

支援 Support to 教練 Coaches



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香港教練培訓計劃於一九九一年開始推行，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、教練培訓社區推廣計劃、教練入門計劃、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，為香港的教練培訓計劃及級別評定計劃制訂短期及長遠發展策略。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，歷年來不斷發展，所得撥款至今已達1,640萬港元。

體院總部自二零零七年初由火炭臨時遷往馬鞍山烏溪沙青年新村後，為配合授課地點的轉變而設置新的授課室。香港教練培訓委員會繼續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 Hong Kong Coach Education Programme (HKCEP) was introduced in 1991 to nurture and encourage more quality coaches to assist athletes in the pursuit of sporting excellence. The HKCEP comprises a number of components, namely the Coach Accreditation Programme (CAP), Continuing Coach Education Programme (CCEP), Community Coach Education Programme (ComEP), Coach Orientation Programme (COP), School Coach Education Programme (SCEP) and Coach Recognition Programme, and is overseen by the Hong Kong Coaching Committee (HKCC).

The HKCC, a joint committee formed by the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and the HKSI, is responsible for formulating both short-term and long-term strategies for the development of coach education and accreditation programmes in Hong Kong. The programme has developed substantially over the years with the support of the Hongkong Bank Foundation, which has contributed a total of HK\$16.4 million to the HKCEP since 1992.

After the temporary relocation of the HKSI headquarters from Fo Tan to Wu Kwai Sha Youth Village in Ma On Shan at the beginning of 2007, new lecture rooms were established to accommodate the change of teaching venues. The HKCC continued to work closely with the National Sports Associations (NSAs) and the sports community in the development of qualified coaches at all levels.

教練培訓 Coach Education

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分為四部分：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、丙及丁部則為運動專項課程，由各體育總會自行負責，香港教練培訓委員會提供資助。

The Hongkong Bank Foundation Coach Accreditation Programme

This three-level programme provides accreditation to and development opportunities for coaches in Hong Kong. Each level comprises four parts. Part A is concerned with Sports-General Theory and is conducted by the HKSI Coach Education Department on behalf of the HKCC while Parts B, C and D consist of Sport-Specific components conducted by NSAs with funding from the HKCC.

截至二零零七年三月，已有45個體育總會合共46個體育項目加入教練級別評定計劃，參與計劃的教練達1萬2,700人次。

滙豐銀行慈善基金教練總監論壇

來自22個體育總會逾30位的教練總監和代表，出席了二零零七年三月二十四日在體院臨時總部舉行的教練總監論壇。參加者就一系列的論壇議題，包括「教練培訓活動的發展 — 從宏觀到微觀」及「教練註冊制度—趨勢與挑戰」，交流意見和專業的見解。

滙豐銀行慈善基金教練延續培訓計劃

這項計劃在二零零六年四月至二零零七年三月期間，舉辦了一系列講座及工作坊，題目包括：

- 運動心理學的應用與實踐
- 運動風險管理
- 肩部運動創傷
- 優秀教練成功錦囊



另外，以「運動選材及發展」為主題的滙豐銀行慈善基金精英教練員研討會，由中華全國體育總會及香港教練培訓委員會合辦，於二零零六年十月二十一日順利舉行。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、加拿大和中國內地的培訓專家，跟與會人士分享他們在運動選材方面的經驗（詳情參閱第53頁）。

年內，曾經參與教練延續培訓計劃的教練超過400位。

As at March 2007, 45 NSAs consisting of 46 disciplines have participated and 12,700 coaches have enrolled in the programme.

The Hongkong Bank Foundation Coaching Directors Forum

More than 30 coaching directors and representatives from 22 NSAs attended the Coaching Directors Forum on 24 March 2007 at the HKSI temporary headquarters. Topics covered included “Development of Coaches Training — From Macro to Micro” and “Development of a Coach Registration System — Trends and Challenges”. The Forum aimed at providing coaching directors with an avenue to exchange views and expertise on a range of topical issues.

The Hongkong Bank Foundation Continuing Coach Education Programme

A series of seminars and workshops were organised during the period from April 2006 to March 2007. They were:

- Sport Psychology — Practice and Theory
- Risk Management in Sport
- Shoulder Injury
- Tips and Cues from Elite Coaches

On the other hand, jointly organised by the HKCC and the All-China Sports Federation, the Elite Coaches Seminar carrying the theme of “Sporting Talent Identification and Development” was held successfully on 21 October 2006. This annual event aims to facilitate exchanges and linkages between Hong Kong and Mainland China in coach training. Coaching experts from Australia, Canada and Mainland China were invited to share their experience and expertise in talent identification and development (please see P.53 for details).

During the year, more than 400 coaches benefited from their participation in the CCEP.



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，主要以課堂及講座模式舉行，旨在提高公眾對香港教練培訓制度的認識，並了解教練培訓的重要性，從而吸引更多有興趣人士投身運動教練行列。截至二零零七年三月，這兩項計劃共吸引約500位參加者。

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與各體育總會攜手合作，在一九九八年首次開辦，旨在提高教師在學校擔任運動教練的水平，並透過評定計劃，為他們提供獲取「認可教練」資格的機會。至今已經有超過600位老師獲得認可學校教練資格。



本年度兩項課程共吸引超過250位來自213間學校的老師參加。至於學校教練延續培訓計劃的羽毛球課程則於二零零七年三月舉行，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，而且亦有機會彼此分享經驗。

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，是唯一向傑出教練致敬的全港性體壇盛事。二零零六年度的選舉，共獲119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77個獎項，以表揚70位得獎教練對本地體壇作出的重大貢獻，

The Hongkong Bank Foundation Community Education Programme and The Hongkong Bank Foundation Coach Orientation Programme

These two programmes, launched in 2004, are targeted at attracting the community to join the sports coaching profession and to raise public awareness of sports coaching. The coach education system of Hong Kong as it is today and the importance of coaching are the crucial tenets of the programmes, and are conveyed through various lectures and talks. Some 500 participants had taken part in the programmes as at March 2007.

The Hongkong Bank Foundation School Coach Education Programme

Initiated by the HKCC, the programme has been jointly offered by NSAs since 1998. It comprises the School Coach Accreditation Programme and the School Coach Continuing Education Programme which aim to raise the coaching standard of teachers and to provide them with opportunities to attain appropriate and relevant coaching qualifications. Over the years, more than 600 teachers have been accredited under the School Coach Accreditation Programme.

During the year, more than 250 teachers from 213 schools participated in these two courses. In March 2007, the School Coach Continuing Education Programme in badminton was offered to school coaches who had taken part in the School Coach Accreditation Programme. Participating teachers learned about the latest developments in coaching, and shared their coaching experiences with one another.



The Hongkong Bank Foundation Coaching Awards

The annual Hongkong Bank Foundation Coaching Awards is the one and only territory-wide programme paying tribute to the achievements of outstanding coaches in Hong Kong. A total of 119 nominations were received for six awards categories in 2006.



包括全年最佳教練獎(5名)、精英教練獎(54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)。

得獎教練名單刊載於附錄七。

to Hong Kong sports at the prestigious annual Hongkong Bank Foundation Coaching Awards Presentation: Coach of the Year Awards (5 awards), Coaching Excellence Awards (54 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).

Please see Annex 7 for the full list of recipients.



A total of 77 awards in the six categories were presented to 70 coaches in recognition of their invaluable contribution

教練培訓支援 Coach Development Support

由二零零六年四月至二零零七年三月期間，香港教練培訓委員會共撥出83萬港元予45個體育總會籌辦共72項教練培訓活動，當中包括七個海外及65個本地短期課程，超過2,800名教練受惠。

During the period from April 2006 to March 2007, a total subvention of HK\$0.83 million was provided by the HKCC to 45 NSAs for the organisation of 72 coach education programmes, including seven overseas short-term courses and 65 local short-term courses for more than 2,800 coaches.

運動訓練教育學士學位課程 Undergraduate Programme in Sports Training

此項為期五年的兼讀課程於一九九九年首辦，由北京體育大學主辦，體院負責在港的行政工作，是北京體育大學首個在香港舉辦的運動訓練課程。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。二零零一年入學的學生已於二零零六年九月畢業，而二零零五年入學的學員在二零零六至零七年度正在修讀第二年的課程。



Organised by the Beijing Sport University and administered by the HKSI, the programme aims to develop high quality coaches for Hong Kong sports by providing formal training for those who intend to pursue a career in coaching. Introduced in 1999, this five-year part-time degree programme was the first sports training course organised by the Beijing Sport University in the territory. The 2001 Class Graduation Ceremony was held in September 2006, while the existing 2005 Class students attended year-two studies during 2006/07.

海外交流 Overseas Links

香港教練培訓委員會致力促進對外交流活動，與澳洲、加拿大、中國內地、菲律賓、愛爾蘭、日本和新加坡等地的相關組織及國際教練培訓局，一直保持緊密的聯繫。

Working relationships have been promoted by the HKCC with their counterparts in various parts of the world including Australia, Canada, Mainland China, the Philippines, Ireland, Japan and Singapore, and through the International Council for Coach Education.