports scientists, sports administrators, coaches, athletes and sport psychology students. The symposium helped in the development and implementation of evidence-based psychological protocols to benefit elite athletes and coaches in the Asia-Pacific region.



一年一度的國際科學研討會吸引超過200名本地及海外人士參加。
The annual International Scientific Symposium attracted over 200 participants from Hong Kong and abroad.



- **第十九屆滙豐銀行慈善基金精英教練員研討會**
一年一度的精英教練員研討會由香港教練培訓委員會及中華全國體育總會合辦，並得到滙豐銀行慈善基金資助。研討會為香港和內地的精英教練及體育專材提供一個極佳的平台，掌握最新的運動訓練方法和技術，從而提高本港的運動訓練質素。

研討會於二零一二年二月二十五日舉行，題目為「備戰奧運策略」，邀請五位來自英國、日本、中國內地和香港的運動科學和管理專家及教練擔任主講嘉賓，當中包括體院單車總教練沈金康，與參加者分享他們過往參與奧運的經驗及備戰倫敦奧運會的情況。研討會吸引了超過250名本地及海外教練參加，打破以往紀錄，參加者反應十分熱烈，於演講後的答問環節踴躍參與討論，獲益良多。

- **精英培訓研討會**

體院舉辦的一系列精英培訓研討會，為教練、運動員、運動科研及醫學專家、體育總會、體育行政人員、學術人員和學生等提供一個分享資訊及經驗的平台。舉辦研討會的目的，是為精英體育界建立共識及有效的合作關係。自二零零三年起，共有60名本地及海外專家獲邀出席研討會，分享他們的寶貴經驗。二零一一/一二年度共舉辦了八次精英培訓研討會，讓體院專家與其他本地及國際同業分享有關運動科學、運動醫學及體適能的知識。

- **19th Hongkong Bank Foundation Elite Coaches Seminar**
The Elite Coaches Seminar, funded by the Hongkong Bank Foundation, is an annual seminar that has been jointly organised by the HKCC and the All-China Sports Federation since 1993. It provides an excellent platform for elite coaches and sports professionals to learn about contemporary coaching issues and helps improve coaching quality in Hong Kong.

The theme of this year's seminar, which was held on 25 February 2012, was "Preparation for the Olympics". Five professional sports science and management experts and coaches from the United Kingdom, Japan, mainland China and Hong Kong, including the HKSI's very own Head Cycling Coach Shen Jinkang, shared their experience from previous Olympic Games and their preparation for the upcoming Games in London. The seminar drew a record-breaking attendance of 250 local and international participants, who actively participated in the question-and-answer sessions after each presentation and gained a wide range of insights and knowledge from the presenters.

- **Elite Training Seminars**

The Elite Training Seminar Series provides an interactive platform for sharing information and experience among all stakeholders, including coaches, athletes, sport science and medicine professionals, NSAs, sport administrators, academics and students. The aim of the seminars is to facilitate mutual understanding and effective cooperation among professionals in elite sports. Since 2003, 60 local and overseas professionals have been invited to share their experience at the seminars. In 2011/12, eight seminars were held, in which HKSI professionals, and other local and international experts shared knowledge on sports science, sports medicine, and strength and conditioning topics.

滙豐銀行慈善基金精英教練員研討會為精英教練及體育專材提供一個極佳的平台，交流運動訓練方面的最新資訊。
The Hongkong Bank Foundation Elite Coaches Seminar provides an excellent platform for elite coaches and sports professionals to share ideas on contemporary coaching issues.

