

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

二零一一年一月二十六日，香港特別行政區行政長官曾蔭權在民政事務局局長曾德成的陪同下，前往體院探訪現役及退役運動員，探討運動員對兼顧學業與全職訓練及比賽的關注。曾德成亦於二零一零年十一月九日到訪體院，與運動員及教練商討香港申辦2023亞運會的建議。二零一零年九月三日，律政司司長黃仁龍到體院參觀各項訓練設施。

年度內到訪體院的訪客還包括由立法會民政事務委員會主席率領的五人代表團，以及由沙田區議會主席轉介的廣州亞運會組委會代表。

• 國際聯繫

年度內，共有20名體院職員於國際組織出任不同職務（如委員、顧問等），包括國際奧林匹克委員會及多個國際聯會。體院代表亦獲邀於17個國際學術機構及同業的活動中擔任講者。



香港特區行政長官曾蔭權（上圖）及民政事務局局長曾德成（右圖）參觀體院設施，並探訪運動員和教練。
HKSAR Chief Executive Donald Tsang (above photo) and Secretary for Home Affairs Tsang Tak-sing (right photo) tour the HKSI's facilities and meet with athletes and coaches.

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, athlete training, coaching science and sports management. In the fiscal year, major exchange activities included the following:

• Government and Sports Leadership

HKSAR Chief Executive Donald Tsang, accompanied by Secretary for Home Affairs Tsang Tak-sing, visited the HKSI on 26 January 2011, where they met with current and retired athletes, and discussed athletes' concerns about access to education that would not compromise full-time training and competition. Tsang Tak-sing also paid a visit to the HKSI on 9 November 2010, meeting athletes and coaches to discuss Hong Kong's proposed bid for hosting the 2023 Asian Games. On 3 September 2010, Secretary for Justice Wong Yan-lung visited the HKSI and toured the training facilities.

Other visitors during the reporting period included a five-person delegation from the Legislative Council, led by the Chairman of the Legislative Council Panel on Home Affairs, and representatives of the Guangzhou Asian Games Organising Committee, referred by the Chairman of the Sha Tin District Council.

• International Representation

During the year, 20 HKSI staff participated in various roles (members of committees, consultants, etc.) in many international bodies, including the International Olympic Committee and a number of International Federations. HKSI staff members were also invited to make presentations at 17 international academic and counterpart institutional events.





香港特區律政司司長黃仁龍（中）到訪沙田地標之一的體院，關心精英運動員的訓練情況。
HKSAR Secretary for Justice Wong Yan-lung (centre) visits the HKSI, one of the landmarks in Sha Tin, to understand the training of elite athletes.



立法會民政事務委員會到訪體院，了解重新發展計劃的進度。
Members of the Legislative Council Panel on Home Affairs visit the HKSI to understand the progress of the Redevelopment Project.

• 體育團體

繼於二零零九/一零年度與內地五間著名體育院校及研究所簽署合作備忘錄後，體院於本年度繼續積極擴展與內地及國際之間的連繫。這些舉措是體院未來五年整體發展規劃方向的重要一環。

內地

二零一零年七月，體院院長李翠莎博士率領代表團前往南京體育學院及上海體育職業學院，並與兩所院校簽署合作備忘錄，以提升香港精英運動員的運動科學訓練及教育支援。合作範圍包括為對方集訓隊提供運動科學及醫學服務，以支援精英訓練和促進研究交流。

日本

二零一一年三月，體院與日本國立運動科學中心簽署合作協議備忘錄，標誌著兩個精英培訓機構建立更緊密連繫的重要里程碑。日本國立運動科學中心是當地運動科學和醫學及提供信息的先驅，這次合作將為雙方在運動科學、運動醫學及運動信息分析領域上提供合作平台。二零一零年七月及十月，日本國立運動科學中心的代表兩次到訪體院，而體院亦於二零一一年一月進行回訪，成員中包括教練和運動員，以訂立合作框架。

香港

二零一零年五月，體院與香港浸會大學簽署合作備忘錄，並同時舉行「精英運動員定點中醫診療中心」開幕典禮。根據協議，診療中心將為體院精英運動員提供優質而安全的中醫藥治療，雙方亦會合作進行研究項目，以評估和提高中醫藥在精英運動培訓、創傷治療及康復方面的應用。在典禮上，「備戰廣州2010亞運會運動員中醫藥保健計劃」亦正式展開，為運動員提供度身訂造的保健計劃，從而提高他們爭取獎牌的機會。

• Counterpart Institutions

Following the signing of a memorandum of collaboration with five major counterpart institutions in the Mainland in 2009/10, the HKSI continued its drive to expand its links with the Mainland and internationally in 2010/11. These steps form one of the key focus areas of the HKSI's five-year strategic direction.

Mainland

In July 2010, HKSI Chief Executive Dr Trisha Leahy led a delegation to visit the Nanjing Sport Institute and the Shanghai Sports Institute, and signed a memorandum of collaboration with both institutes with the aim of further enhancing scientific sports training and educational support for Hong Kong elite athletes. The collaboration includes the mutual exchange of sports science and medicine services to support elite training and research exchanges.

Japan

In March 2011, the HKSI signed a memorandum of collaboration with the Japan Institute of Sports Sciences (JISS), a pioneer in the areas of sports science, medicine and information provision in Japan. This marks an important milestone in closer ties between the two institutes and provides a platform for cooperation in the area of sports science, sports medicine and sports information analysis. A framework for collaboration was formulated during two visits by the JISS to the HKSI in July and October 2010, and a visit by the HKSI to the JISS in January 2011, which included coaches and athletes.

Hong Kong

The HKSI also signed a memorandum of understanding with Hong Kong Baptist University. The signing ceremony, together with the opening of the "Elite Athletes Chinese Medicine Specialty Clinic", was held in May 2010. Under the agreement, the clinic will provide safe, high quality, elite-training-specific Chinese medicine services for HKSI elite athletes. Joint research projects will also be carried out to evaluate and improve the application of Chinese medicine to elite training, injury treatment and recovery. The "Chinese Medicine Healthcare Plan preparing athletes for the Guangzhou 2010 Asian Games" was also kicked off at the ceremony, with the aim of enhancing the medal hopes of elite athletes through a tailor-made healthcare plan.

其他

年度內，體院還接待了多個本地、內地及海外機構和團體的訪客和代表團，包括：

Others

During the year, the HKSI also received the following visitors and delegations from local, national and overseas institutions and groups:

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| 二零一零年五月 May 2010 | <ul style="list-style-type: none"> • 香港外展訓練學校 Outward Bound Hong Kong • 台灣國立體育大學 National Taiwan Sports University |
| 二零一零年七月 July 2010 | <ul style="list-style-type: none"> • 香港理工大學 Hong Kong Polytechnic University • 華南理工大學 South China University of Technology • 西華大學 Xihua University • 電機電子工程師學會生物醫學工程學會香港分會 Institute of Electrical and Electronics Engineers, Engineering in Medicine and Biology Society Hong Kong Chapter |
| 二零一零年八月 August 2010 | <ul style="list-style-type: none"> • 廣州青年企業家協會 Guangzhou Young Entrepreneurs' Association • 上海立信會計學院 Shanghai Lixin University of Commerce • 英國商務專員 Stephen Cartwright, British Trade Commissioner • 香港中國人民政治協商會議代表團 Hong Kong Chinese People Political Consultative Conference |
| 二零一零年十月 October 2010 | <ul style="list-style-type: none"> • 歐洲運動創傷、膝外科及關節鏡學會 European Society of Sports Traumatology, Knee Surgery and Arthroscopy • 聖托馬斯大學 University of Santo Tomas |
| 二零一零年十一月 November 2010 | <ul style="list-style-type: none"> • 北京康比特體育科技股份有限公司 Beijing Competitor Sports Science & Tech Co. Ltd |
| 二零一零年十二月 December 2010 | <ul style="list-style-type: none"> • 毅力十二愛心跑 Run with Your Heart |
| 二零一一年一月 January 2011 | <ul style="list-style-type: none"> • 香港賽馬會見習騎師訓練學校 The Hong Kong Jockey Club's Apprentice Jockeys' School |
| 二零一一年三月 March 2011 | <ul style="list-style-type: none"> • 馬來西亞國立體育學院 National Sports Institute of Malaysia • 新加坡體育理事會 Singapore Sports Council • 香港沙田工商業聯合會 Hong Kong Shatin Industries and Commerce Association |

為推動與國際體育團體的互相交流及合作，體院亦於二零一零年十一月到訪廣州的第十六屆亞運會日本隊支援中心，以及於二零一零年十二月前赴澳洲體育學院進行交流。

To promote mutual exchange and cooperation with international sports institutions, the HKSI also organised outgoing visits to the Team JAPAN support centre for the 16th Asian Games in Guangzhou in November 2010 and the Australian Institute of Sport in December 2010.



體院於年度內接待了多個機構和團體的訪客和代表團，以促進交流和保持緊密聯繫。

The HKSI received various visitors and delegations during the year to promote exchanges and closer ties.





運動員透過交流團汲取寶貴經驗，擴闊視野。

Exchange tours were organised for athletes to provide them with valuable experience and broaden their horizons.

• 運動員交流團

體院在年度內舉辦了三次交流/學習團，為運動員提供寶貴的經驗，擴闊他們的視野，以認識運動與人生的不同面貌。

二零一零年九月十日至十四日，六名運動員前赴上海參加精英教練員研討會，了解有關運動恢復方面的最新技巧和知識。

體院又安排了21名精英運動員於二零一一年一月二十一日至二十四日期間到日本交流，除參觀日本國立運動科學中心及味之素國家訓練中心外，更參與由當地專家主持的營養學工作坊及柔道訓練環節。出發前，體院為運動員安排了兩個工作坊，讓他們為旅程做好準備。

另外，四名二零一零年ZESPRI®傑出青少年運動員選舉得獎者於二零一一年四月二日至八日參加了由ZESPRI®贊助的紐西蘭體育和文化交流之旅，期間除參觀多項運動設施外，更與當地運動員會面和交流運動經驗，並參與不同的文化活動。

• 科學發展

年度內，體院於多個會議上發表科研成果，包括在北京舉行的國家體育總局體育科學研究所國際體育科學研討會；在廣州舉行的廣州2010年亞殘運會國際論壇及亞運會科研大會；在昆明舉行的瑞典厄勒布魯大學國際運動醫學及運動康復研討會；在上海舉行的第九屆全國運動心理學學術會議暨第二屆華人運動心理學研討會；在巴西舉行的國際運動心理學會研討會；在韓國舉行的2010亞洲運動科學會議；在泰國舉行的第五屆亞洲營養學大會；以及在美國舉行的美國運動醫學學會年會2010暨世界運動醫學大會及2010美國肌力與體能訓練協會會議暨展覽會。

• Athlete Exchange Tours

Three exchange/study tours were organised for athletes during the year, with a view to providing them with valuable experience, broadening their horizons and allowing them to gain different perspectives on sport and life.

From 10 to 14 September 2010, six athletes attended the Elite Coaches Seminar in Shanghai on the topic “Enhancing Recovery in Sports”, gaining new skills and knowledge in the field.

From 21 to 24 January 2011, 21 athletes attended the Elite Athlete’s Japan Exchange Tour. Apart from visiting the Japan Institute of Sports Sciences and Ajinomoto National Training Centre, they participated in nutrition workshops and judo training sessions conducted by Japanese specialists. Two pre-tour workshops were organised for the athletes.

A New Zealand sport and cultural exchange tour, sponsored by ZESPRI®, was organised from 2 to 8 April 2011 for four recipients of the 2010 ZESPRI® Outstanding Junior Athlete Awards. During the tour, the young athletes visited sports facilities, met with local athletes to share their experience in sports, and took part in a variety of cultural activities.

• Scientific Development

The HKSI’s work was represented at various conferences during the year, including the China Institute of Sports Science International Sports Science Symposium in Beijing; the Guangzhou 2010 Asian Para Games International Forum and the Asian Games Scientific Congress in Guangzhou; the Sweden Orebro University – International Sports Medicine and Sports Rehabilitation in Kunming; the 9th Chinese National Sport and Exercise Psychology Conference and the 2nd Symposium of Chinese Sport Psychology in Shanghai; the International Society of Sport Psychology in Brazil; the 2010 Asian Conference on Sport Science in Korea; the 5th Asian Congress of Dietetics in Thailand; the American College of Sports Medicine Annual Meeting 2010 and World Congress on Exercise in Medicine, and the 2010 NSCA National Conference and Exhibition in the United States.

• 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、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。

研討會

• 國際科學研討會

運動科學及運動醫學在保持運動員處於高峰狀態上擔任著重要角色，而生物力學及技能掌握對提升精英運動員表現的作用也備受肯定。一年一度的國際科學研討會於二零一零年四月十六日及十七日舉行，主題為「運動生物力學：競技水平提升及創傷預防」。

六位來自英國、內地及香港的專家分別就所屬的專業範疇發表專題演講和舉行工作坊，為所有與會人士提供一個極佳的平台，交流和分享最新的生物力學知識，並了解運動生物力學在提升精英運動員競技水平和預防創傷方面的最新應用。

研討會由體院與多個機構合辦，包括香港賽馬會運動醫學及健康科學中心、世界衛生組織運動醫學暨促進健康中心、亞洲運動醫學聯合會，以及香港運動醫學及科學學會。為期兩天的研討會共吸引了超過200名本地及海外的運動從業員及專家參加。

• 精英體育培訓高峰會2011

主題為「二十一世紀精英體育培訓：探討新觀點與推動合作發展」的精英體育培訓高峰會於二零一一年三月十八日在體院舉行，五名精英體育培訓專家與在場逾150名專業人員、教練、運動員、科學家、管理及行政人員分享他們對於二十一世紀精英體育培訓的觀點。高峰會旨在為香港、馬來西亞及新加坡的精英培訓機構領導層提供探討三方進一步合作的機會，並互相交流精英體育培訓方面的知識、技術和最佳實踐方法。體院管理層亦與馬來西亞國立體育學院及新加坡體育理事會的領導層會晤，以討論正式合作計劃。

• Coaching Development

The HKCC continued to promote collaborations with its counterparts in various parts of the world, including Australia, Britain, Canada, Ireland, 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.

Symposia and Seminars

• International Scientific Symposium

Sports science and sports medicine play a vital role in keeping athletes in peak condition, and the role of biomechanics and skill acquisition in elite sport performance is well-recognised. The annual International Scientific Symposium was held on 16 and 17 April 2010 on the theme “Biomechanics and Skill Acquisition in Sports: Performance Enhancement and Injury Prevention”.

Six experts from the United Kingdom, the Mainland and Hong Kong gave keynote presentations and a workshop on their respective expert areas, providing a good platform for all attendees to exchange and share the latest knowledge in biomechanics, and to get an insight into the latest applications of sport biomechanics to enhance elite performance and prevent sports injuries.

The symposium was organised by the HKSI in collaboration with The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre; the World Health Organisation Collaborating Centre for Sports Medicine and Health Promotion; the Asian Federation of Sports Medicine; and the Hong Kong Association of Sports Medicine and Sports Science. Over 200 local and overseas sports practitioners and professionals participated in the two-day event.

• Elite Sport Training Summit 2011

An Elite Sport Training Summit themed “Elite Sport Training in the 21st Century: Creating New Insights and Partnerships for Co-development” was conducted at the HKSI on 18 March 2011, where five experts in elite sports training shared their insights for the 21st century elite sport training with over 150 specialists, coaches, athletes, scientists, officials and administrators. The summit aimed to provide an opportunity for leaders of participating institutes in Hong Kong, Malaysia and Singapore to discuss ways to enhance cooperation among the three entities and promote the mutual exchange of knowledge, expertise and best practices in elite sport training. HKSI Management also met with the leaders of the National Sports Institute of Malaysia and the Singapore Sports Council to discuss formal cooperation.

- **第十八屆滙豐銀行慈善基金精英教練員研討會**

為了加強香港與內地教練的交流，這項每年一度的研討會於二零一零年九月十一日至十二日在上海舉行，由香港教練培訓委員會及中華全國體育總會合辦，並得到上海體育學院協辦。

研討會以「運動恢復」為主題，六位來自美國、內地及香港的教練及運動醫學專家與參加者分享其寶貴經驗，共吸引了超過160名本地及內地教練參加。透過專業教練和專家在研討會中的詳盡分享，香港和內地教練得以了解最新的運動訓練模式、訓練方法和技術，從而提高訓練質素，推動區內的教練培訓發展。

- **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52名本地及海外專家獲邀出席研討會，分享他們的寶貴經驗。二零一零/一一年度共舉辦了10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。

- **18th Hongkong Bank Foundation Elite Coaches Seminar**

Jointly organised by the HKCC and the All-China Sports Federation, and coordinated by the Shanghai University of Sport, this annual seminar was held on 11 and 12 September 2010 in Shanghai to maximise exchanges between Hong Kong and Mainland coaches.

The theme for the seminar was “Enhancing Recovery in Sports”, with six coaches and sports medicine experts from the United States, the Mainland and Hong Kong sharing their invaluable experience with the audience. The event attracted over 160 participants, including local and Mainland coaches. Through detailed presentations of professional coaches and experts, coaches from Hong Kong and the Mainland obtained the latest information on training methods and techniques to improve their coaching standard and move coach education forward in the territory.

- **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 these seminars is to facilitate mutual understanding and effective cooperation among professionals in elite sport. Since 2003, 52 local and overseas professionals have been invited to share their experience at the seminars. In 2010/11, 10 seminars were held, where HKSI professionals, and other local and international experts shared knowledge on sports science, sports medicine, and strength and conditioning topics.



國際科學研討會讓與會人士交流和分享最新的生物力學知識。
The International Scientific Symposium allows attendees to exchange and share the latest knowledge in biomechanics.



第十八屆滙豐銀行慈善基金精英教練員研討會以「運動恢復」為主題。
The 18th Hongkong Bank Foundation Elite Coaches Seminar was held under the theme “Enhancing Recovery in Sports”.

