

香港運動員基金

體院由一九九七年起負責管理香港運動員基金，為修讀專上院校課程的運動員提供學費資助。在二零一零/一一年度內，基金共批出逾93萬6,900港元，資助10名運動員直至二零一三/一四學年的學費開支。獲資助的運動員包括：

- 黎振浩 (田徑)
- 梁俊偉 (田徑)
- 許偉浩 (羽毛球)
- 黃健忠 (單車)
- 歐倩瑩 (劍擊)
- 吳翹充 (體操)
- 施幸余 (游泳)
- 黃錯威 (游泳)
- 范珮珊 (輪椅劍擊 — 香港殘疾人奧委會暨傷殘人士體育協會)
- 譚焜琛 (輪椅劍擊 — 香港殘疾人奧委會暨傷殘人士體育協會)

Hong Kong Athletes Fund

Tuition fee subsidies for undergraduate studies have been granted to athletes since the inception of the Hong Kong Athletes Fund in 1997. In 2010/11, HK\$936,900 was approved to cover the tuition fees of 10 athletes up to the 2013/14 academic year. The recipients were as follows:

- Lai Chun-ho (Athletics)
- Leung Chun-wai (Athletics)
- Hui Wai-ho (Badminton)
- Wong Kin-chung (Cycling)
- Au Sin-ying (Fencing)
- Ng Kiu-chung (Gymnastics)
- Sze Hang-yu (Swimming)
- Wong Kai-wai David (Swimming)
- Fan Pui-shan (Wheelchair Fencing – Hong Kong Paralympic Committee & Sports Association for the Physically Disabled)
- Tam Chik-sum (Wheelchair Fencing – Hong Kong Paralympic Committee & Sports Association for the Physically Disabled)

科研支援 Scientific Support

體院採用生物、生理、社會學三者結合的跨學科模式來制訂支援策略，提供以科學為本、運動員為中心的精英培訓支援服務。運動科學、運動醫學及體適能部透過緊密的團隊合作，識別不同的訓練問題，然後與相關教練研究可行的解決方案，並會進行持續監控、討論和以最新研究數據作基準分析，定期修訂各項科研支援服務的程序。

運動科學

體院的運動科學部負責一切有關運動生化、生物力學、營養、生理及心理的事宜，為獎學金運動員提供多方面的專業科研支援，包括科學測試、技術分析及改良、訓練及恢復監控、運動營養諮詢，以及心理控制的技巧訓練和諮詢。

年度內，部門開發了一套全新的運動營養系統，讓營養師透過全面的數據庫，收集和保存運動員的完整營養檔案及飲食紀錄。此外，部門亦為武術隊開發全新視像分析系統，透過提供專業的實時多頻道視像捕捉、錄影、逐格對比及視像索引，協助提升精英訓練的水平。

In order to provide science-based, athlete-centred support for elite training, the HKSI uses the multi-disciplinary biopsychosocial model to formulate the support strategy. The Sports Science, Sports Medicine, and Strength & Conditioning Departments work as a team to identify the various training problems and concerns, and explore possible solutions with the relevant coaches. The support procedures are regularly updated through continuous monitoring, discussion and benchmarking against latest research data.

Sports Science

The HKSI Sports Science Department, which is responsible for all matters related to sports biochemistry, biomechanics, nutrition, physiology and psychology, provides a broad spectrum of expert scientific support for Scholarship Athletes. This includes scientific testing, technique evaluation and enhancement, training and recovery monitoring, sports nutrition consultation, and psychological training and consultation.

During the year, a new Sports Nutrition System was developed to provide a comprehensive database for nutritionists to collect and maintain a complete nutritional profile and dietary record for each athlete. A new video-analysis system was also developed for wushu to enhance elite training by providing professional, real time multi-channel video capture, recording, frame-to-frame comparison and video indexing.

部門在年度內的其他主要工作包括：

- 提供合共566天的海外科研支援服務，讓教練得到更多臨場支援，全力協助運動員備戰大型運動會及國際比賽。
- 在五個國際會議上合共發表了五份研究報告，另有兩份論文獲國際性的運動科研刊物刊登。
- 與香港、廣州、武漢及北京多間大學/學院共同開展六項研究計劃。
- 於本地大學舉行講座，並為準畢業生提供實習機會，協助培訓本地運動科研人才。
- 為本地運動員、教練及體育總會舉辦講座及研討會。
- 與到訪的澳門、內地（深圳、廣州、四川、南京）、日本、新加坡、馬來西亞、菲律賓及多個歐洲國家同業交流精英培訓、運動科研及其他運動員支援服務的資訊。

運動醫學

運動醫學部為獎學金運動員提供醫療支援，包括體格檢查、西醫門診、骨科門診、物理治療、中醫手法治療、康復訓練、運動療法及運動按摩服務。

為確保運動員獲得安全的中醫藥治療，體院於二零一零年五月與香港浸會大學簽署合作協議，運動員可透過體院運動醫學部進行預約，在浸會大學成立的「精英運動員定點中醫診療中心」接受診療服務。部門亦設有24小時電話熱線，無論運動員身處任何地方，都可致電查詢藥物安全的問題。



運動科學及運動醫學部為運動員提供多方面的專業科研和醫療支援服務。
The Sports Science and Sports Medicine Departments provide a broad spectrum of expert scientific and medical support services for athletes.

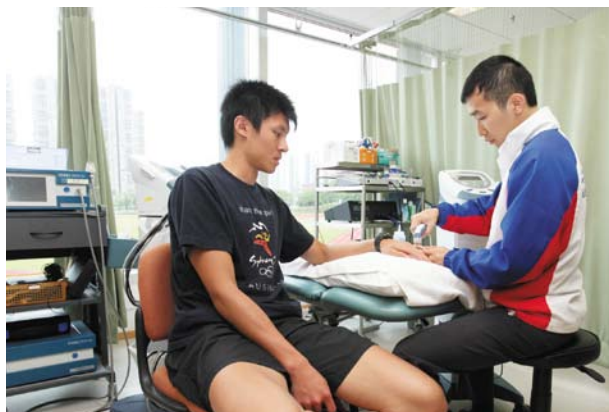
Other major tasks during this fiscal year included the following:

- Providing coaches with more on-site support in preparing athletes for Major Games and international competitions. To facilitate this, a total of 566 days of overseas scientific support services were provided.
- Presenting five research articles at five international conferences and publishing two papers in international, peer-reviewed, sports science journals.
- Collaborating on six joint research projects with universities / institutes in Hong Kong, Guangzhou, Wuhan and Beijing.
- Organising seminars at local universities, and providing internships to train and develop local sports science experts.
- Organising seminars and symposia for local athletes, coaches and NSAs.
- Receiving visiting sports professionals from Macau, the Mainland (Shenzhen, Guangzhou, Sichuan, Nanjing), Japan, Singapore, Malaysia, the Philippines, and some European countries for the exchange of information on elite training, sports science and other athlete support services.

Sports Medicine

The Sports Medicine Department provides Scholarship Athletes with medical support services, including physical examinations, general clinic, orthopaedic consultation, physiotherapy, Chinese manual therapy, rehabilitative training, therapeutic exercise and sports massage services.

To ensure safe Chinese medication is obtained by athletes, the HKSI signed an agreement in May 2010 with Hong Kong Baptist University, which established an Elite Athletes Chinese Medicine Specialty Clinic, where athletes can book consultations through the HKSI Sports Medicine Department. A 24-hour-a-day, in-house hotline is also available for enquiries on medication safety, no matter where the athletes are.



運動醫學系統於二零一零年五月完成升級，以提高部門的日常運作及管理效率。這個系統具有全面的資料數據庫，可供輸入及記錄所有運動員的醫療記錄，以及編製分析報告。

部門每年亦會舉辦多個講座及工作坊和製作刊物，教導運動員如何預防運動創傷，以及增進他們在應用運動醫學方面的知識。此外，又會定期向運動員提供肌肉骨骼檢定、運動姿勢及活動障礙評估，以及舉辦柔韌性、肩部及腰背穩定運動訓練班。年度內的主要工作包括：

- 於海外賽事期間，為教練及運動員提供合共1,324天的臨場支援服務，以及於本地集訓和比賽提供50天的臨場支援服務，以備戰大型運動會及國際賽事。
- 為本地運動員、教練及體育總會舉辦了五次研討會，以及為國際同業發表了兩次演講。

體適能訓練

體適能部與運動科學及運動醫學兩個部門緊密合作，制訂和執行以科學為基礎的體適能訓練計劃，透過改善運動員的爆發力、肌肉力量、速度和機動能力，提升他們的表現，充份發揮他們的潛能。部門利用科學測試，包括血液乳酸、血液化學組成、最大反覆力量測試及其他指標性的臨場測試，設計和監察訓練參數，從而確保能更準確地決定有效的訓練負荷量及強度。有關計劃專為精英和青少年獎學金運動員而設，並根據個別運動項目的高度特定需求而制訂。



體適能部為運動員制訂體適能訓練計劃，提升他們的表現。
Strength and conditioning programmes are designed to optimise athletes' performance.

An enhancement of the Sport Medicine System was completed in May 2010 to facilitate the daily operation and management of the department by providing a comprehensive database for input and logging of the medical profiles of all athletes and producing reports for analysis.

Every year, the department also organises various seminars and workshops, and produces a number of publications to educate athletes on the prevention of sports-related injuries and increase their knowledge of practical sports medicine. It also provides athletes with regular musculo-skeletal evaluations, postural and movement impairment assessments for sports activities, and training sessions for enhanced flexibility, and shoulder and core stability. Major tasks in this fiscal year included the following:

- Providing 1,324 days of on-site support services to coaches and athletes for overseas sporting events, and 50 days for local training sessions and competitions, in preparation for participation in Major Games and international competitions.
- Organising five seminars for local athletes, coaches and NSAs, and providing two presentations for international professionals.

Strength and Conditioning

The Strength & Conditioning Department works closely with the Sports Science and Sports Medicine Departments to develop and implement science-based strength and conditioning programmes designed to optimise athletes' performance by improving their power, strength, speed and mobility, thus enabling them to perform to their fullest potential. This is done by the use of scientific tests, such as blood lactate tests, blood chemistry tests, repetition maximum strength tests, and other objective field tests to design and monitor training parameters. This ensures a more precise determination of effective training load and intensity. The programmes are designed for both elite and junior Scholarship Athletes based on the highly specific requirements of individual sports.



香港體育資訊中心
The Hong Kong Sports Information Centre

位於火炭的體能訓練中心經擴建後，面積較原先大一倍，設施亦得到全面提升，並分為五大區域，分別設置可鍛鍊力量和爆發力的器械，還有氣壓式、機械式、心肺能力和自由重量的器材。年度內，體能訓練中心的平均每月使用次數為2,739次。

體適能部亦為運動員及教練舉辦體適能講座及工作坊。這些活動均於體院的演講室及訓練場地舉行。

此外，體院亦於二零一一年三月獲美國肌力與體能訓練協會（NSCA）授權舉行2011年NSCA考試，成為該會在亞洲的七間海外考試中心之一，這不但有助提高體院在精英訓練方面的專業地位，亦可透過其他亞洲周邊國家的參與，提供更多交流機會。

體育研究及資訊

體育研究及資訊組主要透過轄下的香港體育資訊中心（中心），為運動科學及運動醫學專家、教練、運動員、體育總會、學術機構及體育專業人士提供最新的體育資訊服務，配合他們的需要。

中心收藏了約1萬4,400冊中英文書籍、2,380項視聽資料、503份期刊及1,188份由SPORTDiscus收錄的電子期刊，內容涵蓋運動科學及運動醫學、培訓、體育及康樂。此外，中心又提供網上資源，包括網上目錄、互聯網資源、研究報告及研究摘要。為幫助使用者充份利用這些資源，中心亦提供諮詢服務、館際互借服務、視聽器材設備及閱覽區。現時，中心提供兩個電子數據資料庫，分別是EBSCOhost的SPORTDiscus全文數據庫及萬方數據資料庫。SPORTDiscus全文數據庫備有索引，可查閱超過550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。萬方數據資料庫內則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」，提供摘要或PDF格式的中文全文。

體育研究及資訊組亦為體院每年舉辦的國際科學研討會（詳情請參閱第58頁）提供秘書處服務，並為體院的科研及出版工作提供行政及技術支援。

The upgraded Fitness Training Centre in Fo Tan, which has doubled in size, is arranged into five major zones: strength and power, air power, machine circuit, free weights and cardio. On average, the Centre was used 2,739 times per month throughout the year.

The Department also provided lectures and workshops to both athletes and coaches on topics relating to strength and conditioning. These took place both in the lecture room and at the training venues of the HKSI and its satellite-training centres.

In March 2011, the HKSI became one of the seven overseas examination centres in Asia approved by the National Strength and Conditioning Association (NSCA) to host the 2011 NSCA examinations, which not only enhanced the professional status of the HKSI in elite training, but also created exchange opportunities through enrolments from peripheral Asian countries.

Research and Sports Information

The Research & Sports Information Section provides up-to-date sports information services through the Hong Kong Sports Information Centre (HKSIC) to meet the needs of sports science and sports medicine professionals, coaches, athletes, NSAs, academic institutions and physical education specialists.

The HKSIC houses some 14,400 Chinese and English books, 2,380 audio-visual items, 503 printed journals and 1,188 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, Internet resources, research reports and research highlights. To help users fully benefit from this breadth of information, the HKSIC provides reference services, Interlibrary Loan Services, audio-visual viewing facilities and reading areas. The HKSIC also provides two electronic databases, namely EBSCOhost's SPORTDiscus with Full Text and Wanfang Data. EBSCOhost's SPORTDiscus with Full Text provides indexed, full-text access to more than 550 indexed journals dating back to 1985 and covering all aspects of sports subjects. Wanfang Data comprises two databases entitled "China Academic Dissertations Full-Text Database" and "China Digitised Journals", both of which provide abstracts or full-text Chinese articles in PDF format.

The Section also provides secretariat support for the HKSI's annual International Scientific Symposium (see page 58 for details), as well as administrative and technical support for the HKSI's scientific research and publications.