

精英訓練支援 Elite Training Support





體院21世紀精英培訓系統 HKSI's 21st 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，確保從發掘運動員的最初階段，以至到達巔峰期及往後的各個時期，均能提供完善的支援。

體院參考精英體育系統架構，獨有地糅合政策/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。

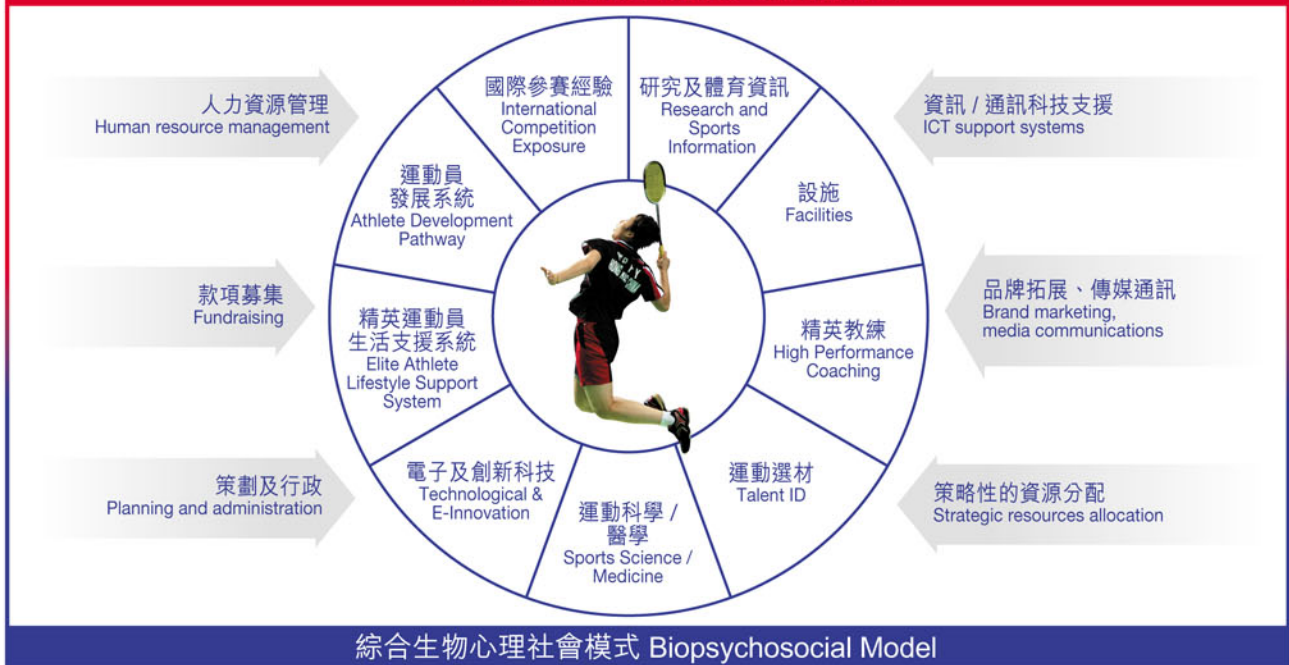
價值鏈的主要活動指直接關乎精英運動員系統化發展的活動，亦即圖中圓形內所示的活動，而非直接關乎個別運動員發展但有助提升精英培訓系統水平的活動，則顯示在圓形外。

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 identifying talent all the way through to the athlete's peak performance years and beyond.

The HKSI articulates a new iteration of the elite sport system framework, uniquely combining policy/management and science models to articulate a 21st 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. A 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.

Key activities of the value chain, which are directly related to the systematic development of elite athletes, are portrayed inside the circle in the figure, 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



綜合生物心理社會模式 Biopsychosocial Model

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

體育資助 Funding Support

對運動員的直接財政資助

多年來，體院一直為香港精英運動員提供全面的支援，協助他們在體壇上再創高峰，當中財政資助對運動員爭取佳績起著重要作用。

政府繼續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，包括建議成立70億港元的精英運動員發展基金（基金），為體院的運作提供穩定而長遠的財政資助。在二零一一年七月十八日，立法會財務委員會通過於二零一一/一二年度內撥款70億港元成立基金，該撥款將用作基金的本金，並會利用基金每年的投資回報取代現時每年向體院撥款的資助模式。

在二零一一/一二年度，政府對運動員的直接財政資助持續增加，總額達5,316萬港元，透過四項資助計劃發放予下列運動員：

- 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600名運動員
- 其他體育項目的68名運動員
- 香港聾人體育總會、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63名運動員

Direct Financial Support to Athletes

Over the years, the HKSI has been providing all-round support to Hong Kong elite athletes to help them strive for sporting excellence, and funding support has played a pivotal role in their success.

The Government again underscored its ongoing support for elite athletes through the HKSI as its elite sport delivery agent, with the proposal to set up a HK\$7 billion Elite Athletes Development Fund (EADF) to provide the HKSI with a stable, long-term source of future funding for its operations. On 18 July 2011, the Finance Committee of the Legislative Council approved the injection of HK\$7 billion to set up the EADF in 2011/12. The new mode replaced the annual subvention for the HKSI, with the HK\$7 billion constituting the seed capital of the EADF and the allocation to the HKSI drawn from the annual investment return on the capital.

In 2011/12, funding for Direct Financial Support to athletes continued to increase, with over HK\$53.16 million allocated under four funding schemes to the following:

- 600 athletes from Elite Sports and sports supported under the Individual Athletes Support Scheme (IASS);
- 68 athletes from other sports; and
- 63 athletes from the Hong Kong Sports Association of the Deaf, the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled (HKPC&SAPD), and the Hong Kong Sports Association for the Mentally Handicapped (HKSAM).