

支援教練 Support to Coaches

本地運動員在近期舉行的大型比賽中取得令人鼓舞的成績，大大提升香港在國際體壇的地位。當公眾把焦點集中在運動員身上的同時，亦不能忽略他們的成功，實在有賴專業而盡心的教練在背後的支持和教導。

香港教練培訓計劃在一九九一年推行，目的是培訓更多優秀教練，鼓勵他們協助運動員追求卓越。香港教練培訓計劃的內容分為數個範疇，包括教練級別評定計劃、教練延續培訓計劃、學校教練培訓計劃及教練獎勵計劃等。

負責這個計劃的香港教練培訓委員會由中國香港體育協會暨奧林匹克委員會與體院聯合組成，目的是制訂香港短期及長遠發展教練培訓和推行級別評定計劃的策略。香港教練培訓計劃在一九九二年開始獲得滙豐銀行慈善基金資助下不斷發展，所得撥款至今已達1,340萬港元。香港教練培訓委員會一直與各體育總會和體育界人士緊密合作，培訓不同級別的認可教練。

The achievements of our athletes in recent major games are helping to lift the profile of Hong Kong in the international sporting arena. While the attention of the public often focuses on the athletes, their success would not be possible without the support and guidance provided by their dedicated and professional coaches.

To nurture and encourage more coaches to assist athletes in the pursuit of sports excellence, the Hong Kong Coach Education Programme (HKCEP) was launched in 1991. The HKCEP comprises a number of components, including the Coach Accreditation Programme (CAP), Continuing Coach Education Programme (CCEP), School Coach Education Programme (SCEP) and Coach Recognition Programme, and is overseen by the Hong Kong Coaching Committee (HKCC).

The HKCC is a joint committee of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and the HKSI, with its aim to formulate short-term and long-term strategies for the development of coach education and accreditation programmes in Hong Kong. The Programme has gone from strength to strength over the years with the support of the Hongkong Bank Foundation, a partner from the outset who has invested HK\$13.4 million sponsorship in the Programme since its inception in 1992. The HKCC has been working closely with the National Sports Associations (NSAs) and the sports community in the development of qualified coaches at different levels.



教練培訓

滙豐銀行慈善基金教練級別評定計劃

這項計劃在一九九一年展開，分為三個級別，旨在為本地教練提供進修及獲取評級的機會。每個級別的訓練課程皆分為四部份：甲部是運動通論，由體院教練培訓部負責開辦香港教練培訓委員會的有關課程；乙、丙及丁部則深入探討專項運動，故由各體育總會自行負責，香港教練培訓委員會則提供資助。

截至二零零五年三月，已有45個體育總會、合共46個運動項目加入教練級別評定計劃，參與計劃的教練超過11,500人次。

滙豐銀行慈善基金教練延續培訓計劃

教練培訓部在二零零四年十二月四日舉行「應用科學方法以提升運動員表現」講座，協助教練掌握最新的訓練技巧和理論。

在滙豐銀行慈善基金全力支持下，中華全國體育總會及香港教練培訓委員會於二零零四年十月二十九至三十日期間，成功合辦了一個以「運動心理學－挑戰極限」為主題的國際精英教練研討會。舉辦這個一年一度大型研討會的目的，是為了促進香港和中國內地在教練培訓方面的交流和聯繫。來自澳洲、中國內地和本港的著名運動心理學家，跟與會的精英教練分享他們在運動心理學方面的見解和經驗。

在二零零四年十月至二零零五年三月期間，曾經參與教練延續培訓計劃的教練超過160位。

Coach Education

The Hongkong Bank Foundation Coach Accreditation Programme

Since 1991, this three-level programme aims to provide accreditation and development to coaches in Hong Kong. Each level comprises four parts. Part A is concerned with Sports-General Theory and is conducted by the Coach Education Department on behalf of the HKCC while Part B, C and D consist of Sport-Specific components and are conducted by NSAs with funding subvented by the HKCC.



As at March 2005, 45 NSAs consisting of 46 disciplines have been participating in the Programme and more than 11,500 coaches have enrolled through the Programme.

The Hongkong Bank Foundation Continuing Coach Education Programme

To keep coaches abreast of the latest development in sports coaching techniques and theoretical knowledge, the Coach Education Department organised a seminar on "Application of Scientific Approach in Improving Athletes' Performance" on 4 December 2004.

An international elite coaches seminar on "Sports Psychology - The Mental Edge" jointly organised by the All-China Sports Federation and the HKCC, with the full support of the Hongkong Bank Foundation was successfully held on 29 and 30 October 2004. This annual event aims to facilitate exchange and linkage between Hong Kong and Mainland China in coach training. Renowned sports psychologists from Australia, Mainland China and Hong Kong were invited to share their views and experience on sports psychology.

More than 160 coaches benefited from the Continuing Coach Education Programme during the period from October 2004 to March 2005.



滙豐銀行慈善基金學校教練培訓計劃

這項計劃由香港教練培訓委員會與體育總會攜手合作、在一九九八年首次開辦，藉此透過評定計劃，提高教師在學校擔任運動教練的質素，並為他們提供獲取「認可教練」資格的機會。

學校教練延續培訓計劃的排球課程於二零零五年一月十五及二十二日舉行，專為曾經參與學校教練評定計劃的學校教練而設。參與的教師不但學習到在運動訓練方面的最新發展，而且有機會彼此分享經驗。



The Hongkong Bank Foundation School Coach Education Programme

Initiated by the HKCC and jointly offered by NSAs in 1998, the Programme aims to improve the coaching standard of teachers and to provide them with a chance to receive formal training and accreditation.

Offered to school coaches who had taken part in the School Coach Accreditation Programme, the School Coach Continuing Education Programme on volleyball was held on 15 and 22 January 2005. Participating teachers learned about the latest developments in coaching, and shared their coaching experiences with each other.

運動訓練學術課程

運動訓練教育學士學位課程由北京體育大學主辦、體院負責在港的行政工作，目的是為有志投身教練行業的人士提供正規訓練，以及為香港體壇培育高質素的教練。

這個為期五年的兼讀課程，涵蓋24個科目，包括運動心理學、運動營養學、運動生物化學、運動統計學、體育史、體能訓練法及體育管理學等。學員亦須從羽毛球、籃球、劍擊、游泳及武術中，選取一項為專修運動項目。



Academic Course in Sports Training

Organised by the Beijing Sport University and administered by the HKSI, the programme aims to provide formal training to those who intend to pursue a career in coaching, as well as develop high quality coaches for Hong Kong sports.

The five-year, part-time degree programme consists of 24 modules including sports psychology, sports nutrition, sports biochemistry, statistics in sports, sports history, physical training, sports administration, etc. Students are required to choose a sport-specific elective among badminton, basketball, fencing, swimming and wushu.

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，是全港唯一向傑出教練致敬的體壇盛事。二零零四年度的選舉，共有92項提名，競逐六個組別的獎項。

在今年的頒獎禮上，大會頒發了六組共61個獎項，以表揚54位得獎教練對本地體壇作出的重大貢獻，包括全年最佳教練獎(5名)、精英教練獎(38名)、傑出貢獻獎(1名)、最佳教練培訓工作者獎(1名)、最佳隊際運動教練獎(1名)及社區優秀教練獎(15名)。

The Hongkong Bank Foundation Coaching Awards

The annual Hongkong Bank Foundation Coaching Awards is the only territory-wide programme that pays tribute to achievements of outstanding coaches in Hong Kong. A total of 92 nominations were received for the six awards categories in 2004.

A total of 61 awards in the six categories were presented to 54 coaches in recognition of their invaluable contribution to Hong Kong sports at the prestigious annual Hongkong Bank Foundation Coaching



香港乒乓球隊總教練惠鈞獲選舉評審團特別頒授「卓越成就獎」，以嘉許他在培訓乒乓球精英及青少年運動員方面的卓越成就。

得獎教練名單刊載於附錄六。



Awards Presentation: Coach of the Year Awards (5 awards), Coaching Excellence Awards (38 awards), Distinguished Services Award for Coaching (1 award), Coach Education Award (1 award), Best Team Sport Award (1 award) and Community Coach Recognition Awards (15 awards).

A "Special Recognition Award" was presented to Hong Kong table tennis team's head coach Hui Jun by the Awards Sub-Committee, for his outstanding contribution to the sport from junior to elite level.

A full list of the Awards recipients can be found in Annex 6.



教練培訓支援

由二零零四年十月至二零零五年三月期間，香港教練培訓委員會共撥出78萬港元，為45個體育總會籌辦71項教練培訓活動，當中包括九個海外及62個本地短期課程，超過2,400名教練受惠。

海外交流

香港教練培訓委員會致力促進對外交流，與澳洲、加拿大、丹麥、中國內地、新西蘭、新加坡、美國等地的相關組織，以及國際教練培訓局，均一直保持緊密的聯繫。

Coach Development Support

During the period from October 2004 to March 2005, the HKCC provided subvention of HK\$0.78 million to 45 NSAs for organising 71 coach education programmes, including nine overseas short-term courses and 62 local short-term courses to over 2,400 coaches.

Overseas Links

Working relationships have been maintained by the HKCC with counterparts including Australia, Canada, Denmark, Mainland China, New Zealand, Singapore, United States, and the International Council for Coach Education.