

## 資助體育總會

年度內，香港教練培訓委員會共撥出74萬港元予代表46個項目的45個體育總會，籌辦共67項教練培訓活動，當中包括六個海外短期及61個本地短期課程，共有超過5,900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，體院負責在港的行政工作，目的是透過提供正規訓練，為香港體壇培育高質素的教練。

北體大選派資深教授到體院授課，課程共有25科，包括運動心理學、運動營養學、運動訓練生化分析、體育統計學、教育學、體能訓練法、漢語與寫作及體育管理學等。此外，學員必須選擇一項運動，修讀有關理論與實踐的知識，符合所有考核要求後才可獲頒學位證書。

二零零九年十月二十二日，九位在二零零八/零九年度取得優異成績的學員獲頒發滙豐銀行慈善基金獎金，合共3萬5,000港元。

## Funding Support to NSAs

During the year, a total subvention of HK\$0.74 million was provided by the HKCC to 45 NSAs representing 46 disciplines for the organisation of 67 coach education programmes. These included six short-term overseas courses and 61 short-term local courses, collectively benefiting more than 5,900 coaches.

## Undergraduate Course in Sports Training

Offered by Beijing Sport University (BSU) and administered by the HKSI, the Bachelor of Education in Sports Training programme is a five-year, part-time degree programme that 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 Psychology, Sports Nutrition, Biochemical Analysis of Sports Training, Statistics in Sports, Education in Sports, Physical Training, Chinese Language and Writing Skills, and Administration in Sports Training. In addition, students are required to choose a sports-specific elective, including theory and practicum, and are granted a Bachelor degree upon successful completion of all the requirements.

On 22 October 2009, nine students were presented with scholarships totalling HK\$35,000 from the Hongkong Bank Foundation for excellence in academic achievements in the 2008/09 academic year.

## 國際交流 International Cooperation

### 訪問及交流

體院與中國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：

- **國際聯繫**

年度內，共有16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。體院代表亦獲多個國際學術機構及同業邀請，在13個活動中擔任講者。此外，體院於六個國際會議及三份內地運動科研刊物發表研究成果。

### 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:

- **International Representation**

During the year, 16 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 13 events organised by international academic and institutional counterparts. In addition, the HKSI's work was represented in six international and three Mainland, peer-reviewed publications.

## • 體育團體

二零零九年五月二十九日，體院與國內五間著名的體育院校及研究所簽署合作備忘錄，為本港精英運動員在運動科研方面提供更強大的培訓支援，並為兩地日後的長期合作與交流奠下鞏固基礎。五間院所分別是國家體育總局體育科學研究所、國家體育總局運動醫學研究所、北京體育大學、武漢體育學院及成都體育學院。中國在奧運會能夠取得驕人成績，五間院所均作出了重大貢獻。

體院在國家體育機構的支持下，與五間院所展開正式合作，正好標誌著兩地體育資源的長期策略性合作邁出重要一步。有關合作不但為體院提供科學與醫學研究及服務支援的機會，更有助運動員及技術人才的發展，同時提供一個共用和存取國際體育數據的平台。此外，體院亦可在運動科學和醫學等重點支援服務方面進行更具協調性及系統化的交流。這次合作將全面惠及本港精英運動員，長遠亦有助提升香港在國際體壇的競爭力。

年度內，體院亦接待了多個海外及國內體育團體，包括德國國會及其體育委員會、新加坡體育學院、南京體育學院及上海體育學院。

## • Counterpart Institutions

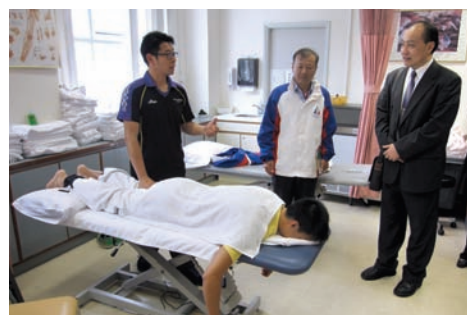
On 29 May 2009, the HKSI signed a Memorandum of Collaboration with five major sports institutes from the Mainland, providing Hong Kong elite athletes with enhanced scientific sports training support and further solidifying the long-term collaboration and exchange between Hong Kong and the Mainland. The five institutes, namely the China Institute of Sport Science, the National Institute of Sports Medicine, Beijing Sport University, the Wuhan Institute of Physical Education, and Chengdu Sport University, made well-recognised contributions to China's outstanding Olympic results.

The formalisation of the HKSI's collaboration with these five institutions with the endorsement of the Central Government sports authority is an important step in a long-term strategic resourcing path, providing the HKSI with scientific and medical research and service support opportunities, athlete and technical professional development, and a platform for sharing and accessing international sports data. It also allows the HKSI to facilitate a more coordinated and systematic exchange in its key elite training support areas of sports science and medicine. These partnerships will greatly benefit local elite athletes and help raise Hong Kong's competitive level in the international sporting arena in the long run.

The HKSI also received visits during the year from representatives of a number of overseas and Mainland sports institutes, including the German Parliament and German Sports Commission, the Singapore Sports Institute, the Nanjing Sport Institute and the Shanghai Sports Institute.



體院與國內五間體育院校及研究所合作，標誌著本地精英體育發展踏入新里程。  
The cooperation between the five Mainland sports institutes and the HKSI represents a milestone in local elite sports development.



體院專業人員向來賓介紹為運動員提供的各項設施和服務。  
HKSI sports professionals introduce to visiting guests the facilities and services available for athletes.

### • 運動員交流/學習團

年度內，體院為運動員安排了兩次交流/學習團。19名運動員於二零零九年十二月二十七至三十一日參加了山東學習團，除參觀濟南及青島用作2009全運會與2008奧運會的訓練及比賽設施外，更與山東的運動員和教練會面，就精英運動員培訓的問題交流意見。為了讓參加交流團的運動員有更好的準備，體院特別在出發前為他們安排了三個工作坊。

二零一零年三月二十六日至四月一日，四名二零零九年ZESPRI®傑出青少年運動員選舉得獎者參加了由ZESPRI®贊助的紐西蘭體育和文化交流之旅。在七日六夜的行程中，四名青少年運動員參觀了多項運動設施，包括普倫蒂灣理工學院和千禧運動及衛生學院，並與多名當地教練和運動員會晤，包括英聯邦男子200米蝶泳紀錄保持者博梅斯特。

透過這兩次交流/學習團，運動員汲取了寶貴的經驗，得以擴闊視野，認識運動與人生的不同面貌。

### • 科學發展

年度內，體院於美國、內地及香港舉行的多個會議上發表科研成果，包括在美國舉行的第六屆國際精英體育論壇、美國國家體適能總會會議暨展覽會及2010國際健身大會；北京舉行的第六屆亞洲運動科學會議；青島舉行的2009年中國運動醫學與關節鏡外科學術大會；以及青海舉行的中國多巴高原訓練與健康高層研討會。

### • 教練培訓

香港教練培訓委員會不斷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、北京體育大學及廣州體育學院。

### • Athlete Exchange/Study Tours

Two exchange/study tours were organised for athletes during the year. From 27 to 31 December 2009, 19 athletes participated in a study tour to Shandong, visiting training and competition facilities in Jinan and Qingdao, where the 2009 National Games and the 2008 Olympic Games were held, and also participating in discussions with Shandong athletes and coaches on elite training matters. To help the participating athletes prepare for the visit, three workshops were arranged for them prior to the tour.

From 26 March to 1 April 2010, four up-and-coming athletes and recipients of the 2009 ZESPRI® Outstanding Junior Athlete Awards went on a sports and cultural exchange tour to New Zealand, sponsored by ZESPRI®. During the seven-day, six-night tour, the four young athletes visited various sports facilities, including Bay of Plenty Polytechnic and the Millennium Institute of Sport & Health, and also met coaches and athletes, including Moss Burmester, current Commonwealth record holder in the men's 200m butterfly.

These exchange/study tours provided valuable experience for the athletes, broadening their horizons and allowing them to gain different perspectives on sport and life.

### • Scientific Development

During the year, the HKSI's work was represented at various conferences in the United States, the Mainland and Hong Kong, including the VI International Forum on Elite Sport, the 2009 NSCA National Conference and Exhibition, and the International Convention & Trade Show 2010 in the United States; the 6<sup>th</sup> Asian Sports Science Conference in Beijing; the 2009 China Sports Medicine & Arthroscopy Conference in Qingdao; and the 2009 China Duoba International Symposium on Altitude Training and Health in Qinghai.

### • Coaching Development

The HKCC continued to promote a close working relationship 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 and Guangzhou Sport University.

## 研討會

### • 大型運動會備戰策略論壇

體院與內地五間院所簽署合作備忘錄後，於二零零九年五月三十日舉行「大型運動會備戰策略論壇」。這個論壇由體院主辦、中國香港體育協會暨奧林匹克委員會與香港賽馬會運動醫學及健康科學中心協辦，目的是讓內地及香港的專家、學者及政策制訂者分享備戰大型運動會的專業知識、工作經驗和心得。

此外，北京奧運會備戰辦公室的運動專才亦應邀分享他們在備戰奧運過程中，於訓練及科研支援體系的組織與運作調控方面的成功經驗。論壇吸引了超過170位本地運動愛好者及專才參加，與國內及香港專家交流意見。

### • 第十六及第十七屆滙豐銀行慈善基金精英教練員研討會

兩屆研討會均由香港教練培訓委員會及中華全國體育總會合辦，分別於二零零九年五月二十三至二十四日及二零一零年一月二十三至二十四日舉行，旨在為海外運動專才，特別是中國內地教練提供一個與香港教練交流心得的平台。

第十六屆研討會的主題為「奧運與成功之道」，並首次移師廣州體育學院舉行。研討會由五位講者分享經驗，當中包括奧運獎牌得主的教練及曾經協助運動員備戰奧運的科研人員，吸引了超過130名香港及內地教練參加。

## Symposia and Seminars

### • Exchange Forum on Preparing Athletes for Major Games

On 30 May 2009, following the signing of the Memorandum of Collaboration with five major sports institutes from the Mainland, the HKSI, in collaboration with the Sports Federation & Olympic Committee of Hong Kong, China and the Hong Kong Jockey Club Sports Medicine and Health Sciences Centre, held an Exchange Forum on Preparing Athletes for Major Games, with the aim of providing a unique opportunity for experts, academics and policy-makers from the Mainland and Hong Kong to share their expertise, experience and insight in the preparation of athletes for Major Games.

Sports professionals from the Beijing Olympic Preparation Office were invited to share their successful experience in the organisation and operation of the Beijing Olympic elite training system and scientific service-support system. Over 170 local sports practitioners and professionals attended to share and exchange views with Mainland and Hong Kong experts on the topic.

### • 16<sup>th</sup> and 17<sup>th</sup> Hongkong Bank Foundation Elite Coaches Seminars

These two seminars, jointly organised by the HKCC and the All China Sports Federation, were held from 23-24 May 2009 and 23-24 January 2010, with the aim of providing a platform for overseas experts, especially those from the Mainland, to exchange knowledge and expertise with local coaching professionals.

The 16<sup>th</sup> seminar, revolving around the theme “The Olympics and Paths to Success”, was held at Guangzhou Sport University for the first time. Five speakers, including coaches of Olympic medallists and sports scientists who had helped athletes prepare for the Games, shared their experience with over 130 local and Mainland coaches.

主禮嘉賓與演講嘉賓於大型運動會備戰策略論壇開幕儀式上合照。  
Officiating guests, speakers and moderators at the opening ceremony of the Exchange Forum on Preparing Athletes for Major Games



有見香港代表團在第五屆東亞運動會中取得優異成績，第十七屆滙豐銀行慈善基金精英教練員研討會以「優秀的精英訓練系統」為主題，邀請了九位來自新加坡、內地與香港的運動專家發表專題演講，分享他們在其專業範疇的經驗與心得，吸引了超過180名香港及內地教練參加。

#### • 推進體適能訓練研討會

二零零九年九月十二日，體院舉辦名為「推進體適能訓練」的研討會，吸引超過90名本地體育從業人士及運動專才參加。是次研討會獲得美國國家體適能總會持續教育組認可，當中包括一節壺鈴訓練與恢復技巧工作坊。

#### • 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45名本地及海外專家獲邀出席研討會，分享他們的寶貴經驗。在二零零九/一零年度共舉辦了七次精英培訓研討會，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。

Riding on the success of the Hong Kong delegation in the 5<sup>th</sup> East Asian Games, the 17<sup>th</sup> Hongkong Bank Foundation Elite Coaches Seminar featured the theme “Winning Systems for Elite Coaching”, with nine professionals from Singapore, the Mainland and Hong Kong sharing their experience and expertise in their respective expert areas with over 180 local and Mainland coaches.

#### • Seminar on Taking Strength and Conditioning to the Next Level

On 12 September 2009, the HKSI organised a seminar entitled “Taking Strength and Conditioning to the Next Level”, which attracted over 90 local sports practitioners and professionals. The seminar was accredited by the National Strength and Conditioning Association Continuing Education Units and included a practical workshop on Kettlebell and Recovery Techniques.

#### • 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, 45 local and overseas professionals have been invited to share their experience at the seminars. In 2009/10, seven Elite Training Seminars were held with HKSI professionals, and other local and international experts sharing knowledge on sports science, sports medicine, and strength and conditioning topics.

推進體適能訓練研討會  
A seminar on "Taking Strength and Conditioning to the Next Level"



教練員於第十六屆滙豐銀行慈善基金精英教練員研討會後參觀廣東奧林匹克體育中心。

Coaches visit the Guangdong Olympic Stadium following the 16<sup>th</sup> Hongkong Bank Foundation Elite Coaches Seminar.



第十七屆滙豐銀行慈善基金精英教練員研討會以「優秀的精英訓練系統」為主題。

The 17<sup>th</sup> Hongkong Bank Foundation Elite Coaches Seminar was based on the theme "Winning Systems for Elite Coaching".