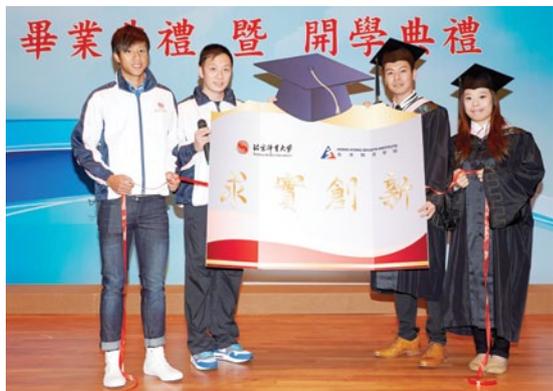


頒獎儀式結束後，隨即進行二零一三級學員的開學禮。本年度新生共有14人，其中包括兩名精英運動員。

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.



體院一直致力深化與社區的聯繫，年內重點活動之一包括於二零一三年十二月十七日接待到訪的香港特別行政區財政司司長曾俊華先生。曾司長在體院主席唐家成先生陪同下，與不同精英體育項目的運動員見面，又參觀各項設施，對院內的精英訓練設施及科研支援服務，以及科研人員及精英運動員的示範尤感興趣。

在二零一三年八月二日，立法會議員林大輝博士亦到訪體院，與部份精英體育項目的教練和運動員見面，了解本地運動員的訓練情況。

此外，沙田區議會主席何厚祥先生率領逾20人代表團於二零一四年一月十四日到訪，與運動員見面和參觀體院設施，並商討日後的合作機會。

A highlight of the HKSI's community engagement drive was a visit by The Hon John Tsang Chun-wah, Financial Secretary of the HKSAR, on 17 December 2013. Accompanied by HKSI Chairman Mr Carlson Tong Ka-shing, the Financial Secretary met athletes and toured the facilities. He was particularly interested in the elite training facilities and scientific support services on site, and in the various demonstrations by scientific professionals and elite athletes.

On 2 August 2013, Legislative Councillor Dr Hon Lam Tai-fai visited the HKSI, where he met with coaches and athletes from some elite sports to gain a better understanding of the athletes' training.

On 14 January 2014, a delegation of over 20 members of the Sha Tin District Council, led by its Chairman Mr Ho Hau-cheung, visited the HKSI, where they met athletes, toured the facilities, and held discussions about potential collaboration.



立法會議員林大輝博士(右三)對體院各項精英訓練和科研設施深感興趣。  
Legislative Councillor Dr Hon Lam Tai-fai (third from right) examines the HKSI's elite training and support service facilities with interest.

財政司司長曾俊華先生(左一)與運動員見面。  
The Hon John Tsang Chun-wah (first from left), Financial Secretary of the HKSAR, talks with athletes.



沙田區議會代表團到訪體院。  
A Sha Tin District Council delegation visits the HKSI.

## • 國際聯繫

年度內，體院職員於17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17次演講。此外，體院職員亦在三份同業評審學術刊物中發表研究成果。

## • 體育團體

體院藉著重新發展計劃的契機，致力發展成為地區內精英體育培訓的翹楚。繼過去兩年與內地多個主要體育機構及日本簽訂合作協議後，體院在二零一三/一四年度繼續與多個亞洲及國際的頂尖體育機構達成正式合作關係，就精英培訓系統的不同領域進行交流。

年度內，體院還接待了超過180名本地及390名國際訪客，主要來自體育、專業和教育機構，以及社區組織及機構等，促進體育交流。

## • International Representation

During the year, HKSI staff participated as members of committees, consultants, etc. in 17 international bodies, and were invited to provide 17 lectures, workshops and/or training sessions for our international academic and institutional counterparts. In addition, HKSI staff produced three peer-reviewed academic publications.

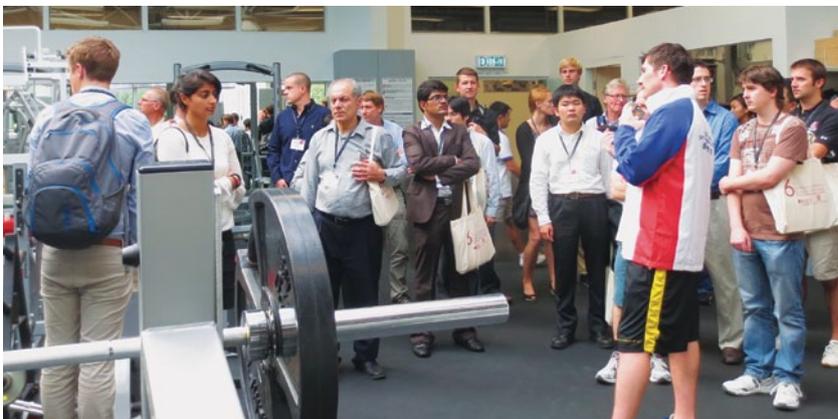
## • Counterpart Institutions

With the opportunities provided by its Redevelopment Project, the HKSI seeks to become a regional centre of excellence. Following the signing of a number of collaboration agreements with major counterpart institutions in the Mainland and Japan over the past two years, the HKSI continued its drive in 2013/14 to establish formal relationships with leading Asian countries and key international sports institutes for exchanges in all areas of elite training systems.

In 2013/14, the HKSI received over 180 local and 390 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.



體院於年度內接待多名本地及國際訪客，促進體育交流。  
The HKSI received numerous local and international visitors during the year to promote exchange in the field of sports.



- **世界頂尖運動員交流活動**

隨著體院重新發展計劃進入尾聲，多項全新世界級訓練設施相繼落成，吸引越來越多國內外運動員及隊伍前來交流。二零一三/一四年度曾接待的訪客包括馬來西亞國家羽毛球隊，他們於二零一三年七月底至八月初到訪體院，與香港羽毛球隊交流切磋和同場練習，備戰世界羽毛球錦標賽。

- **科學發展**

體院近年積極透過科學發展，提升精英運動員的運動表現。

在二零一三/一四年度，體院在多個國際會議上發表其科研與技術成果，包括新加坡體育理事會周年研討會、運動科學生物醫學工程研討會、未來精英運動裝備研討會、2013運動表現監控發展國際研討會、第一屆運動員發展路向國際研討會、亞洲體育科學研討會，以及國際足球協會－亞洲足球協會足球醫學區域課程（東亞區）等。

- **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。

- **Sports Exchanges with World-renowned Athletes**

With the HKSI Redevelopment Project entering its final stage and the completion of a number of new world-class training facilities, the HKSI has been attracting an increasing number of visitors from overseas and the Mainland for exchanges. Visitors in 2013/14 included the Malaysia badminton team, who exchanged and trained with the Hong Kong badminton team from late July to early August 2013 in preparation for the World Championships.

- **Scientific Development**

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

The HKSI's scientific and technological work was represented at various conferences in 2013/14, including the Singapore Sports Council Annual Symposium, the Seminar on Biomedical Engineering in Sports Science, the Seminar on Future Gear of Elite Athletes, the 2013 International Symposium on Performance Control Development, the 1<sup>st</sup> International Conference on Athlete Development Pathway, the Asian Conference on Sport Science, and the FIFA-AFC Football Medicine Regional Course for the East Region.

- **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.



馬來西亞國家羽毛球隊到訪體院與香港羽毛球隊進行交流，備戰世界羽毛球錦標賽。  
*The Malaysia badminton team visited the HKSI and trained with the Hong Kong badminton team on an exchange programme in preparation for the World Championships.*

## 研討會

### • 亞洲體育科學研討會

由國家體育總局體育科學研究所、日本體育科學研究所及韓國體育科學研究所聯合主辦的亞洲體育科學研討會於二零一三年十月二十五日至二十六日緊隨體院大樓開幕典禮揭開序幕，主題為「世界級佳績背後的運動科學及精英培訓計劃」。

研討會吸引來自香港、中國內地、日本、韓國、馬來西亞、新加坡、澳洲、卡塔爾、德國、荷蘭及加拿大超過200名資深體育專業人士聚首一堂，發表演講和交流意見，為各地體育專家就運動科學對精英培訓、體適能、體育資訊，以及普及運動等範疇提供學術交流的平台。

### • 第二十一屆精英教練員研討會

第二十一屆精英教練員研討會於二零一三年十二月七日在體院舉行，題目為「運動員的生理調控」。研討會吸引了約300名香港及中國內地的教練參加，並邀請了四名專家擔任講者，就相關題目發表演講，包括運動員賽前生理調整、週期性訓練計劃、賽前競技狀態的調控，以及中醫和手法治療於運動的使用。

每年一度的精英教練員研討會自一九九三年起由香港教練培訓委員會及中華全國體育總會合辦，目的是為海外及中國內地專家，以及本地的教練專才提供平台，互相交流運動培訓方面的最新知識和技術。

### • 2013年度港滬體能峰會

由體院、上海體育職業學院及美國國家體能協會（上海）合辦的2013年度港滬體能峰會於二零一三年十二月十七日至十八日假體院舉行，吸引了約60名業界專才參加。上海體育職業學院是體院的合作伙伴，雙方早前簽訂了合作協議。

研討會主題是「青少年運動員在體適能訓練注意事項」，請來10位海外及本港專才透過主題演講和工作坊，與出席的運動員、教練和其他範疇的運動專才就體適能知識、理論及訓練分享寶貴意見，另有四位參加者以口頭發表其研究文章。

## Symposia and Seminars

### • Asian Conference on Sport Science

Hosted by the HKSI and jointly organised by the China Institute of Sport Science, Japan Institute of Sports Sciences and Korea Institute of Sport Science, the Asian Conference on Sport Science, with the theme “Sport Science and Elite Training Programme for World Class Performance”, was held on 25 and 26 October 2013 in the HKSI's new Lecture Theatre concurrently with the HKSI Main Building Opening Ceremony.

Over 200 experts and professionals from Hong Kong, the Mainland, Japan, Korea, Malaysia, Singapore, Australia, Qatar, Germany, Netherlands and Canada came together for presentations and exchanges at the Conference, which provided a platform for academic exchange in the fields of scientific support in elite training, conditioning, sport information and sport for all.

### • 21<sup>st</sup> Elite Coaches Seminar

The 21<sup>st</sup> Elite Coaches Seminar was successfully held on 7 December 2013 at the HKSI, with the theme “Physiological Conditioning of Elite Athletes”. The annual seminar attracted about 300 coaches from Hong Kong and the Mainland, with four professionals giving presentations on relevant topics, including physical preparation, periodisation training programmes, training conditioning, and the use of Chinese medicine and manipulation therapy in sports.

Jointly organised by the HKCC and the All-China Sports Federation since 1993, the annual event provides a platform for overseas and Mainland experts, as well as local coaching professionals, to exchange ideas related to sports coaching.

### • Hong Kong-Shanghai Strength and Conditioning Symposium 2013

About 60 participants attended the Hong Kong-Shanghai Strength and Conditioning Symposium 2013, held on 17 and 18 December 2013 at the HKSI. The event was jointly organised by the HKSI, the Shanghai Sports Institute – a partner with whom the HKSI has a collaboration agreement – and the National Strength and Conditioning Association – Shanghai.

The theme was “Considerations for strength training in young athletes”. Ten overseas and local speakers shared the latest strength and conditioning knowledge, theories and best practices with athletes, coaches and other sports professionals through keynote presentations and workshops. Four participants orally presented free papers at the event.

活動提供了一個極佳的互動平台，讓業界專才分享體能知識、理論及訓練的最新趨勢，以提升香港及中國在體能的專業水平及學術地位。

### ● 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平台。舉辦研討會的目的，是為精英體育界建立共識及有效的合作關係。

在二零一三/一四年度，體院共舉辦了八次精英培訓研討會，並請來多位本地及國際專家交流心得，包括著名澳洲游泳教練Bill Sweetenham先生及美國舉重教練Patrick Cullen-Carroll先生，二人分別就「卓越」和「長遠運動發展 — 訓練年青運動員」兩個主題分享珍知灼見。



2013年度亞洲體育科學研討會為體育專家就運動科學對精英培訓、體適能、體育資訊及普及運動等範疇提供學術交流平台。

*The Asian Conference on Sports Science 2013 served as a platform for academic exchange among experts in the fields of scientific support in elite training, conditioning, sport information, and sport for all.*

The symposium provided an excellent interactive platform for sharing the latest strength and conditioning knowledge, theories and practices among professionals in the industry, and helped to elevate the professional standards and academic status of strength and conditioning training in Hong Kong and China.

### ● 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 main aim of the seminars is to facilitate mutual understanding and effective cooperation among professionals in elite sports.

In 2013/14, eight seminars were held, in which local and international experts, including renowned swimming coach Mr Bill Sweetenham from Australia and weightlifting coach Mr Patrick Cullen-Carroll from the USA, shared their knowledge on topics entitled “Excellence” and “Long team athletic development – training the young athlete”.



多名海外及本地講者於港滬體能峰會就青少年運動員體適能訓練注意事項分享最新知識。

*Overseas and local speakers shared the latest strength and conditioning knowledge, theories and practices in training young athletes at the Hong Kong-Shanghai Strength and Conditioning Symposium.*



以「運動員的生理調控」為題的精英教練員研討會共吸引約300人參加。

*The Elite Coaches Seminar, themed “Physiological Conditioning of Elite Athletes”, attracted some 300 participants.*