

交流活動 Exchanges

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

年度內，體院接待了多名本地及海外政府官員及體育界領袖。

二零一四年五月二日，由印度政府青年事務及體育部秘書長Ajit M Sharan先生率領的三人代表團到訪體院，商討印度體育部門與體院於研究方面的合作事宜。二零一四年五月七日，韓國特殊奧運會會長羅卿瓊博士到訪，與香港特區政府官員及體院代表會面，了解香港對殘障精英運動員的支援。在體院院長李翠莎博士及民政事務局官員陪同下，羅博士還參觀了院內各項精英訓練及支援設施，其後並出席由民政事務局副秘書長麥敬年先生主持的午宴。

本地方面，體院於二零一四年四月二十四日接待由教育局局長吳克儉先生率領的五人代表團，務求進一步提升對精英運動員的教育支援。吳局長除參觀院內各項精英訓練設施外，更與多名全職精英運動員對話，了解他們在體院的日常生活、在精英訓練和教育之間取得平衡時所遇到的挑戰，以及個人和社交發展方面的需要。

• 國際聯繫

年度內，體院職員於22個國際組織出任不同職務，如委員、顧問等，並獲邀於國際學術機構及同業的講座、工作坊及/或培訓活動中進行14次演講。此外，體院職員亦在一份同業評審學術刊物中發表研究成果。

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 in areas such as athlete training, coaching science and sports management. In the year under review, major exchange activities included the following:

• Government and Sports Leadership

The HKSI received a number of international and local government and sports leaders during the year.

On 2 May 2014, a three-person delegation led by Mr Ajit M Sharan, Secretary (Sports), Ministry of Youth Affairs and Sports of the Government of India, visited the HKSI to discuss possible research collaboration between the Sports Authority of India and the HKSI. In another high-profile visit on 7 May 2014, Dr Na Kyung-won, President of Special Olympics Korea, met with HKSAR Government and HKSI officials to learn more about Hong Kong's support for elite athletes with disabilities. Accompanied by the HKSI's Chief Executive Dr Trisha Leahy and officials of the Home Affairs Bureau, Dr Na was given a tour of the HKSI's elite training and support facilities, followed by a lunch hosted by Mr Jonathan McKinley, Deputy Secretary for Home Affairs.

Locally, as part of the HKSI's initiatives to enhance educational support for elite athletes, the HKSI received a visit by a five-person delegation led by The Hon Eddie Ng Hak-kim, Secretary for Education, on 24 April 2014. The Secretary and his delegation toured the elite training facilities and met with elite full-time athletes to discuss their daily life and the challenges they faced in balancing their elite training and education, and personal and social development needs.

• International Representation

During the year, HKSI staff participated as committee members, consultants, etc. in 22 international bodies, and were invited to provide 14 lectures, workshops and/or training sessions for our international academic and institutional counterparts. In addition, HKSI staff produced one peer-reviewed academic publication.



體院於年度內接待多名本地及海外政府官員和體育界領袖。

The HKSI hosted a number of government and sports leaders from Hong Kong and overseas during the year.

• 同業機構

與亞洲同業保持緊密交流是體院為香港運動員提供優質精英培訓不可或缺的重要一環。於二零一四/一五年度，體院與多所頂尖亞洲體育機構簽訂合作備忘錄，以進一步加強國際同業間的合作。這些交流活動彰顯體院致力協助運動員於國際體壇爭取佳績，以及啟發具潛質運動員成為全職運動員的決心。

四川省骨科醫院

由四川省骨科醫院院長虞亞明先生率領的三人代表團於二零一五年一月十六日到訪，期間體院與四川省骨科醫院簽訂合作備忘錄，進一步規範化雙方的協作，並商討未來的合作事宜。簽訂儀式由精英體育事務委員會主席余國樑先生及中國運動醫學學會名譽主席楊天樂教授共同見證。

體院早於一九九九年與四川省骨科醫院（前身為成都運動創傷研究所）進行交流。四川省骨科醫院擅長使用傳統中醫藥治療骨科傷患，醫術享譽全國。四川省骨科醫院現已成為「體院獎學金運動員定點康復醫院」，提供治療、諮詢及復康服務。有關合作將為香港精英運動員提供更高質素的骨科醫療護理服務。

泰國體育局

來自泰國體育局的13人代表團於二零一五年一月十九日到訪體院。是次訪問由該局運動研究及發展總監Vissanu Laichapis先生代表署理局長Montri Chaipun先生率領，期間雙方簽訂合作備忘錄，建立有利分享體育科學資訊及最佳實踐的合作框架，並就未來的協作活動進行商討。合作備忘錄在體院董事林國基醫生的見證下簽署。

體院與泰國體育局的合作將落實不同範疇的互訪及交流細節，讓雙方分享彼此的寶貴經驗，進一步推動精英體育發展。

• Counterpart Institutions

International exchanges with the HKSI's Asian counterparts are an integral component of providing quality elite training for Hong Kong athletes. In 2014/15, the HKSI signed a number of Memoranda of Understanding with leading Asian sports institutes to strengthen its international collaboration. These initiatives highlighted the HKSI's continuous commitment to the pursuit of excellence in the international sporting arena and to inspiring potential athletes to pursue full-time sports careers.

Sichuan Orthopaedic Hospital

A three-person delegation led by Mr Yu Yaming, President of the Sichuan Orthopaedic Hospital, visited the HKSI on 16 January 2015. The HKSI and the Hospital signed a Memorandum of Understanding to formalise their collaborations and held a meeting to discuss and review upcoming collaboration activities. The signing of the agreement was witnessed by Mr Tony Yue, Chairman of the Elite Sports Committee, and Professor Yang Tianle, Honorary Chairman of the Branch of Sport Medicine of the China Sport Science Society.

The HKSI first started exchanges with the Sichuan Orthopaedic Hospital, formerly known as the Chengdu Sports Injury Institute, in 1999. The Hospital's expertise in applying traditional Chinese medicine in orthopaedic treatment is held in the highest regard in the Mainland. It was designated as an "HKSI Scholarship Athlete Rehabilitation Hospital" for medical treatment, consultation and rehabilitation. The collaboration will provide a high standard of orthopaedic medical care to Hong Kong's elite athletes.

Sports Authority of Thailand

A 13-person delegation from the Sports Authority of Thailand (SAT), led by Mr Vissanu Laichapis, Director of the Sports Research and Development Division, who represented Acting Governor Mr Montri Chaipun, visited the HKSI on 19 January 2015. The two organisations signed a Memorandum of Understanding to establish a cooperative framework to share information and best practices in the field of sports science, and held a meeting to discuss and review upcoming collaboration activities. The signing was witnessed by Dr James Lam, member of the HKSI Board of Directors.

The HKSI's partnership with the SAT will consolidate exchanges in different areas, allowing both organisations to learn from each other's valuable experience in order to make a solid contribution to elite sports development.

Aspire體育學院、日本體育振興中心及新加坡體育理事會

體院、卡塔爾Aspire體育學院、日本體育振興中心及新加坡體育理事會於二零一五年二月二十五日簽訂備忘錄，成立亞洲精英體育學院聯會（簡稱ASIA），致力為精英運動員培訓建構一個合作平台，提升區內運動員的表現。

ASIA是亞洲首個匯集區內精英運動培訓機構的聯會，並且是一所非牟利及非政府機構，其使命是透過一個全面的合作模式，為運動員、教練、運動科學及管理人員提供更多專業交流及擴闊網絡的機會，以促進亞洲運動員的長遠發展。

ASIA籌備執行委員會已於年度內成立，為擬定於二零一六年三月舉行的第一屆週年大會及就職典禮展開籌備工作，屆時ASIA將會招募新成員。任何被政府、國內或國際體育聯盟、亞洲奧林匹克理事會或國際奧林匹克委員會認可的亞洲精英培訓機構，均可申請加入。

仁安醫院

體院亦與仁安醫院簽訂協議，為需要緊急傷患治療的體院運動員提供適切的緊急醫療服務。

合作內容涵蓋多個範疇的緊急醫療服務，讓運動員可於仁安急症門診中心接受專業治療，包括24小時緊急醫療服務、運動創傷緊急救治及夜間急症處理等。

其他

此外，體院於年度內接待了超過1萬2,000位本地及海外訪客，以促進於體育範疇的相互交流。訪客主要來自體育界、專業及教育機構、社區組織及商業機構。

Aspire Academy, Japan Sport Council and Singapore Sports Council

The signing of a Memorandum of Understanding between the four founding members of the Association of Sports Institutes in Asia (ASIA) – the HKSI, Aspire Academy (Qatar), Japan Sport Council and Singapore Sports Council – was conducted on 25 February 2015, marking an important milestone in closer ties between the HKSI and other institutes in the Asian region and providing a platform for cooperation in the areas of high performance.

ASIA is the region's first association bringing together high performance training centres in the Asian region. It is a non-profit, non-government organisation with a mission to foster best practices in long-term athlete development in Asia through a comprehensive model of collaboration, exchange of expertise, and networking opportunities for athletes, coaches, sports scientists and administrators of high performance sports in Asia.

A Preparatory Executive Committee was formed to prepare for the first Annual Congress and inauguration of ASIA, scheduled for March 2016, at which point membership recruitment will commence. High performance institutes in Asia which are officially recognised by their respective government, national/international sports federation, the Olympic Council of Asia or the International Olympic Committee will be qualified to join.

Union Hospital

The HKSI and Union Hospital entered into an agreement whereby Union Hospital will offer medical care for HKSI athletes whose injuries or illnesses require immediate treatment.

The collaboration provides a channel for athletes to receive emergency medical treatment at Union Emergency Medicine Centre and covers a range of medical services, including 24-hour emergency medical treatment, immediate medical treatments for sports injuries and emergency medical treatment at night.

Others

During the year under review, the HKSI also received over 12,000 local and international visitors, mainly from sports, professional and education institutions, as well as community and corporate organisations, to promote mutual exchange in the field of sports.



體院與三所精英運動培訓機構攜手成立亞洲精英體育學院聯會。
The HKSI joined with three elite sports training institutions to establish the Association of Sports Institutes in Asia.

• 科學發展

體院近年積極透過以實證為本的科研方法，提升精英運動員的運動表現。

在二零一四/一五年度，體院在多個國際會議上發表其科研及技術成果，包括中國頂尖運動科學家訓練計劃研討會、滬港體能峰會、第二十九屆應用運動心理學協會年度會議、第十三屆亞洲運動醫學大會、2014新加坡體育學院周年研討會，以及第十屆中國運動心理學會議等。

• 交流計劃

作為運動員發展計劃的一部份，體院安排不同體育項目的運動員參加各項交流活動，與來自中國內地及其他國家的運動員進行交流，讓他們增廣見聞，並加深認識不同地區的體育制度及發展方向。

於二零一四年六月二十五至二十八日，九位運動員及12位體院職員參加於暨南大學舉行的體院廣州學習計劃，藉此增進對內地體育發展現況及展望的了解，並與廣州體育學院的官員及運動員進行交流。

此外，26位運動員、教練及體院高級管理層於二零一四年十一月十一至十五日前赴四川成都交流，拜訪不同的體育機關及院校，包括四川省運動技術學院、成都體育學院及香港馬會奧林匹克運動學校等，並與內地運動員和教練會面，就精英訓練及運動員支援等事宜交流意見。

• 教練培訓

香港教練培訓委員會與世界各地同業包括中國內地、日本、菲律賓、新加坡、澳洲、愛爾蘭、英國及加拿大緊密合作，並透過國際教練培訓局與各地組織聯繫；在內地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、上海體育學院及武漢體育學院。

• Scientific Development

The HKSI has made a considerable effort in recent years to enhance elite athletes' sporting performance through scientific evidence-based methods.

The HKSI's scientific and technological work was represented at various conferences in 2014/15, including the China Top Sport Scientists Training Program Annual Seminar, the Shanghai-Hong Kong Strength and Conditioning Symposium, the 29th Annual Conference of the Association for Applied Sport Psychology, the 13th Asian Federation of Sports Medicine Congress, the Singapore Sports Institute Annual Symposium 2014, and the 10th China Sport Psychology Conference.

• Exchange Programmes

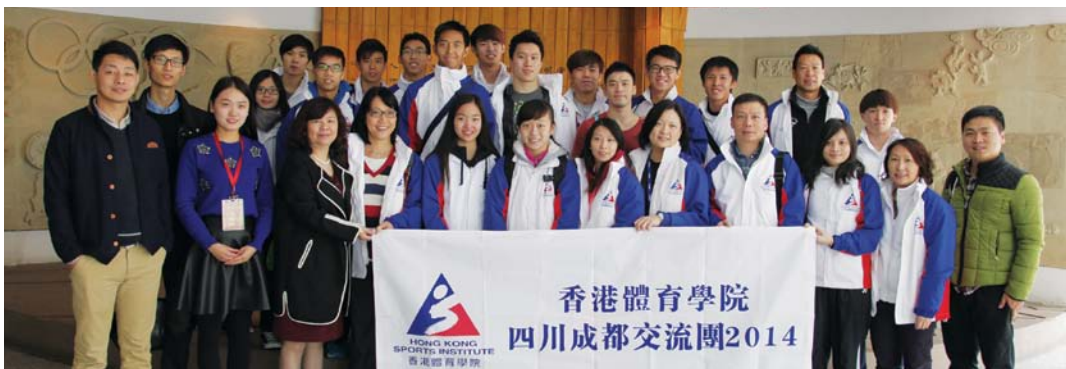
As part of the HKSI's athlete development programme, athletes from different sports are provided with opportunities to participate in exchange activities with their counterparts from the Mainland and other countries to strengthen their knowledge and understanding of the structure and development of different sports systems.

From 25 to 28 June 2014, nine athletes and 12 HKSI staff attended the HKSI Guangzhou Study Programme at Jinan University, which provided them with an opportunity to learn more about various issues and developments in Mainland sport and to engage in exchanges with officials and athletes at Guangzhou Sport University.

A total of 26 participants, including athletes, coaches and HKSI senior management, participated in the Sichuan Chengdu Sports Exchange Tour from 11 to 15 November 2014. They visited various sporting authorities and institutions, including the Sichuan Institute of Sports Skills, Chengdu Sport University and HKJC Olympic School, and met with Mainland athletes and coaches to share views on elite training and athlete support matters.

• Coaching Development

The HKCC continued to promote collaboration with its counterparts in various parts of the world, including the Mainland, Japan, the Philippines, Singapore, Australia, Ireland, Britain and Canada, as well as through the International Council for Coaching Excellence. Other working partners in the Mainland included the All-China Sports Federation, Beijing Sport University, Guangzhou Sport University, Shanghai University of Sport and Wuhan Sport University.



運動員透過交流計劃認識世界各地的體育文化。

Athletes obtained wide exposure to different sports cultures around the world through exchange programmes.

研討會

• 體院國際運動科學研討會

2015體院國際運動科學研討會於二零一五年一月十六及十七日在體院舉行。是次研討會主題為「運動創傷的預防及處理」，由體院、香港中文大學矯形外科及創傷學系、香港運動醫學及科學學會，以及亞洲運動醫學聯合會共同主辦，並由劉鳴煒先生冠名贊助，邀請了23位海外及本地學者、專家及醫生與接近300位參加者分享見解和交流經驗。

運動創傷帶來的負面影響除反映在運動員的身體機能狀況外，對其精神及士氣的打擊亦不容忽視，故此預防運動受傷是運動醫學範疇裡其中一個重要環節。研討會探討了有關預防和處理運動引發的創傷及復康訓練的最新消息和資訊，內容涵蓋運動禁藥、營養及心理對預防和治療創傷的關係；賽前身體檢查和治療；以及預防前十字韌帶、膕繩肌、頭部和背部，以及上肢和下肢的運動創傷。

研討會並獲得香港教練培訓委員會、香港營養師協會、香港營養學會、中國香港體適能總會，以及香港物理治療學會全力支持。

• 香港骨科醫學院專業日

由體院、香港骨科醫學院及香港骨科醫學會合辦的香港骨科醫學院專業日於二零一四年十一月十三及十四日舉行。為期兩天的研討會吸引超過90位骨科專家參加，旨在推動三間機構之間的協作，並讓體院的運動醫學人員及本地醫學工作者有機會與其他本地及海外頂尖運動醫學專家進行溝通和交流意見。

Symposia and Seminars

• HKSI International Sports Science Symposium

The 2015 HKSI International Sports Science Symposium, focusing on "Sports Injury Prevention and Management", was held at the HKSI on 16 and 17 January. Jointly organised by the HKSI, the Department of Orthopaedics & Traumatology of The Chinese University of Hong Kong, the Hong Kong Association of Sports Medicine and Sports Science and the Asian Federation of Sports Medicine, the Symposium was title-sponsored by Mr Lau Ming-wai. It brought together 23 overseas and local scholars, professionals and physicians to share their views and experience with nearly 300 participants.

Since sports injuries have adverse effects not only on athletes' physical condition, but also on their mental state and morale, sports injury prevention is one of the most important sectors of sports medicine. The Symposium provided news and knowledge on the prevention, treatment and rehabilitation of sports-related injuries, covering topics such as drugs in sports; nutritional and psychological issues related to injury prevention and recovery; pre-competition screening and intervention; and the treatment and prevention of anterior cruciate ligament, hamstring, head and back, and upper and lower limb injuries.

The event was supported by the Hong Kong Coaching Committee, the Hong Kong Dietitians Association, the Hong Kong Nutrition Association, the Physical Fitness Association of Hong Kong, and the China and Hong Kong Physiotherapy Association.

• HKCOS Specialty Day

Co-organised by the HKSI, Hong Kong College of Orthopaedic Surgeons (HKCOS) and The Hong Kong Orthopaedic Association, the HKCOS Specialty Day in Sports Medicine was held on 13 and 14 November 2014. Over 90 specialists participated in the two-day seminar, whose aim was to enhance collaboration among the three organisations by enabling the HKSI's sports medicine staff and Hong Kong medical practitioners to exchange and communicate with leading sports medicine professionals from Hong Kong and overseas.



23位海外及本地學者、專家及醫生獲邀於2015國際運動科學研討會分享經驗。

The 2015 International Sports Science Symposium brought together 23 overseas and local scholars, professionals and doctors to share their knowledge and experience.

• 第二十二屆精英教練員研討會

香港教練培訓委員會與中華全國體育總會於二零一五年三月十三及十四日在體院舉辦第二十二屆精英教練員研討會，活動包括工作坊及研討會兩部份。

工作坊由體院統籌，並由香港運動醫學及科學學會，以及香港運動心理學會支持舉辦，主題為「生物反饋在運動心理的理論和應用」，內容包括現場示範生物反饋的應用和個案處理手法。

運動心理學是加強運動員表現的其中一個重要元素，因此在精英訓練和世界比賽中愈趨重要。有見及此，研討會以「精英運動訓練心理學」為主題，邀請五位來自香港、中國內地、以色列及英國的運動心理專家，向與會人士分享其專業見解及意見。

精英教練員研討會是香港教練培訓計劃的其中一個項目，目的是為海外和中國內地的專家，以及本地專業教練人員提供一個平台，就運動培訓交流意見。今屆工作坊及研討會共吸引超過250位來自香港及中國內地的運動科學專家及正修讀運動科學的大學生參與。

• 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互動平台，其目的是為精英體育界建立共識及有效的合作關係。

在二零一四/一五年度，體院共舉辦了六次精英培訓研討會，請來多位本地及國際專家分享心得，包括腦震盪、壓力管理、運動員成功路、心臟猝死、體能教練的角色，以及睡眠對體能恢復及運動表現的作用等主題。主講嘉賓包括香港欖球總會醫療隊的奧雲醫生和卡露絲女士；奧地利Paracelsus醫科大學運動醫學、預防及復康部門醫學總監及大學主管Josef Niebauer教授；美國資深舉重教練Patrick Cullen-Carroll先生；以及紐西蘭運動營養師Richard Swinbourne先生等。

精英教練員研討會為海外和中國內地的專家及本地專業教練人士提供一個平台，就運動培訓交流意見。The Elite Coaches Seminar provided a platform for overseas and Mainland experts and local coaching professionals to exchange ideas in sports coaching.

• 22nd Elite Coaches Seminar

The HKCC and the All-China Sports Federation successfully organised the 22nd Elite Coaches Seminar, consisting of a pre-event workshop and a seminar on 13 and 14 March 2015, respectively, at the HKSI.

The workshop, coordinated by the HKSI and supported by the Hong Kong Association of Sports Medicine and Sports Science, and the Hong Kong Society of Sports and Exercise Psychology, was titled “Biofeedback in Sport Psychology: Theory and Practice” and included live biofeedback demonstrations and case studies.

The theme of the seminar was “Sports Psychology in Elite Training”. Sports psychology is gaining popularity in elite training and competitions around the world because of its immense effect on strengthening athlete performance. Five professional experts in the field of sports psychology from Hong Kong, the Mainland, Israel and the United Kingdom shared their insights and expertise in sports psychology.

The Elite Coaches Seminar is part of the Hong Kong Coach Education Programme, which aims to provide a platform for overseas and Mainland experts, as well as local coaching professionals, to exchange ideas on sports coaching. This year, the workshop and the seminar brought together over 250 coaches, sport science researchers and practitioners, and university students in sports science from Hong Kong and the Mainland.

• 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 the seminars is to facilitate mutual understanding and effective cooperation among professionals in elite sports.

In 2014/15, six seminars were held, in which local and international experts shared their knowledge on topics such as concussions, stress management, winning track form, sudden cardiac death, the role of strength coaches, and sleep for recovery and performance. Speakers included Dr David Owens and Ms Lucy Clarke, Medical Team of the Hong Kong Rugby Football Union; Professor Josef Niebauer, Medical Director and University Chair of the Institute of Sports Medicine, Prevention and Rehabilitation of Paracelsus Medical University, Austria; Mr Patrick Cullen-Carroll, an experienced weightlifting coach from the USA; and Mr Richard Swinbourne, a New Zealand trained Sport and Health Dietitian.

