



## 教練發展 Coach Development

### 滙豐銀行慈善基金教練級別評定計劃

這項計劃為本港教練提供培訓並予以認可資格。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1萬5,400位教練。

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，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。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。

### 滙豐銀行慈善基金 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滙豐銀行慈善基金精英運動員教練培訓計劃，為精英運動員提供特別設計的課程時間表和靈活的課堂安排，以配合他們緊密的訓練和比賽時間，鼓勵他們接受專業培訓，成為認可教練。

第六期的精英運動員教練培訓計劃於二零一二年十一月二十八日至十二月二十一日舉行，共有20位來自羽毛球、劍擊、空手道、滑浪風帆及武術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66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。

### Hongkong Bank Foundation Coach Accreditation Programme

This three-level Coach Accreditation Programme (CAP) provides accreditation to, 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 conducted by NSAs, with funding from the HKCC. Since 1991, the HKCC has trained over 15,400 coaches through the CAP.

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 required CCE hours by attending courses, seminars or workshops; teaching courses or serving as a speaker at seminars; serving as a coaching committee member in an NSA; or writing peer-reviewed books or journal articles.

### Hongkong Bank Foundation Elite Athletes Support Scheme

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

The sixth EASS course was held from 28 November to 21 December 2012 during which 20 athletes from badminton, fencing, karatedo, windsurfing and wushu participated in a Level 2 CAP course.

Since its inception, a total of 66 elite athletes have gained CAP accreditation through the EASS, which has equipped them with the skills and knowledge they need to continue forging a career in sports.



精英運動員教練培訓計劃配合運動員的訓練和比賽，提供靈活的上課時間表。

*The Elite Athletes Support Scheme offered flexible class arrangements to suit athletes' training and competition schedules.*



教練延續培訓計劃透過舉辦講座，讓認可教練掌握最新知識。

*Seminars were organised through the Continuing Coach Education Programme to help accredited coaches update their knowledge.*

## 滙豐銀行慈善基金教練延續培訓計劃

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。在二零一二/一三年度，委員會共舉辦了六次講座，吸引超過1,600名認可教練參加。講座的主題包括：

- 預防運動猝死
- 如何以運動心理學提升訓練效能和制訂訓練目標
- 團隊管理的要訣
- 青少年運動員的保護

## 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，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特別為新高中學生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。在二零一二年十二月至二零一三年三月期間，先後於五間學校舉辦講座，超過350名學生出席。兩項計劃共吸引逾370位參加者。

## Hongkong Bank Foundation 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. Six seminars were organised in 2012/13, attracting over 1,600 accredited coaches. Seminar themes included the following:

- Prevention of Sudden Death in Sports
- Application of Sports Psychology in Training Effectiveness and Goal Setting
- The Importance of Team Management in Sports
- Child Protection in Sports Organisations

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

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

When the new 3-3-4 curriculum began in 2009, a new mode of Community Education Programme was implemented for senior secondary students. This now serves 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, as well as the importance of coaches' code of conduct. From December 2012 to March 2013, talks were held in five schools and attended by more than 350 students. Over 370 participants have taken part in these two programmes.

## 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開辦，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，旨在為負責訓練校隊和籌辦聯課活動的中、小學老師，特別是非體育科老師，提供正規教練培訓和考取認可資格的機會，從而提升學校教練的質素。

學校教練評定計劃由香港教練培訓委員會與體育總會攜手合辦，是一個培訓教師成為有熱誠的運動教練的重要平台。

在二零一二/一三年度，計劃開辦了暑期與冬季課程，涵蓋不同運動項目，共有超過190名來自141間學校的本地中、小學老師參加。證書頒發儀式於二零一二年七月三十一日在體院舉行，向修畢課程的老師頒發出席證書，並頒贈傑出表現獎予優秀學員，以示嘉許。

自一九九八年起，已有2,400位老師修畢課程。

## Hongkong Bank Foundation School Coach Education Programme

The Hongkong Bank Foundation School Coach Education Programme comprises the School Coach Accreditation Programme (SCAP) and the School Coach Continuing Education Programme (SCCEP), which aim to improve the coaching standards of Hong Kong primary and secondary school teachers, especially non-PE teachers who coach school sports teams and organise co-curricular sports activities, through formal training and accreditation.

Jointly offered by the HKCC and NSAs, the SCAP is an important channel for training teachers to become effective and inspirational sports coaches.

In 2012/13, a series of SCAP summer and winter courses were held for different sports. The courses were attended by over 190 local primary and secondary school teachers from 141 schools. A presentation ceremony was held at the HKSI on 31 July 2012 to recognise participating teachers' enthusiasm and dedication to sports, and to award the best performers with certificates.

Since its launch in 1998, approximately 2,400 teachers have completed the SCAP course.



學校教練評定計劃為老師提供一個成為運動教練的渠道，接受正規教練培訓和考取認可資格。  
*The School Coach Accreditation Programme provided a channel for teachers to become sports coaches through formal training and accreditation.*

## 滙豐銀行慈善基金優秀教練選舉

2012滙豐銀行慈善基金優秀教練選舉昂然踏進二十周年，體育界超過270位嘉賓出席於二零一三年四月二十一日舉行的頒獎午宴，人數為歷屆之冠，一同祝賀獲獎的本港優秀教練。

優秀教練選舉共頒發五大獎項類別，分別為全年最佳教練獎、優秀服務獎、最佳隊際運動教練獎、精英教練獎和社區優秀教練獎。

獲頒全年最佳教練獎的四位教練包括單車教練沈金康（個人項目高級組）、輪椅劍擊教練王銳基（團體項目高級組）、武術教練黃志光（個人項目青少年組）及羽毛球教練何一鳴（團體項目青少年組）。

體操教練潘鏡雄榮膺本年度的優秀服務獎得主，感謝他自二零零零年起領導香港體操隊的傑出貢獻，而帶領香港隊奪得二零一二年亞洲冠軍寶座的欖球教練戴里斯則連續三年獲封最佳隊際運動教練。

此外，本年度共有87位精英教練獎得主，他們在過去一年帶領運動員或運動隊伍在多項國際運動比賽中奪取驕人成績。另有27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出的貢獻。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由香港教練培訓委員會主辦，並於一九九三年起得到滙豐銀行慈善基金資助，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。



典禮承蒙政務司司長林鄭月娥女士（左四）擔任主禮嘉賓及頒發獎項。  
The Hon Mrs Carrie Lam (fourth from left), Chief Secretary for Administration, was invited to officiate at the ceremony and present prizes.

## Hongkong Bank Foundation Coaching Awards

Celebrating its 20<sup>th</sup> anniversary, the 2012 Hongkong Bank Foundation Coaching Awards was held on 21 April 2013, with a record 270 guests from the local sports community coming together for a gala luncheon to celebrate the achievements of Hong Kong coaches in 2012.

Coaches were honoured in five categories: the Coach of the Year Award, Distinguished Services Award for Coaching, Best Team Sport Coach Award, Coaching Excellence Award and Community Coach Recognition Award.

Four coaches were presented with the Coach of the Year Award. In the senior athletes category, the individual sport award went to cycling coach Shen Jinkang, and the team event award went to wheelchair fencing coach Wang Ruiji. In the junior athletes category, wushu coach Wong Chi-kwong won the individual sport award, while badminton coach He Yiming won the team event award.

The Distinguished Services Award for Coaching went to gymnastics coach Poon King-hung for his dedication to the Hong Kong gymnastics team since 2000. For the third year in a row, rugby coach Dai Rees, who led the Hong Kong team to become the Asian champion in 2012, won the Best Team Sport Coach Award.

A total of 87 coaches who led their athletes to outstanding results at international competitions received the Coaching Excellence Award, while 27 coaches received the Community Coach Recognition Award for making a special contribution to community sports for the past three consecutive years. The Gymnastics Association of Hong Kong, China was presented with the Most Supportive National Sports Association Award.

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

## 資助體育總會

香港教練培訓委員會於本年度內共撥出逾131萬港元予代表46個項目的45個體育總會，籌辦共90項短期教練培訓活動，當中包括24個海外課程及66個本地課程，共有超過5,400名教練受惠。

## 運動訓練教育學士學位課程

這項課程是本港唯一專注於運動訓練教育的五年兼讀制學士學位課程，由北京體育大學（北體大）開辦、體院負責行政工作，旨在透過提供正規訓練，為香港體壇培育高質素的教練。

課程由北體大選派資深教授到體院授課，課程包含25科，包括運動解剖學、運動生理學、體育統計學、運動營養學、專項運動理論與實踐等；學員須符合考核要求才可獲頒學位證書，而持有此學歷資格等同國內頒發的學位，廣獲其他國家認可。

為嘉許在二零一一/一二學年表現優秀的學員，在二零一二年十月十六日舉行了「滙豐銀行慈善基金獎學金」頒贈儀式，向七名二零零八級及二零一零級的學員頒發合共3萬港元獎學金以示鼓勵。滙豐銀行慈善基金自二零零零年開始為修讀課程的學員提供獎學金。

北體大隸屬國家體育總局，是全國重點大學，歷年來培育了40多個奧運冠軍和過百位世界冠軍。這項課程在香港也曾培育不少精英運動員及專業教練，自一九九九年首辦以來，共有80位學員完成課程。

## Funding Support to NSAs

During the year, a total subvention of over HK\$1.31 million was provided by the HKCC to 45 NSAs representing 46 disciplines to organise 90 short-term coach education programmes. These included 24 overseas courses and 66 local courses, which collectively benefited more than 5,400 coaches.

## Undergraduate Course in Sports Training

Organised by Beijing Sport University, with the HKSI responsible for administration, this is a unique five-year, part-time bachelor degree course in sports-training education in Hong Kong, whose purpose is to develop high-quality coaches for Hong Kong sports by providing formal career training.

Experienced professors from Beijing Sport University travel to Hong Kong to deliver the curriculum at the HKSI. The programme consists of 25 modules, including sports anatomy, exercise physiology, statistics in sports, sports nutrition, sports-specific theory and practicum, and more. Students are granted a bachelor degree upon successful completion of all programme requirements. The qualification is equivalent to a Mainland degree and is widely recognised in other countries.

To recognise students' outstanding performance in the 2011/12 academic year, seven students of the 2008 and 2010 classes were presented with the Hongkong Bank Foundation Scholarship, worth a total of HK\$30,000 on 16 October 2012. The Foundation has been offering scholarships to students in the programme since 2000.

Beijing Sport University falls under the General Administration of Sport of China and is the key national tertiary education institution for sports, having educated more than 40 Olympic champions and over 100 world champions. 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 80 students having completed the course.



多名北體大運動訓練教育學士學位課程的優秀學員獲頒滙豐銀行慈善基金獎學金。  
*Outstanding students in the Beijing Sport University undergraduate course in sports training received the Hongkong Bank Foundation Scholarship.*