

## 國際交流 International Cooperation

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。本年度主要交流活動如下：

### 訪問及交流

#### 政府及體育領袖

國家主席胡錦濤於二零零七年六月二十九日探訪體院。體院是胡主席三天訪港行程的第一站，隨行的還有行政長官曾蔭權。胡主席先後與體院主席李家祥博士、中國香港體育協會暨奧林匹克委員會會長霍震霆及多名本地優秀運動員包括黃金寶(單車)、周梓淇(劍擊)、陳枷彤(柔道)及施幸余(游泳)等會面。探訪結束前，胡主席贈送了「銀色疾風」的單車雕塑予體院。

年度內其他到訪的官員包括國家體育總局副局長于再清、國際武術聯合會秘書長王筱麟、行政長官曾蔭權及財政司司長曾俊華。

The HKSI maintains frequent exchanges with sports professionals in Mainland China 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:

### Visits and Exchanges

#### Government and Sports Leadership

President Hu Jintao, accompanied by Chief Executive Donald Tsang Yam-kuen, visited the HKSI on 29 June 2007. This was the first stop on President Hu's three-day visit to Hong Kong. He was met by Chairman of the HKSI Dr Eric Li Ka-cheung, President of the Sports Federation & Olympic Committee of Hong Kong, China, Hon Timothy Fok Tsun-ting, and a number of top local athletes including Wong Kam-po (cycling), Chow Tsz-ki (fencing), Chan Ka-man (karatedo) and Sze Hang-yu (swimming). Before leaving, President Hu presented a silver cyclist statue to the HKSI.

Other visiting officials during the year included Yu Zaiqing, Vice Minister of the General Administration of Sport of China, together with Wang Xiaolin, Secretary-General of the International Wushu Federation, Chief Executive Donald Tsang Yam-kuen and Financial Secretary John Tsang Chun-wah.





### Counterpart Institutions

Representatives from overseas institutions such as the Western Australian Institute of Sport, South Africa's Eastern Capes Academy of Sport, the University of Texas at Austin, Republic Polytechnic of Singapore, the Sports Authority of Thailand and the Shanghai Sport University of China all had fruitful exchanges with the HKSI sports and scientific professionals. HKSI Sport Science professionals also visited Shandong Sport Institute during the year.

### 體育團體

來自西澳大利亞體育訓練基地、南非東開普體育學院、美國德州大學奧斯汀分校、新加坡共和理工學院、泰國體育局及上海體育學院等海外機構的代表，與體院運動及科研人員進行交流，取得理想的成果。體院運動科學專家亦在年度內到訪山東體育學院進行交流。

二零零七年六月，體院與成都體育學院就中國手法治療服務簽訂協議。體院院長李翠莎博士亦在二零零八年三月代表體院與國家體育總局體育科學研究所所長田野教授簽訂建立長期合作夥伴關係備忘錄，藉此加強雙方在精英培訓科研支援的合作。

### 科學發展

體院的科研成果亦於不同會議上發表，當中包括在北京舉行的中國運動醫學教育會議2007、美國新奧爾良的第五十四屆美國運動醫學院年會、澳門的2007年國民體質研究論文報告會、美國阿特蘭大的2007美國國家體適能總會會議暨展覽會、希臘塞薩洛尼基的第十二屆歐洲運動心理學大會、澳洲開恩茲的運動及肌肉與骨骼專科物理治療會議、北京的第八屆中國全國體育科學大會、在泰國曼谷舉行的2007東南亞運動會及東南亞殘障人士運動會科學會議和第五屆亞洲及南太平洋地區運動心理協會國際運動心理會議，以及廣州的第六屆華人運動生理及體適能學者學會年會。

In June 2007, the HKSI signed an agreement with Chengdu Sport University on Chinese manual therapy services. The HKSI also signed a Memorandum on Co-operative Partnership with the China Institute of Sport Science in March 2008. Intended to strengthen the two organisations' scientific co-operation regarding elite training, this landmark Memorandum was signed by Dr Trisha Leahy, HKSI Chief Executive, and Professor Tian Ye, President of China Institute of Sport Science General Administration of Sports of China.

### Scientific Development

The HKSI's work was also represented at different conferences such as the China Sports Medicine Educational Conference 2007 in Beijing, the American College of Sports Medicine 54<sup>th</sup> Annual Meeting in New Orleans, USA, the 2007 Conference on National Physical Fitness in Macau, the 2007 NSCA National Conference and Exhibition in Atlanta, USA, the 12<sup>th</sup> European Congress of Sport Psychology in Thessaloniki, Greece, the Sports & Musculoskeletal Physiotherapy Meeting in Cairns, Australia, the 8<sup>th</sup> China National Convention on Sport Sciences in Beijing, the 2007 SEA Games & ASEAN Para Games Scientific Congress and the 5<sup>th</sup> ASPASP International Congress on Sport Psychology in Bangkok, Thailand, and the 6<sup>th</sup> Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference in Guangzhou.



## 教練培訓

在二零零七/零八年度，香港教練培訓委員會致力與中國內地、澳洲、加拿大、愛爾蘭、日本、菲律賓和新加坡等地的相關組織直接地或透過國際教練培訓局建立緊密的工作關係。

年度內，來自本地體育總會的17位教練總監和代表，出席了於二零零七年八月三十一日至九月三日在中國北京舉行的2007國際教練培訓局環球教練會議。是次會議由國際教練培訓局主辦及香港教練培訓委員會協辦。逾200位來自中國、澳洲、新加坡、馬來西亞、英國、匈牙利、芬蘭及瑞士的教練出席。李翠莎博士更獲邀在會上作專題演講。

## 研討會

### 國際科學研討會

由體院主辦的國際科學研討會，於二零零八年三月十五及十六日舉行，主題為「精英青少年運動員：綜合生物心理社會方法提升運動表現」。

國際奧林匹克委員會於二零零七年宣佈，將於二零一零年在新加坡舉行首屆青少年奧林匹克運動會，屆時來自世界各地14至18歲的年輕運動員將有機會參與這個高水平的比賽。是次研討會為配合以上的發展，邀得11位本地及海外的知名講者，在培育精英青少年運動員成材的題目上，交換資訊和研究發現。接近200位本地及海外體育策劃及行政人員、科研及培訓專業人士以及運動愛好者參加。



## Coaching Development

The HKCC promoted close working relationships with counterparts in various parts of the world including Mainland China, Australia, Canada, Ireland, Japan, the Philippines and Singapore, both directly and through the International Council for Coach Education.

During the year, a delegation of 17 Coaching Directors and representatives from local NSAs attended the 2007 International Council for Coach Education Global Coach Conference. The conference was organised by the International Council for Coach Education, and the HKCC was the co-organiser. The conference was held in Beijing, China from 31 August to 3 September 2007. More than 200 coaches from China, Australia, Singapore, Malaysia, England, Hungary, Finland and Switzerland were in attendance. Dr Trisha Leahy was invited to present a plenary speech at the conference.

## Symposia and Seminars

### International Scientific Symposium

A symposium entitled “Elite Young Athletes — Biopsychosocial Approaches to Sporting Excellence” was organised by the HKSI on 15 and 16 March 2008.

Following the announcement of the International Olympic Committee in 2007 that the first Youth Olympic Games would be held in Singapore in 2010, young athletes aged between 14 and 18 from around the world will have the opportunity to participate in high-level competition. This symposium brought together 11 renowned local and overseas speakers to share their knowledge on evidence-based practices in nurturing and empowering gifted young athletes to excel. Nearly 200 local and overseas sports practitioners, professionals, and enthusiasts attended the event.



國際科學研討會獲得香港賽馬會運動醫學及健康科學中心、香港中文大學世界衛生組織運動醫學暨促進健康中心、香港運動醫學及科學學會、香港教練培訓委員會、及中國香港體適能總會全力支持。



#### 第十五屆滙豐銀行慈善基金精英教練員研討會

這項每年一度的活動由香港教練培訓委員會及中華全國體育總會合辦，旨在促進香港與海外教練就多個與體育有關的課題進行交流與聯繫。

今屆研討會於二零零八年一月二十六日假奧運大樓舉行，並成功吸引了超過150名本地及海外教練員參加。研討會主題為「運動創傷」，四位分別來自新加坡、中國內地及香港的運動醫學專家分享他們在運動創傷方面的知識與經驗。

是次參加研討會的中國代表團成員包括來自中華全國體育總會、國家體育總局及各省市體育局的代表。會後，超過15位中國代表團成員以及一眾講者前往體院火炭總部參觀2008奧運馬術賽事場地。

#### 精英培訓研討會

一系列的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。舉辦精英培訓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。自二零零三年開始舉辦以來，共邀請31名本地及海外專家分享經驗。

體院在二零零七/零八年度共舉辦了七次精英培訓研討會，讓體院及本地的專家分享了有關運動科研及體適能的課題。

The symposium was fully supported by the Hong Kong Jockey Club Sports Medicine and Health Sciences Centre; The Chinese University of Hong Kong – World Health Organisation (CUHK-WHO) Collaborating Centre for Sports Medicine and Health Promotion; Hong Kong Association of Sports Medicine and Sports Science; HKCC; and Physical Fitness Association of Hong Kong, China.

#### 15<sup>th</sup> Hongkong Bank Foundation Elite Coaches Seminar

Jointly organised by the HKCC and the All-China Sports Federation, the aim of this annual seminar is to provide a platform for exchanging ideas and expertise on a variety of sports-related topics among overseas and local coaching professionals.

The seminar, which featured the theme “Sports Injuries”, was held at Olympic House on 26 January 2008 and successfully attracted over 150 local coaches and overseas delegates. Four leading experts from Singapore, Mainland China and Hong Kong shared their knowledge and experience in the field of sports injuries at the seminar.

Delegates from the All-China Sports Federation, General Administration of Sport of China and the Administration of Sport of various provinces and municipalities also attended the seminar. After the seminar, over 15 Chinese delegates and speakers also visited one of the core venues for the 2008 Olympic Equestrian Events at the HKSI's Fo Tan Headquarters.

#### Elite Training Seminars

The Elite Training Seminar Series provides an interactive platform for sharing information and experience among all stakeholders (e.g. coaches, athletes, sport science and medicine professionals, NSAs, sport administrators, academics and students). The aim of the Elite Training Seminar Series is to facilitate mutual understanding and effective cooperation among professionals in elite sport. A total of 31 local and overseas professionals have been invited to share their experience at seminars since 2003.

In 2007/08, seven Elite Training Seminars were held with HKSI and local experts sharing knowledge on sports science and strength and conditioning topics.