

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1萬4,700位教練。



一年一度的教練級別評定計劃獎學金頒獎禮於二零一一年二月二十四日舉行，表揚五位於二零零九/一零年度教練級別評定計劃運動通論課程中取得優異成績的教練；同日並舉行優秀教學獎頒獎禮，嘉許五位由學員投票選出的傑出導師。

為了維持教練質素，並為認可教練提供明確的途徑，不斷提升技術水平，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。於此計劃下，所有教練於完成運動通論（甲部）課程後，可取得為期四年的認可教練資格，但必須在有效期內累積足夠的教練延續培訓活動時數，才能保持認可教練資格。自二零一零年五月起，認可教練可透過三個新增的途徑累積延續培訓時數，包括：於非專項體育項目的課程、講座或工作坊發表演講或教授有關課程；於體育總會擔任教練委員會成員；以及於非專項體育項目的書本或期刊發表經同科學者審核的著作或文章。截至二零一一年三月，計劃共收到超過1,900份教練的申請。

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。這項計劃由香港教練培訓委員會於二零零七/零八年度首次推出，目的是為精英運動員提供富彈性的上課時間，配合他們緊密的訓練和比賽時間表，從而鼓勵他們成為認可教練。

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 14,700 coaches through the CAP.

At the annual CAP Scholarship Presentation on 24 February 2011, five coaches were awarded for their outstanding academic results in the 2009/10 CAP Sports-General Theory courses, while five outstanding tutors, voted by CAP participants, were also recognised at the Quality Teaching Awards presentation on the same day.

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, the status of all accredited coaches is good for four years upon completion of the Sport-General Theory (Part A) Course, and they are required to accumulate sufficient hours of continuing coach education activities to maintain their accreditation status. From May 2010, three new channels were offered to accredited coaches for accumulating continuing education hours: by teaching non sports-specific courses, seminars or workshops; serving as coaching committee members in the NSAs; and authoring peer-reviewed books or journal articles in non sports-specific areas. As at March 2011, over 1,900 applications have been received from CAP coaches.

Hongkong Bank Foundation Elite Athletes Support Scheme

With their sporting knowledge and experience, elite athletes are a prime source of coaching talent. First launched by the HKCC in 2007/08, the Hongkong Bank Foundation Elite Athletes Support Scheme in Coach Education (EASS) aims to encourage elite athletes to become accredited coaches by providing greater flexibility in class arrangements to better suit their tight training and competition schedules.

第四期精英運動員教練培訓計劃已於二零一零年十二月二十一日至二零一一年一月二十四日舉行，共有11位來自單車、空手道、賽艇、三項鐵人、滑浪風帆及武術項目的精英運動員參加。計劃涵蓋教練級別評定計劃第二級運動通論課程，而上課時間表亦經特別編排，以配合運動員密集的訓練時間。通過考試及出席率達80%的運動員均獲頒證書。

計劃自推出以來深受運動員及教練歡迎，截至二零一一年三月，受惠運動員已超過60名。

滙豐銀行慈善基金教練總監論壇

教練總監論壇由香港教練培訓委員會主辦，為來自45個體育總會成員的教練總監及體育行政人員提供一個良好的機會，就教練培訓及相關課題交流意見和心得。

於二零一一年三月四日舉行的論壇上，主講嘉賓分別探討「如何發展體育總會教練培訓義工計劃」及「體育總會電腦化計劃」，共吸引了36位體育總會成員代表出席。

The fourth EASS course was held from 21 December 2010 to 24 January 2011, with a total of 11 elite athletes joining, including those from cycling, karatedo, rowing, triathlon, windsurfing and wushu. They were offered a tailor-made Level 2 CAP course, which was scheduled to fit their intensive training. Athletes who passed the examination with an attendance rate of at least 80% were granted a certificate.

Since its inception, the EASS has been well received by both athletes and coaches. As at March 2011, over 60 athletes have benefited from the scheme.

Hongkong Bank Foundation Coaching Directors Forum

Hosted by the HKCC, the Coaching Directors Forum provides coaching directors and sports officials of 45 member NSAs with an opportunity to exchange views and expertise on coaching practices.

The forum, held on 4 March 2011, elaborated on the topics “How to Develop a National Sports Association Volunteer Programme in Coaching” and “National Sports Association’s Computerisation” and attracted 36 representatives from the member NSAs.



滙豐銀行慈善基金精英運動員教練培訓計劃為精英運動員提供富彈性的上課時間，讓他們可選擇進修成為認可教練。

The Hongkong Bank Foundation Elite Athletes Support Scheme in Coach Education provides flexible class arrangements to allow elite athletes to study to become accredited coaches.



滙豐銀行慈善基金教練總監論壇
The 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，並藉此促進教練互相溝通。於二零一零/一一年度，共舉辦了五個講座，吸引超過900名認可教練參加。講座的主題包括：

- 體育訓練之相關法律
- 運動視覺訓練與運動表現
- 運動員體能訓練及預防創傷的科技支援
- 體能測試在運動訓練之最新應用
- 如何透過筋膜放鬆治療法改善運動創傷

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，從而吸引更多人士投身運動教練行列。隨著3-3-4學制自二零零九年的展開，委員會特別為新高中學生推出了新模式的教練培訓社區推廣計劃，作為「其他學習經歷」的機會，啟發學生對運動培訓的興趣。教練培訓社區推廣計劃是為新高中學生提供寶貴意見，讓有興趣在教練發展事業的學生有更進一步的理解。兩項計劃均透過講座，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。截至二零一一年三月，兩項計劃共吸引了逾700位學生參加。



香港教練培訓委員會於年度內為新高中3-3-4學制的學生推出了新模式的教練培訓社區推廣計劃。
A new mode of Community Education Programme was launched for the students under the New Senior Secondary 3-3-4 curriculum.

Hongkong Bank Foundation Continuing Coach Education Programme

The HKCC has been organising a series of workshops and seminars through the Continuing Coach Education Programme (CCEP) 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 a channel for coaches to communicate with one another. Five seminars were organised in 2010/11, attracting over 900 accredited coaches. The themes of the seminars were as follows:

- Legal Aspects of Sports Coaching
- Sports Vision Training and Sports Performance
- Technical Support on Athletes' Physical Training and Injury Prevention
- Testing and Measurement Techniques in Sports Coaching
- Improving Sports Injury Through Myofascial Release Therapy

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, and attract members of the public to join the sports coaching profession. With the implementation of the new 3-3-4 curriculum in 2009, the HKCC has conducted a new mode of Community Education Programme for the "New Senior Secondary" students, which serves as one of the "Other Learning Experiences" opportunities to stimulate 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. As at March 2011, over 700 students have taken part in the programmes.



滙豐銀行慈善基金教練延續培訓計劃於年度內共舉辦了五次講座。
Five seminars were organised during the year under the Hongkong Bank Foundation Continuing Coach Education Programme.

滙豐銀行慈善基金學校教練培訓計劃

這項計劃包括學校教練評定計劃及學校教練延續培訓計劃，由香港教練培訓委員會於一九九八年首次開辦，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。

二零一零/一一年度的學校教練評定計劃於二零一零年七月十四至二十九日舉行，共有超過120名本地中、小學老師參與。是次開辦的運動項目課程共有四個，包括羽毛球、籃球、壁球及乒乓球，內容涵蓋運動通論和專項運動（理論及技術）兩個部份。在最後一天舉行的頒獎禮上，課程出席率達80%的學員均獲發出席證書，當中五名成績優異的老師更獲頒傑出表現獎。參加者若於兩個部份的考試中均取得合格，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，將獲發學校教練證書。

計劃亦為田徑、足球及網球項目於二零一零年十一月及十二月開辦冬季課程，內容同樣包括理論與技術兩個部份，協助來自超過90間學校的92名老師提升教練水平。

計劃一直獲得社會各界的支持，包括各體育總會、校長及老師等。除了上述運動項目外，亦曾開辦手球、健美體操及排球培訓課程。自二零一零/一一年度起，學校教練延續培訓計劃的模式經過革新，推出不同類型為教師而設的學校教練講座。首個以「學校課外活動的風險管理及分享」為題的講座已於二零一一年二月十八日舉行。

計劃自推出至今，已有超過2,000名老師參與有關培訓課程。



滙豐銀行慈善基金學校教練評定計劃為學校教師開辦不同運動項目的培訓課程。

Training courses in various sports were organised for school teachers through the Hongkong Bank Foundation School Coach Accreditation Programme.

Hongkong Bank Foundation School Coach Education Programme

Organised by the HKCC since 1998, the Hongkong Bank Foundation School Coach Education Programme (SCEP) comprises the School Coach Accreditation Programme (SCAP) and the School Coach Continuing Education Programme (SCCEP), with the aim of enhancing 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, and providing opportunities for them to obtain formal training and accreditation.

The 2010/11 SCAP summer programme was held from 14 to 29 July 2010, with the participation of over 120 local primary and secondary school teachers. The coaching courses comprised two modules: Sports-General Theory and Sports-Specific Theory and Practical in four different sports, including badminton, basketball, squash and table tennis. Participants who achieved an 80% attendance rate were presented with attendance certificates at a presentation ceremony on the final day, and five teachers received Outstanding Awards for their excellent performance. Those who passed the examinations in both modules and complete another 30-hour practicum in their respective sports on a voluntary basis within a year would be awarded a School Coach Certificate.

Winter courses on athletics, football and tennis, also consisting of theory and practical sessions, were held for 92 teachers from over 90 schools in November and December 2010 to help them become more accomplished sports coaches.

The SCAP has been widely supported by various sectors of society, including NSAs, principals and teachers. In addition to the sports mentioned above, the SCAP has offered training courses in handball, sports aerobics and volleyball. Starting from 2010/11, the mode of the SCCEP has been revamped, with different kinds of School Coach Seminars being organised for teachers. The first seminar, "School Activities Risk Management & Sharing", was held on 18 February 2011.

Since its inception, more than 2,000 school teachers have attended the SCAP coaching courses.





逾100名教練於二零一零年度的滙豐銀行慈善基金優秀教練選舉頒獎典禮獲得表揚。
Over 100 coaches were honoured at the 2010 Hongkong Bank Foundation Coaching Awards Presentation.

滙豐銀行慈善基金優秀教練選舉

一年一度的滙豐銀行慈善基金優秀教練選舉是本港最備受推崇的教練選舉典禮，也是唯一表揚教練在社區以至精英層面付出努力的選舉活動。

二零一零年度的選舉收到破紀錄的155份提名，當中有104位教練於二零一一年四月十七日舉行的頒獎典禮上獲得嘉許。

是次選舉共設六大獎項類別，包括全年最佳教練獎、優秀服務獎、最佳隊際運動教練獎、最佳教練培訓工作者獎、精英教練獎及社區優秀教練獎。

全年最佳教練獎共有五位得主。單車教練沈金康及輪椅劍擊教練鄭兆康雙雙榮膺個人項目高級組的全年最佳教練獎，而團體項目高級組的全年最佳教練獎則由乒乓球教練李惠芬蟬聯。青少年組個人及團體項目的全年最佳教練獎，則分別由武術教練黃志光及羽毛球教練劉志恆奪得。

賽艇教練黃志偉自一九八六年開始擔任香港賽艇隊教練，多年來協助許多運動員於大型賽事中取得佳績，因而獲頒優秀服務獎，以表揚他對賽艇運動的貢獻。

最佳隊際運動教練獎由帶領香港欖球隊於2010亞運會勇奪銀牌的欖球教練Dai Rees奪得，而同屬欖球教練的梁勇傑則獲頒最佳教練培訓工作者獎。本年度共有79位精英教練獎得主，突破歷屆得獎人數，另有24位教練獲頒社區優秀教練獎。

於頒獎典禮上，滙豐銀行慈善基金宣佈再度撥捐334萬港元，繼續資助二零一一年至二零一三年度的香港教練培訓計劃，讓更多教練接受延續培訓和獲取教練評定資格。

Hongkong Bank Foundation Coaching Awards

The annual Hongkong Bank Foundation Coaching Awards is the most prestigious award ceremony for coaches and the sole programme devoted to recognising the achievements of local coaches from community level to elite level on a territory-wide basis.

A record 155 nominations were received for the 2010 Awards, and a total of 104 coaches were honoured at a presentation ceremony held on 17 April 2011.

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

There were five recipients of the Coach of the Year Awards. Cycling coach Shen Jinkang and wheelchair fencing coach Zheng Kang-zhao shared the honour in the senior athletes, individual sport category, while table tennis coach Li Huifen repeated her victory 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 to wushu coach Wong Chi-kwong and badminton coach Liu Ziheng respectively.

The Distinguished Services Award for Coaching was presented to rowing coach Wong Chi-wai, who has served as a coach of the Hong Kong rowing team since 1986 and helped many athletes achieve outstanding performances in major competitions over the years.

Rugby coach Dai Rees won the Best Team Sport Coach Award after leading the Hong Kong rugby team to a silver medal at the 2010 Asian Games, while Leung Yung-kit added another award to rugby's win list by receiving the Coach Education Award. The Coaching Excellence Awards were presented to a record 79 coaches, and 24 coaches received the Community Coach Recognition Awards.

At the ceremony, it was also announced that the Hongkong Bank Foundation would make another donation of HK\$3.34 million in support of the Hong Kong Coach Education Programme for 2011 to 2013, enabling more coaches to get continuous training and accreditation qualifications.

資助體育總會

香港教練培訓委員會於本年度內共撥出74萬3,000港元予代表46個項目的45個體育總會，籌辦共82項教練培訓活動，當中包括29個海外短期課程及53個本地短期課程，共有超過2,300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，體院負責在港行政工作，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，內容涵蓋運動解剖學、運動生理學、體育統計學、運動營養學及專項運動理論及實踐等25個科目，而有關學歷資格更等同親赴北體大修讀的學位課程，廣受其他國家認可。

二零零五級畢業典禮於二零一零年十月九日在體院舉行，共有23名學員獲發畢業證書，而九名二零零五及二零零八級學員則獲頒滙豐銀行慈善基金獎學金，以表揚他們的優異成績。同日亦舉行了二零零八及二零一零級開學典禮，當中二零一零級共有12名新學員（包括五名精英運動員）入學，正式展開他們的首年大學課程。

自一九九九年首辦課程以來，已有58名學員完成有關課程。

Funding Support to NSAs

During the year, a total subvention of HK\$743,000 was provided by the HKCC to 45 NSAs representing 46 disciplines for the organisation of 82 coach education programmes. These included 29 short-term overseas courses and 53 short-term local courses, collectively benefiting more than 2,300 coaches.

Undergraduate Course in Sports Training

Offered by Beijing Sport University (BSU) and administered by the HKSI, this five-year, part-time degree programme aims to develop high-quality coaches for Hong Kong sports by providing formal career training.

With experienced professors from BSU travelling 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. The qualification is equivalent to students who received their degrees in the Mainland and is widely recognised by other countries.

The 2005 Class Graduation Ceremony was held on 9 October 2010 at the HKSI, with a total of 23 students awarded graduation certificates. Nine students from the 2005 and 2008 Classes were also presented with the Hongkong Bank Foundation Scholarships for their outstanding academic performance. The First Assembly for the 2008 and 2010 Classes was also held on the same day, with 12 students, including five elite athletes, starting their first year of study in the new 2010 Class.

Since its first intake in 1999, a total of 58 students have completed the programme.



九名北體大優異生獲頒滙豐銀行慈善基金獎學金。
Nine outstanding Beijing Sport University students are presented with Hongkong Bank Foundation Scholarships.