



體育研究及資訊

體育研究及資訊組主要透過轄下的香港體育資訊中心(中心)，為運動科學及運動醫學專家、教練、運動員、體育總會、學術機構及體育專業人士提供最新的體育資訊服務，配合他們的需要。

中心收藏了約1萬4,000冊中英文書籍、2,300項視聽資料、500份期刊及1,000份由SPORTDiscus收錄的電子期刊，內容涵蓋運動科學及運動醫學、培訓、體育及康樂。此外，中心又提供網上資源，包括網上目錄、互聯網資源、研究報告及研究摘要。為幫助使用者充份利用這些資源，中心亦提供諮詢服務、館際互借服務、視聽器材設備及閱覽區。現時，中心提供兩個電子數據資料庫，分別是EBSCOhost的SPORTDiscus全文數據庫及萬方數據資料庫。SPORTDiscus全文數據庫備有索引，可查閱超過440份可追溯至一九八五年的期刊，內容涵蓋各種有關運動的題材。萬方數據資料庫內則設有兩個數據庫可供檢索，分別是「中國學位論文全文數據庫」及「中國數字化期刊」，提供摘要或PDF格式的中文全文。

體育研究及資訊組亦為體院每年舉辦的國際科學研討會提供秘書處服務，並為體院的科研及出版工作提供行政及技術支援。

Research and Sports Information

The Research & Sports Information Section provides up-to-date sports information services through the Hong Kong Sports Information Centre (HKSIC) to meet the needs of sports science and sports medicine professionals, coaches, athletes, NSAs, academic institutions and physical education specialists.

The HKSIC houses some 14,000 Chinese and English books, 2,300 audio-visual items, 500 printed journals and 1,000 e-journals from SPORTDiscus, covering sports science and sports medicine, coaching, physical education and recreation. A host of online resources are also available, including online catalogues, Internet resources, research reports and research highlights. To help users fully benefit from this breadth of information, the HKSIC provides reference services, Interlibrary Loan Services, audio-visual viewing facilities and reading areas. The HKSIC also provides two electronic databases, namely EBSCOhost's SPORTDiscus with Full Text and Wanfang Data. EBSCOhost's SPORTDiscus with Full Text provides indexed, full-text access to more than 440 journals dating back to 1985 and covering all aspects of sports subjects. Wanfang Data comprises two databases entitled "China Academic Dissertations Full-Text Database" and "China Digitised Journals", both of which provide abstracts or full-text Chinese articles in PDF format.

The Section also provides secretariat support for the HKSI's annual International Scientific Symposium, as well as administrative and technical support for the HKSI's scientific research and publications.

運動員發展 Athlete Development

個人/社交發展計劃

運動員事務部因應體院獎學金運動員的特別需要，制訂不同的支援計劃，照顧他們在社會、個人及職業技能等重要範疇的發展需要，讓這些具天賦的運動員全情投入精英訓練生活。

在二零零九/一零年度內，共有112名運動員獲提供學業資料及輔導服務，另有16名運動員透過運動員獎學金計劃，成功獲推薦入讀本地大學及大專院校。部門亦為個別體育項目的運動員安排了合共35項社交及個人技能發展計劃，這些計劃特別因應運動員的個人及社交發展需要而設計，內容涵蓋語文、生活技能、領導才能、表達與溝通技巧、團隊訓練、建立專業形象，以至香港稅務條例等各方面。

Personal/Social Development Programmes

The Athlete Affairs Department supports the special needs of HKSI's gifted Scholarship Athletes through a number of programmes designed to enable them to fully dedicate themselves to an elite training lifestyle, without neglecting important social, personal and vocational developmental needs.

In 2009/10, 112 athletes received educational information and guidance from the Department, and 16 athletes were recommended for further studies at local universities and tertiary institutes through the Sports Scholarship Scheme. A total of 35 social and vocational development programmes were also arranged for athletes of individual sports, covering topics from language, life-skills, leadership, presentation and communication skills, team building and professional image presentation to Hong Kong taxation requirements. These programmes were tailored to each individual's personal-social development needs.

另外，部門於年度內繼續推行精英教練工作體驗計劃，此計劃於二零零八/零九年度展開，目的是為準備在兩年內退役的精英運動員提供機會，以兼職形式參與精英培訓的工作，汲取工作經驗。

部門亦為運動員安排了兩次交流團，分別到訪山東及紐西蘭，讓他們從中汲取寶貴的生活體驗。有關交流團的詳情，請參閱第55頁。

年度內，運動員事務部一直致力與本港的體育機構、院校及社會各界緊密聯繫，確保各項重要的支援計劃得以順利及成功舉行。

The Elite Coaching Apprenticeship Programme, launched in 2008/09, continued to provide eligible elite athletes who will retire from sport in the next two years with tailor-made, part-time work experience in the field of elite coaching.

Two exchange tours to Shandong and New Zealand were also organised for athletes during the year, allowing them to gain invaluable life experience. For details, please see page 55.

Throughout the fiscal year, the Department also worked closely with local sports organisations, educational institutions and community agents to ensure the smooth and effective operation of its key support programmes.



運動員參與各項社交及個人技能發展計劃。
Athletes participate in various social and vocational development programmes.

優材發展計劃

體院與精英體育項目的體育總會一直緊密合作，透過優材發展計劃發掘具潛質的青少年。在二零零九/一零年度，這項計劃擴展成兩部份——「優材甄選」及「優材篩選」，以涵蓋更多學校，從中挑選具潛質的運動員，參加體育總會及體院的培訓計劃。

優材甄選以沒有太多運動知識或經驗的學生為對象，讓他們在年輕時期盡早獲得栽培，成為明日的精英運動員。學生會被安排參加科學測試及專項測試，從而挑選具潛質的青少年參加系統化的長期訓練。

優材篩選的對象則是正在參加體育總會推廣或發展計劃的青少年運動員，為他們進行一系列的科學測試及專項測試，以便決定是否適合晉升至更高水平的體育總會發展計劃及/或體院的精英培訓計劃。

Talent Identification Programme

The HKSI works in partnership with Elite Sport NSAs to identify talented youngsters through the Talent Identification Programme, which was extended in 2009/10 to include two programmes – “Talent Search” and “Talent Screen” – with the aim of reaching out to more schools to identify and refer potential athletes to the NSA and HKSI programmes.

Talent Search targets school children without much knowledge or experience in sports for early grooming as potential future elite athletes. Both scientific tests and sport-specific tests are organised to select youngsters with potential talent for systematic long-term training.

Talent Screen targets junior athletes who are currently in NSA promotion or development programmes, putting them through a series of scientific and sport-specific tests for consideration of promotion to higher level training under the NSA development programmes, and/or the HKSI elite training programmes, as appropriate.

年度內，共有四個精英體育項目進行了優材甄選，包括單車、劍擊、賽艇及武術，吸引了123間學校的192名學生參加，當中93名參加者獲挑選進行長期訓練。

保齡球、空手道及武術三個精英體育項目則進行了優材篩選，共有161名青少年運動員參加了一連串的科學測試，所得結果用以分析他們進一步發展的潛質。

During the year, Talent Search programmes were held for four Elite Sports, namely cycling, fencing, rowing and wushu, with a total of 192 students from 123 schools participating in the programmes and 93 of the participants selected for long-term training.

Talent Screen programmes were conducted for tenpin bowling, karatedo and wushu, with a total of 161 young athletes undergoing a series of scientific tests. The test results were used to analyse their potential for further development.

設施 Amenities

訓練場地

體院總部自二零零七年一月起設於烏溪沙青年新村，並於二零一零年第一季遷回火炭原址。在二零零九/一零年度，體院繼續於其總部及多個康樂及文化事務署的運動場地，為14個精英體育項目提供精英訓練設施，包括：

- 田徑* : 馬鞍山運動場 (由二零一零年一月起在火炭院址恢復訓練)
- 羽毛球 : 馬鞍山體育館 (由二零一零年三月起在火炭院址恢復訓練)
- 桌球* : 多個商業桌球會
- 單車 : 火炭體院鑲型單車場 (由於進行體院重新發展計劃關係，火炭單車場於年度內被拆卸，用以興建九層高多用途大樓，期間訓練場地轉移至於白石興建的臨時鑲型單車場，作為過渡安排。)
- 劍擊 : 烏溪沙青年新村 (由二零一零年三月起在火炭院址恢復訓練)
- 空手道* : 位於觀塘的訓練場館 (由二零零九年七月起)
- 賽艇 : 沙田賽艇中心
- 壁球 : 九龍塘歌和老街壁球及乒乓球體育館 (由二零一零年二月起在火炭院址恢復訓練)
- 游泳 : 火炭體院游泳池
- 乒乓球 : 九龍塘歌和老街壁球及乒乓球體育館及大埔體育館 (由二零一零年三月起在火炭院址恢復訓練)
- 保齡球 : 多個商業保齡球場
- 三項鐵人 : 白石俱樂部

Training Facilities

The HKSI headquarters, after being based at Wu Kwai Sha Youth Village (WKSJV) from January 2007, were moved back to the Fo Tan premises starting in the first quarter of 2010. In 2009/10, the elite training facilities for the 14 Elite Sports were provided on site or at various Leisure and Cultural Services Department venues, as follows:

- Athletics* : Ma On Shan Sports Ground (Training resumed at the Fo Tan site in January 2010)
- Badminton : Ma On Shan Sports Centre (Training resumed at the Fo Tan site in March 2010)
- Billiard Sports* : Various commercial venues
- Cycling : HKSI Cycle Velodrome, Fo Tan (A temporary velodrome was built at Whitehead as a transitional arrangement for athletes' training while the one in Fo Tan was demolished to make way for the construction of the nine-storey multi-purpose building under the HKSI Redevelopment Project.)
- Fencing : WKSJV (Training resumed at the Fo Tan site in March 2010)
- Karatedo* : a training venue in Kwun Tong (from July 2009)
- Rowing : Rowing Centre, Sha Tin
- Squash : Cornwall Street Squash and Table Tennis Centre, Kowloon Tong (Training resumed at the Fo Tan site in February 2010)
- Swimming : HKSI Swimming Pool, Fo Tan
- Table tennis : Cornwall Street Squash and Table Tennis Centre, Kowloon Tong, and Tai Po Sports Centre (Training resumed at the Fo Tan site in March 2010)
- Tenpin bowling : Various commercial venues
- Triathlon : Whitehead Club