

# 國際交流 International Cooperation

## 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，體院接待了多名海外政府官員及體育界領袖。

在眾多的重要海外訪客當中，包括專責遠東事務的英國外交及聯邦事務國務大臣白偉明先生。他於二零一二年七月六日到訪體院，由體院主席唐家成先生接待，探訪當時正備戰奧運會及殘疾人奧運會的香港運動員。另外，南澳洲政府康樂及體育辦公室行政總裁Paul Anderson先生及南澳洲體育學院總監Wes Battams先生於二零一二年八月二十四日到訪，與體院行政及運動科研與運動醫學人員就精英運動員培訓及支援服務等方面進行交流，並參觀體院的各項精英培訓設施。

- **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，體院在二零一二/一三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。

## 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, athlete training, coaching science and sports management. In the fiscal year, major exchange activities included the following:

- **Government and Sports Leadership**

During the year, the HKSI received a number of international Government and sports leaders.

Notable international visitors included Mr Jeremy Browne MP, United Kingdom Foreign and Commonwealth Office Minister for the Far East, who visited the Hong Kong Olympians and Paralympians at the HKSI on 6 July 2012. Mr Brown was received by Mr Carlson Tong Ka-shing, Chairman of the HKSI, who accompanied him during his visit to the HKSI. Mr Paul Anderson, Executive Director, Office for Recreation and Sport, Government of South Australia and Mr Wes Battams, Director, South Australian Sports Institute, also visited the HKSI on 24 August 2012. They exchanged views with the HKSI administration, and sports science and medicine professionals on elite training and support services, and toured the HKSI's elite sports training facilities.

- **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 for international academic and institutional counterparts. In addition, HKSI staff produced three peer-reviewed academic publications.

- **Counterpart Institutions**

With the opportunity provided by its Redevelopment Project, the HKSI seeks to become a regional centre of excellence among its counterparts. Following the signing of a number of collaboration agreements with major counterpart institutions in mainland China and with Japan over the past two years, the HKSI continued its drive in 2012/13 to establish formal relationships with leading Asian countries and key international sports institutes for exchanges in all areas of elite training systems.

### 美國保齡球總會

體院於二零一二年六月十九日與美國保齡球總會簽署合作協議，標誌著雙方建立長期合作關係，在高水平運動訓練、運動醫學及運動科學研究、測試和科學數據方面進行交流。合作協議對於發展和保養體院全新保齡球中心的硬件設備和軟件配套大有幫助。

### 新加坡體育理事會

在二零一二年五月十七日，體院與新加坡體育理事會在當地簽署合作備忘錄，制訂運動科學與運動醫學研究的合作框架，讓雙方專家在高水平的運動表現、測試技術、訓練及比賽方面進行交流。

此外，新加坡體育學院精英培訓策劃組的三名代表於二零一二年六月二十六日到訪體院，與體院行政、運動科研及醫學人員就精英運動員培訓及支援服務等方面進行交流。體院亦於二零一二年十月二十四日接待來自新加坡體育學校的15人代表團。

### 韓國運動科學研究所

在二零一二年四月二十三日及二十四日，韓國運動科學研究所所長Sang Hoon-suh博士率領代表團到訪體院，商討建立合作協議的細節。在二零一二年十一月十五日，體院與韓國運動科學研究所簽訂正式合作協議。

### United States Bowling Congress

The HKSI signed a cooperative agreement with the United States Bowling Congress on 19 June 2012. The signing signifies the establishment of a long-term partnership between the two parties, which will involve exchanges in the areas of high performance training, sports medicine and sports science research, testing and scientific data, and talent identification programmes. The cooperative agreement will benefit both hardware and software development and the maintenance of the new tenpin bowling centre at the HKSI.

### Singapore Sports Council

On 17 May 2012, in Singapore, the HKSI signed a memorandum of understanding with the Singapore Sports Council, with the objective of establishing a framework for cooperation in sports science and sports medicine research; and exchanges of expertise on high level sports performance, testing technology, training and competition.

On 26 June 2012, three members of the High Performance Planning Unit of the Singapore Sports Institute visited the HKSI, where they exchanged views with the HKSI administration, and sports science and medicine professionals on elite training and support services. On 24 October 2012, the HKSI also received a 15-person delegation from the Singapore Sports School.

### Korea Institute of Sport Science

On 23 and 24 April 2012, Dr Sang Hoon-suh, President of the Korea Institute of Sport Science and a delegation of his colleagues visited the HKSI to discuss the establishment of a cooperative agreement. On 15 November 2012, the HKSI signed a formal collaboration agreement between the two institutes.



體院院長李翠莎博士（左三）與美國保齡球總會董事總經理施特雷梅爾先生（右三）簽署合作協議。  
HKSI Chief Executive Dr Trisha Leahy (third from left) and United States Bowling Congress Managing Director Mr Neil Stremmel (third from right) signed a cooperative agreement.



體院與新加坡體育理事會簽署合作備忘錄，在多個領域上制訂合作框架。  
The HKSI signed a memorandum of understanding with the Singapore Sports Council to establish a framework for cooperation in various areas.

## 四川省運動技術學院

在二零一三年三月一日，體院與四川省運動技術學院在政務司司長林鄭月娥女士、四川省常務副省長鍾勉先生和體院代表團見證下，於四川簽署合作協議。

協議標誌著兩個精英培訓機構建立更密切關係的重要里程碑，並為雙方在運動科學、運動醫學及運動員教育和全人發展等領域，提供一個清晰的合作平台。訪問期間，體院代表團還參觀了四川香港馬會奧林匹克運動學校，該校乃四川省內首間同類型學校，除致力培訓四川省以至全國青少年運動人才外，亦為促進川港兩地體育人才交流擔當基地角色。

## 單車技術合作協議

香港單車隊在倫敦2012奧運會、2013世界場地單車錦標賽及第三十三屆亞洲單車錦標賽成績驕人。為進一步研究如何提升單車隊的技術和實力，讓運動員在往後的大型運動會有持續高水平的表現，體院於二零一三年三月二十八日與多位內地及英國科研專材成立一支專家小組，推行和監控體院單車訓練的研究活動，直至二零一六年的奧運會為止。

在二零一二/一三年度內，體院還接待了多個本地、內地及海外機構和團體，促進體育交流。到訪的嘉賓和代表團包括：

05/2012	<ul style="list-style-type: none"><li>• 恒生銀行副董事長兼行政總裁李慧敏女士 Ms Rose Lee, Vice-Chairman and Chief Executive of Hang Seng Bank</li></ul>
06/2012	<ul style="list-style-type: none"><li>• 香港足球總會技術總監歐智勳先生 Mr Stephen O'Connor, Technical Director of the Hong Kong Football Association</li></ul>
07/2012	<ul style="list-style-type: none"><li>• 英基學校協會行政總裁杜茵妮女士及教育發展總監白儷仁女士 Ms Heather Du Quesnay and Ms Pam Ryan, Chief Executive Officer and Director of Education, respectively, of the English Schools Foundation</li><li>• 新世紀論壇召集人馬達國先生（現為體育、演藝、文化及出版界功能界別立法會議員） Mr Ma Fung-kwok, Convenor of the New Century Forum (and now Legislative Councillor representing the Sports, Performing Arts, Culture and Publication Functional Constituency)</li></ul>

## Sichuan Institute of Sports Skills

On 1 March 2013, a cooperative agreement in sport between the Sichuan Institute of Sports Skills (SISS) and the HKSI was signed in Sichuan, witnessed by the HKSAR Government's Chief Secretary for Administration, The Hon Mrs Carrie Lam, Sichuan Executive Vice-Governor Mr Zhong Mian, and HKSI delegates.

This marks an important milestone in closer ties between the HKSI and the SISS and provides a clear platform for cooperation in the area of sports science, sports medicine, athlete education and whole person development. The HKSI delegation also visited the Sichuan Hong Kong Jockey Club Olympic School, the first school of its kind in Sichuan, whose mission is to nurture young elite athletes from across the province and nation. The school provides a base for exchange for sports talent in Sichuan and Hong Kong.

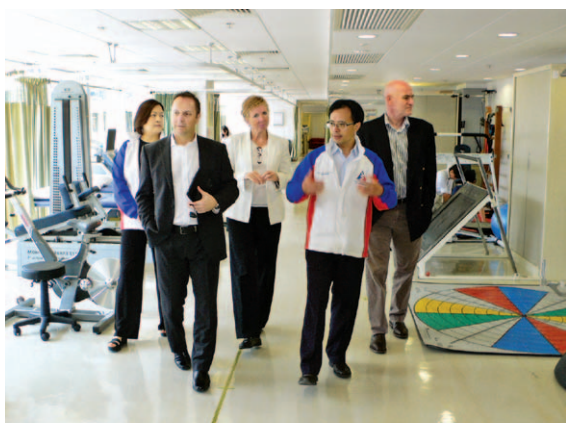
## Cycling Technology Research

The Hong Kong cycling team achieved outstanding results at the London 2012 Olympic Games, the UCI Track Cycling World Championships 2013 and the 33<sup>rd</sup> Asian Cycling Championships. To further study and enhance the skills and techniques required to perform at a consistently high level at upcoming Major Games, an expert group including professionals from mainland China and the United Kingdom was formed on 28 March 2013 to initiate and monitor research activities for cycling training at the HKSI until the 2016 Olympic Games.

In 2012/13, the HKSI received a number of local and overseas visitors to promote mutual exchange in the field of sports:

08/2012	<ul style="list-style-type: none"> <li>● 河北師範大學體育學院運動復康系主任張海峰博士與劉紹勝先生；及山東理工大學體育學院馬國棟副教授 Dr Zhang Haifeng, Department Head of Sport Rehabilitation, College of Physical Education; Mr Liu Shaosheng from Hebei Normal University; and Dr Ma Guodong, Associate Professor, College of Physical Education, Shandong University of Technology</li> <li>● 南京體育學院六人代表團 Six-person delegation from Nanjing Sport Institute</li> <li>● 北京體育大學人體活動研究學院副校長胡揚教授 Professor Hu Yang, Vice President, College of Human Movement Study, Beijing Sport University</li> </ul>
09/2012	<ul style="list-style-type: none"> <li>● 世界保齡球總會會長 President of the World Tenpin Bowling Congress</li> <li>● 八名來自美國、意大利、中國內地、澳門及香港參與第二十二屆亞洲保齡球錦標賽的代表 Representatives from the United States, Italy, mainland China, Macau and Hong Kong participating in the 22<sup>nd</sup> Asian Tenpin Bowling Championships</li> <li>● 奉行Health At Every Size理論的國際知名營養學理論家Lucy Aphramore博士 Dr Lucy Aphramore, an internationally recognised critical dietetics theorist and practitioner of Health At Every Size</li> </ul>
10/2012	<ul style="list-style-type: none"> <li>● 法國國立運動專才及運動表現學院Le Meur教授與Hauswirth教授 Professor Le Meur and Professor Hauswirth from the French National Institute of Sport, Expertise and Performance in Paris</li> <li>● 香港足球總會行政總裁薛基輔先生 Mr Mark Sutcliffe, Chief Executive Officer of the Hong Kong Football Association</li> <li>● 香港賽馬會慈善事務執行總監/首席法律顧問蘇彰德先生 Mr Douglas So, Executive Director, Charities/General Counsel of The Hong Kong Jockey Club</li> <li>● 菲律賓聖托馬斯大學運動科學系學生 Sport science interns from the University of Santo Tomas, Philippines</li> </ul>
11/2012	<ul style="list-style-type: none"> <li>● 英國愛丁堡納比亞大學人體表現創新及研究中心副總監Susan Brown博士 Dr Susan Brown, Deputy Director of the Centre for Human Performance Innovation and Research, Edinburgh Napier University, United Kingdom</li> <li>● 香港元老網球總會 Hong Kong Veterans' Tennis Association</li> <li>● 香港管理專業協會 Hong Kong Management Association</li> </ul>
12/2012	<ul style="list-style-type: none"> <li>● 國家體育總局體育科學研究所副所長賈國富教授及研究員林洪先生與副研究員何子紅博士 Professor Jia Guofu, Mr Lin Hong and Dr He Zihong, the Deputy Director and two delegates from the China Institute of Sport Science</li> <li>● 上海體育職業學院教培中心主任朱學雷教授 Professor Zhu Xuelei, Director of Educational &amp; Training Affairs Centre, Shanghai Sports Institute</li> <li>● 參加明日精英大檢閱暨慈善愛心跑的480名中、小學學生 480 primary/secondary students participating in the Future Elites Forum &amp; Charity Run</li> </ul>

01/2013	<ul style="list-style-type: none"> <li>● 香港公開大學校長梁智仁教授及副校長（學術）黃錫楠教授 Professor John Leong and Professor Danny Wong, President and Vice President (Academic) respectively of the Open University of Hong Kong</li> <li>● 英國雪菲爾哈倫大學體育系Rebecca Peake 女士 Ms Rebecca Peake, Department of Sport, Sheffield Hallam University</li> <li>● 曼徹斯特城市大學Neil Fowler 教授 Professor Neil Fowler, Manchester Metropolitan University</li> </ul>
02/2013	<ul style="list-style-type: none"> <li>● 曼徹斯特城市大學學生及教務夥伴合作處Ian Jones 先生 Mr Ian Jones, Student and Academic Services Collaborative Partnerships Office, Manchester Metropolitan University</li> </ul>
03/2013	<ul style="list-style-type: none"> <li>● 香港賽馬會主席施文信先生 Mr T Brian Stevenson, Chairman of The Hong Kong Jockey Club</li> <li>● 香港科技大學工商管理學院管理學系客席副教授Roger Levermore博士 Dr Roger Levermore, Interim Director, MBA Programmes, the Hong Kong University of Science &amp; Technology Business School</li> </ul>



體院於年度內接待多名本地和海外訪客，推動體育方面的交流。

*The HKSI received many local and overseas visitors during the year to promote mutual exchange in the field of sports.*



運動員於新加坡交流團期間參觀當地多間體育機構和設施。  
The athletes visited various sports institutions and facilities during the Singapore Exchange Tour.



體院與健康鞋專門店合作，為香港武術隊加強科研支援。  
The HKSI collaborated with a footcare specialist to enhance scientific support for the Hong Kong wushu team.

### • 交流活動

為擴闊運動員的視野，讓他們學習和體驗不同國家的體育文化，體院於二零一二年五月十五日至十八日舉行新加坡交流團，共有17名運動員參加。

運動員在交流團舉行期間，見證了體院與新加坡體育理事會簽署合作備忘錄，又參加以「精英運動員的全面支援系統」為題的研討會；此外，運動員獲安排參觀當地多間體育機構及設施，包括青年奧運會博物館、新加坡體育學院及新加坡體育學校，並與當地運動員見面和交流。

### • 科學發展

體院近年積極透過科研發展，提升精英運動員的運動表現。

年度內，體院與DR. KONG健康鞋專門店合作，為香港武術隊加強科研支援。計劃為武術運動員提供特別設計的武術鞋，藉以提升訓練質素和比賽表現。合作項目的新聞發佈會於二零一二年八月十七日舉行。

另，體院在二零一二/一三年度的多個國際會議上發表其科研成果，包括在韓國舉行、以「透過體育活動促進青少年發展」為主題的2012 聯合國教科文組織國際研討會。

### • Exchange Programme

To broaden athletes' horizons and allow them to learn from and experience the sports culture of a different country, the HKSI organised a Singapore Exchange Tour from 15 to 18 May 2012, in which 17 athletes participated.

During the tour, the athletes witnessed the signing of a memorandum of understanding between the HKSI and the Singapore Sports Council and participated in a symposium on the theme "A Holistic Support System for Elite Athletes". The athletes also visited various sports institutions and facilities in Singapore, including the Youth Olympic Games Museum, Singapore Sports Institute and Singapore Sports School, and had a chance to meet and interact with local athletes.

### • Scientific Development

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

During the year, the HKSI collaborated with Dr Kong Footcare Limited to enhance scientific support for the Hong Kong wushu team by providing their athletes with customised shoes, with the aim of enhancing the quality of training and sporting performance. A ceremony was held on 17 August 2012 to announce the collaboration.

The HKSI's scientific and technological work was also represented at various conferences in 2012/13, including the 2012 International Symposium of the UNESCO Chair in the Development of Youth through Sports Activities in Korea.

## • 教練培訓

香港教練培訓委員會與世界各地同業包括澳洲、英國、加拿大、愛爾蘭、日本、內地、菲律賓及新加坡緊密合作，並透過國際教練培訓局與各地組織聯繫；在國內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。

## • Coaching Development

The HKCC continued to promote collaboration with its counterparts in various parts of the world, including Australia, Britain, Canada, Ireland, Japan, the Mainland, Philippines and Singapore, 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.

## 研討會

### • 劉鑾雄慈善基金國際科學研討會

二零一三年國際科學研討會於二零一三年三月十五日及十六日假體院舉行，旨在促進本地與海外體育同業就提升運動表現的科技發展及應用互相交流和討論，吸引超過200名參加者，包括教練、體育老師、運動員、運動科學及運動醫學研究人員，以及運動行政人員。

今屆研討會以「提升運動表現的新興科技」為主題，由多位來自英國、韓國、新加坡、日本、中國內地及本港的資深體育專業人士發表研究成果。

國際科學研討會由體院主辦及由劉鑾雄慈善基金贊助，並獲得香港運動醫學及科學學會、香港教練培訓委員會、香港物理治療學會、美國國家體能協會、中國香港體適能總會，以及電機及電子工程師學會香港澳門生物醫學工程聯合分會全力支持。

## Symposia and Seminars

### • The Joseph Lau Luen Hung Charitable Trust International Scientific Symposium

With the objective of facilitating the exchange of ideas and stimulating discussion among local and overseas counterparts on the development and application of technologies for enhancing sports performance, the 2013 International Scientific Symposium was successfully held at the HKSI on 15 and 16 March 2013, attracting over 200 coaches, physical education teachers, athletes, researchers in the field of sports science and sports medicine, and sport administrators.

The symposium featured keynote speakers from the United Kingdom, Korea, Singapore, Japan, mainland China and Hong Kong, who presented their research on the theme “Emerging technologies for sports performance enhancement”.

Organised by the HKSI and sponsored by the Joseph Lau Luen Hung Charitable Trust, the symposium was fully supported by the Hong Kong Association of Sports Medicine and Sports Science, the HKCC, the Hong Kong Physiotherapy Association Limited, the National Strength and Conditioning Association, the Physical Fitness Association of Hong Kong, China, and the IEEE-EMBS Hong Kong-Macau Joint Chapter.



國際科學研討會吸引超過200名參加者，就提升運動表現的科技發展及應用互相交流。

*Over 200 people participated in the International Scientific Symposium to exchange ideas on the development and application of technologies for enhancing sports performance.*

- **第二十屆滙豐銀行慈善基金精英教練員研討會**  
第二十屆滙豐銀行慈善基金精英教練員研討會於二零一二年十月二十七日及二十八日在中國武漢舉行。

今屆研討會以「青少年精英運動員最新發展概況」為題，並由武漢體育學院承辦，吸引了約100名香港、中國內地及海外的教練參加。研討會為期兩天，由多位來自中國內地、香港、英國和美國的運動專才，就與青少年精英運動員發展有關的不同主題發表演講，包括營養、心理、保護兒童及運動選材。

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，目的是為香港與海外及中國內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。

- **20<sup>th</sup> Hongkong Bank Foundation Elite Coaches Seminar**

The 20<sup>th</sup> Hongkong Bank Foundation Elite Coaches Seminar was successfully held on 27 and 28 October 2012 in Wuhan, China.

The theme “Young Elite Athletes Development” was chosen for this year’s seminar, which, with the support of Wuhan Sports University as the coorganiser, attracted around 100 delegates from mainland China, Hong Kong and overseas. During the two-day event, professionals from mainland China, Hong Kong, the United Kingdom and the United States gave presentations on issues relevant to the development of young elite athletes, including nutrition, psychology, child protection and talent identification.

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



多名來自世界各地的運動專才於精英教練員研討會上就「青少年精英運動員最新發展概況」發表演講。  
Professionals from around the world gave presentations on the theme “Young Elite Athletes Development” at the Elite Coaches Seminar.



精英教練員研討會成功吸引約100名國內、香港及海外教練參加。  
The Elite Coaches Seminar attracted around 100 coaches from mainland China, Hong Kong and overseas.





兩名日本運動選材計劃的專家蒞臨體院擔任研討會主講嘉賓。  
*Two experts from the Talent Identification Programme in Japan were invited to deliver a symposium at the HKSI.*

#### • 運動選材及發展研討會

日本的運動選材計劃取得高度成功，體院特別邀請了負責該國運動選材的兩名專家，包括日本體育局資訊及國際關係部總裁和久貴洋先生及日本筑波大學體育發展部高級研究員及客席教授勝田隆先生，為二零一三年三月八日及九日舉行的「運動選材及發展研討會」擔任主講嘉賓。

研討會共吸引逾70名本地體育行政人員、運動科學及醫學人員、教練和運動員參加，有助促進日本和香港兩地在運動選材方面的知識交流。

#### • 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。在二零一二/一三年度，體院共舉辦了八次精英培訓研討會，由本地及國際專家分享有關運動禁藥、運動選材、科學化訓練、運動營養、運動心理、運動醫學、體育市場推廣及體適能等知識。

#### • Sport Talent Identification and Development Symposium

Two experts from Japan's highly successful Talent Identification Programme, Mr Takahiro Waku, Director of the Department of Information and International Relations of the Japan Sport Council and Mr Takashi Katsuta, Senior Researcher/Visiting Professor from the University of Tsukuba, were invited to host a symposium titled "Sport Talent Identification and Development" on 8 and 9 March 2013.

The symposium attracted over 70 participants, including local sport administrators, sports scientists and medical professionals, coaches and athletes. It served as an important milestone for knowledge exchange on talent identification between Japan and Hong Kong.

#### • 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 2012/13, eight seminars were held, in which local and international experts shared knowledge on anti-doping, talent identification, scientific training, sports nutrition, sports psychology, sports medicine, sports marketing, and strength and conditioning.