



教練發展 Coach Development

教練級別評定計劃

這項計劃為本港教練提供資格認可及培訓機會。課程分為三個級別，每級包括四個部份，當中甲部教授運動通論，由香港教練培訓委員會的行政辦事處——體院教練培訓部推行，而乙、丙及丁部則圍繞運動專項內容，由香港教練培訓委員會資助各體育總會舉辦。自一九九一年開始，香港教練培訓委員會已經透過這項計劃培訓了超過1萬5,800位教練。

多年來，教練級別評定計劃在本港體育發展的過程中擔當著重要角色。為確保計劃達致最佳效益和目標，香港教練培訓委員會在二零一三/一四年度按照香港學術及職業資歷評審局的資歷架構與評審準則，為計劃的有關課程進行了全面檢討。

為鼓勵認可教練積極參與教練延續培訓活動，藉以提升教練質素，並為他們提供清晰的專業發展途徑，香港教練培訓委員會於二零零八年九月推出認可教練續領計劃。在此計劃下，所有認可教練於完成運動通論（甲部）課程後，可獲得為期四年的認可教練資格。在這四年間，教練可透過四個途徑去累積大會要求的延續培訓時數，包括出席課程、講座或工作坊；教授課程或擔任研討會講者；擔任體育總會教練委員會成員；或撰寫經同科學者審核的書籍或期刊文章。

精英運動員教練培訓計劃

精英運動員擁有豐富的運動知識和經驗，是成為教練人才的重要人選。有見及此，香港教練培訓委員會於二零零七年設立精英運動員教練培訓計劃，鼓勵他們接受專業培訓，成為認可教練。計劃為精英運動員提供特別設計的課程時間表和靈活的安排課堂，以配合他們緊密的訓練和比賽時間。

Coach Accreditation Programme

This three-level Coach Accreditation Programme (CAP) provides accreditation and development opportunities for coaches in Hong Kong. Each level comprises four parts. Part A provides Sports-General Theory and is conducted by the HKSI Coach Education Department, the executive arm of the Hong Kong Coaching Committee (HKCC). Parts B, C and D consist of Sports-Specific components and are conducted by NSAs, with funding from the HKCC. Since 1991, the HKCC has trained over 15,800 coaches through the CAP.

Over the years, the CAP has played a critical role in Hong Kong's sporting success, and to ensure the programme remains effective and targeted, the curriculum of CAP underwent a full review in 2013/14 in order to meet the Hong Kong Council for Accreditation of Academic and Vocational Qualifications (HKCAAVQ) Qualifications Framework accreditation requirements.

To enhance coaching quality through active participation in the continuing coach education (CCE) activities and provide accredited coaches with a clear professional development path, the HKCC launched the Accredited Coach Renewal Scheme (ACRS) in September 2008. Under the ACRS, upon completion of the Sports-General Theory (Part A) Course, a four-year accreditation is awarded. During the four-year period, coaches can accumulate the required CCE hours by attending courses, seminars or workshops; teaching courses; serving as speakers at seminars; serving as a coaching committee member in an NSA; or writing peer-reviewed books or journal articles.

Elite Athletes Support Scheme

With their sporting knowledge and experience, elite athletes are a prime source of future coaching talent. The Elite Athletes Support Scheme (EASS) was set up in 2007 to provide them with professional training to become accredited coaches, with tailor-made course schedules and flexible class arrangements to suit their rigorous training and competition schedules.

第七期的精英運動員教練培訓計劃於二零一三年十一月十一日至十二月三日舉行，共有13位來自羽毛球、劍擊、空手道、壁球、游泳、乒乓球及輪椅劍擊項目的運動員參加一項二級運動通論課程。

自推行以來，共有80位精英運動員透過計劃獲得運動通論資格，讓他們裝備所需的技巧與知識，在體育事業展開新一頁。

教練總監論壇

約50名參加者出席於二零一三年七月十六日舉行的教練總監論壇，了解香港學術及職業資歷評審局資歷架構的概念，以及如何將之應用於運動通論和專項運動的培訓課程，從而保持教練培訓課程的質素，進一步增加公眾對課程的認受性。

一年一度的論壇舉辦目的是為促進體育總會的教練總監的互相交流。

The seventh EASS course was held from 11 November to 3 December 2013, during which 13 athletes from seven sports – badminton, fencing, karatedo, squash, swimming, table tennis and wheelchair fencing – participated in a Level 2 CAP course.

Since its inception, a total of 80 elite athletes have gained CAP accreditation through the EASS, which has equipped them with the skills and knowledge they need to continue to forge a career in sports.

Coaching Directors Forum

On 16 July 2013, around 50 participants gathered at the Coaching Directors Forum to learn about the HKCAAVQ Qualifications Framework and discuss how it could be applied to coach education in order to maintain the quality of coaching courses and improve recognition of the courses in the community.

The Coaching Directors Forum is an annual gathering which aims to enhance communication among the coaching directors of the different NSAs.



精英運動員教練培訓計劃透過度身訂造的靈活課堂安排，讓精英運動員接受專業培訓，成為認可教練。
The Elite Athletes Support Scheme equips athletes with professional training to become accredited coaches, with flexible, tailor-made class arrangements.



教練總監論壇探討如何將資歷架構應用於教練培訓。

The Coaching Directors Forum discussed how the Qualifications Framework could be applied to coach education.

教練延續培訓計劃

自一九九二年起，香港教練培訓委員會一直透過教練延續培訓計劃舉辦工作坊及研討會，協助認可教練掌握最新的理論與專門知識，以保持認可教練的質素，並為他們提供有效的平台，促進教練之間的互相溝通。在二零一三/一四年度，委員會就四個主題主辦或協辦了五次講座，吸引超過1,500名認可教練參加。講座的主題包括：

- 運動禁藥管制 — 教練及其他運動工作者須知
- 如何利用網上工具輔助運動訓練
- 體育教練誠信管理
- 下肢創傷的預防、治療與復康

教練培訓社區推廣計劃及教練入門課程

這兩項計劃於二零零四年推出，旨在提高公眾對教練培訓的認識。

因應二零零九年展開的3-3-4新學制，香港教練培訓委員會推出新模式的教練培訓社區推廣計劃，為新高中的「其他學習經歷」課程提供不同的學習機會，以啟發學生對運動培訓的興趣。計劃透過不同的講座，讓參加者對香港教練培訓制度、教練培訓計劃，以及教練專業守則有概括的認識。在二零一三/一四年度，委員會先後在香港專業教育學院柴灣分校、德望學校，以及康樂及文化事務署舉辦了三次講座，超過900名學生參加。自二零零四年以來，兩項計劃共吸引逾5,500位參加者。

Continuing Coach Education Programme

The HKCC has been organising a series of workshops and seminars through the Continuing Coach Education Programme since 1992, with the objective of providing opportunities for accredited coaches to update their theoretical knowledge and practical expertise, maintaining the quality of accredited coaches, and providing an effective platform for coaches to communicate with one another. Five seminars on four topics were organised or supported by the HKCC in 2013/14, attracting over 1,500 accredited coaches. Seminar themes included the following:

- Anti-doping Seminar for Coaches and Other Athlete Support Personnel
- How to Use Apps and Software to Enhance Sports Coaching
- Sports Coaching Integrity Management
- Prevention, Treatment and Rehabilitation of Lower Limb Injuries

Community Education Programme and Coach Orientation Programme

These two programmes, both launched in 2004, were designed to raise awareness across the community of the importance of sports coaching.

When the new 3-3-4 curriculum began in 2009, a Community Education Programme was included as one of the “Other Learning Experiences” under the New Senior Secondary Curriculum, with the aim of stimulating students’ interest in sports coaching. Through various talks, participants are given an overview of the coaching system and coach education programmes in Hong Kong, and of the importance of the coaches’ code of conduct. In 2013/14, three talks, attended by more than 900 students, were held at the Hong Kong Institute of Vocational Education (Chai Wan Campus), Good Hope School, and the Leisure and Cultural Services Department. Since 2004, over 5,500 participants have taken part in these two programmes.



認可教練可以透過參加教練延續培訓計劃的工作坊和研討會，掌握最新知識，保持他們的優質水平。

Workshops and seminars were organised under the Continuing Coach Education Programme to update the knowledge and maintain the quality of accredited coaches.

學校教練培訓計劃

學校教練培訓計劃包括學校教練評定計劃及學校教練延續培訓計劃兩個部份。

由香港教練培訓委員會及各體育總會合辦的學校教練評定計劃旨在讓負責校隊及聯課活動的中、小學老師，特別是非體育科老師，有機會接受正規的教練訓練和考取認可資格，並獲得相關的技巧與知識，以便及早培養學生的運動潛質。

在二零一三/一四年度，學校教練評定計劃於二零一三年七月二日至三十一日開辦了一系列的暑期課程，涵蓋羽毛球、籃球、乒乓球、網球及排球五個運動項目，吸引超過160名本地中、小學老師參加。證書頒發儀式在課程最後一天舉行，向修畢課程的老師頒發出席證書，成績優秀的學員並獲頒傑出表現獎，以示嘉許。考試合格的老師於其後一年內在所屬學校以義務形式完成30小時相關運動訓練工作後，將獲發「學校教練證書」，取得認可資格。

計劃推出至今除獲得體育總會的支持外，更深受校長與老師歡迎，自一九九八年起已有逾2,600位老師參加多個項目的課程，包括田徑、羽毛球、籃球、足球、手球、曲棍球、健美體操、壁球、乒乓球、網球和排球。

另外，委員會於二零一四年一月二十四日在體院舉行了一次學校教練講座，由體院運動營養經理就「營養學對青少年運動員的重要性」主題分享相關資訊。

School Coach Education Programme

The School Coach Education Programme comprises the School Coach Accreditation Programme (SCAP) and the School Coach Continuing Education Programme (SCCEP).

Jointly offered by the HKCC and NSAs, the SCAP is designed to improve the coaching standard of primary and secondary school teachers, especially non-PE teachers who are required to supervise sports teams and co-curricular activities, by offering them formal training and accreditation, and equipping them with the skills and knowledge they need to nurture sports talent at an early age.

In 2013/14, the SCAP continued this initiative with a series of summer training courses in five different sports – badminton, basketball, table tennis, tennis and volleyball. The courses were held from 2 to 31 July 2013 and attracted over 160 teachers from local primary and secondary schools. The action-packed programme culminated in a presentation ceremony on the final day, when participating teachers who had completed the course were presented with attendance certificates and the best performers received Outstanding Awards. Those teachers who pass the examinations and undertake a further 30 hours of practicum voluntarily in their respective sports within a year are also awarded a School Coach Certificate.

Widely supported by NSAs and welcomed by school heads and teachers alike, the SCAP has attracted over 2,600 participants since its inception in 1998 in a wide range of sports, including athletics, badminton, basketball, football, handball, hockey, sports aerobics, squash, table tennis, tennis and volleyball.

On 24 January 2014, a School Coach Seminar was held at the HKSI, in which the HKSI's Sport Nutrition & Monitoring Manager shared knowledge on the topic "The Importance of Nutrition for Junior Athletes".



學校教練評定計劃為老師提供正規訓練和考取認可資格的機會，讓他們獲得相關技巧和知識，培養學生的運動潛質。

The School Coach Accreditation Programme offers school teachers formal training and accreditation, equipping them with the knowledge required for nurturing sports talent.

香港優秀教練選舉

2013香港優秀教練選舉頒獎典禮於二零一四年四月十三日圓滿舉行，逾百位運動教練獲得嘉許，表揚他們在二零一三年協助香港運動員在國際賽事取得佳績，以及積極在社區推動運動培訓的貢獻。

本年度的選舉採用嶄新的頒獎形式，並特別安排在新落成的體院大樓演講廳舉行，向一眾優秀教練的出色表現和專業精神致敬。大會收到超過160份提名，角逐六個獎項類別，反映教練與運動員共同努力，在年內取得卓越的成績。

備受注目的全年最佳教練獎得主有熟悉的和新的面孔。在港執教近20年的單車教練沈金康14年內第七度獲頒個人項目高級組全年最佳教練獎；羽毛球教練陳康與輪椅劍擊教練陳瑜則雙雙榮膺團體項目高級組全年最佳教練。青少年組方面，游泳教練Michael Peter Fasching當選個人項目最佳教練，壁球教練梁勤輝則三奪團體項目最佳教練獎。

Hong Kong Coaching Awards

On 13 April 2014 at the HKSI, over 100 coaches were honoured at the 2013 Hong Kong Coaching Awards Presentation Ceremony in recognition of their tremendous contribution in leading Hong Kong's athletes to outstanding results in the international sporting arena in 2013, as well as in developing sports across the community.

The annual Coaching Awards Ceremony took on a new presentation format this year and was specially arranged at the brand-new Lecture Theatre of the HKSI Main Building to signify the formal, professional recognition that coaches deserve for their excellent work. Over 160 nominations were received in six award categories, reflecting the remarkable achievements demonstrated by the concerted efforts of both coaches and athletes.

The highly coveted Coach of the Year Awards saw both familiar and new faces taking the trophies. With an illustrious coaching career spanning almost two decades in Hong Kong, cycling coach Shen Jinkang won the award in the senior athletes, individual sport category for the seventh time in 14 years, while badminton coach Chen Kang and wheelchair fencing coach Chen Yu shared the limelight in the senior athletes, team event category. In the junior athletes category, swimming coach Michael Peter Fasching took the individual sport award, while squash coach Dick Leung Kan-fai lifted the trophy for the third time in the team event category.



逾百名教練在2013香港優秀教練選舉頒獎典禮上獲得嘉許，表揚他們對香港體育發展的貢獻。
Over 100 coaches were honoured at the 2013 Hong Kong Coaching Awards Presentation Ceremony in recognition of their contribution to developing sports across the community.



合球教練鄭偉明憑著多年來對合球運動的熱誠和貢獻，獲頒最佳教練培訓工作者獎。欖球教練戴里斯憑帶領男子七人欖球隊於第十二屆全國運動會取得銀牌的佳績，連續四年榮膺最佳隊際運動教練。

此外，今屆共有80位精英教練獎得主，他們在二零一三年帶領運動員或運動隊伍在多項國際運動比賽奪取驕人成績。另有24位教練獲頒發社區優秀教練獎，以表揚他們在過去三年對社區運動培訓工作所作的貢獻。中國香港體操總會則獲頒最積極參與體育總會獎。

這項一年一度的體壇盛事於一九九三年由香港教練培訓委員會創辦，是本港唯一嘉許來自社區以至精英層面的優秀運動教練的選舉。

資助體育總會

香港教練培訓委員會於本年度內共撥出111萬港元予代表48個項目的47個體育總會，籌辦共66項短期教練培訓活動，當中包括九個海外課程及57個本地課程，共有超過4,900名教練受惠。

運動訓練教育學士學位課程

這項五年兼讀制學士學位課程由北京體育大學（北體大）開辦，並由體院負責行政工作，讓本地教練與運動員提升運動通論及運動專項的知識，同時為他們提供考取學歷資格的機會。

課程由北體大選派資深教授到體院授課，涵蓋25個科目，理論與實習並重。學員須符合考核要求才獲頒學位證書，而持有北體大運動訓練教育學士學位的學歷資格等同國內頒發的學位，廣獲其他國家認可，包括美國、加拿大及澳洲。

第四屆課程的畢業典禮於二零一三年十一月九日在體院舉行，向畢業生頒發證書，見證他們過去五年努力的成果，六位成績優異的學生並獲頒發獎學金以茲鼓勵。

Korfball coach Warman Cheng Wai-ming won the Coach Education Award for his continuous devotion to the sport. Rugby coach Dai Rees, who led the senior men's rugby sevens team to a silver medal at the 12th National Games, received the Best Team Sport Coach Award for the fourth year in a row.

A total of 80 coaches who led athletes to achieve outstanding performance in major international competitions in 2013 received the Coaching Excellence Awards, while 24 coaches were presented with the Community Coach Recognition Award for making a special contribution to the coaching of athletes and teams in the community for a period of not less than three consecutive years. The Gymnastics Association of Hong Kong, China won the Most Supportive National Sports Association Award.

Organised by the HKCC since 1993, the annual Awards is the only territory-wide programme commending the achievements of local coaches from community to elite levels in nurturing athletes and promoting sports development in Hong Kong.

Funding Support to NSAs

During the year, a total subvention of HK\$1.11 million was provided by the HKCC to 47 NSAs, representing 48 disciplines, to organise 66 short-term coach education programmes. These included nine overseas courses and 57 local courses, which collectively benefited more than 4,900 coaches.

Undergraduate Course in Sports Training

This five-year, part-time degree programme, organised by Beijing Sport University and administered by the HKSI, provides local coaches and athletes with an opportunity to acquire sport-general and sport-specific knowledge, as well as to get an academic qualification.

Experienced professors from Beijing Sport University come to Hong Kong to deliver the curriculum at the HKSI. The programme consists of 25 modules, including both theory and practicum. Students are granted a Bachelor's degree upon successful completion of all programme requirements. The qualification, a Bachelor of Education in Sports Training, is equivalent to a degree in the Mainland and is widely recognised by countries such as the United States, Canada, and Australia.

On 9 November 2013, a graduation ceremony was held at the HKSI for the fourth batch of graduates of the programme, who received their certificates in recognition of their hard work over the previous five years. In addition, six outstanding students were presented with scholarship awards.

頒獎儀式結束後，隨即進行二零一三級學員的開學禮。本年度新生共有14人，其中包括兩名精英運動員。

這項課程在香港曾培育了不少精英運動員及專業教練，自一九九九年首辦以來，共有69位學員完成課程。



The scholarship award presentation was followed by the first assembly of the new 2013 Class, which has 14 students, including two elite athletes.

Since its first Hong Kong intake in 1999, the part-time degree programme has nurtured many elite athletes and professional coaches in Hong Kong, with a total of 69 students having completed the course.

運動訓練教育學士學位課程新生與畢業生代表進行新舊生交接儀式，象徵著北京體育大學薪火相傳的精神。

New student representatives in the Bachelor of Education in Sports Training Programme exchange a baton with graduating representatives, symbolising Beijing Sport University's motto being passed on from generation to generation.

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與海外政府官員及體育界領袖。

在二零一三年四月十五日，南澳洲旅遊及康樂體育部長李磊先生到訪體院，與體院管理層會面和參觀多項設施，對香港的精英培訓系統作深入的了解。

南澳洲旅遊及康樂體育部長李磊先生（左二）獲安排參觀院內設施。

The Hon Leon Bignell MP (second from left), Minister for Tourism, Sports and Recreation, Government of South Australia, is given a tour of the HKSI facilities.

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 local and international government and sports leaders during the year.

On 15 April 2013, the Hon Leon Bignell MP, South Australian Minister for Tourism, Sports and Recreation, visited the HKSI, where he met HKSI Management and toured the HKSI's facilities to gain an understanding of Hong Kong's elite training system.

