

# 精英訓練支援

Elite Training Support





## 精英訓練支援概覽 Elite Training Support Overview

精英運動員在體育事業上的成就，往往是多種複雜因素相互影響下的結果。在協助運動員發揮潛能的過程中，除講求運動員本身的天份及專業的教練培訓外，還需要配合一個全面的支援系統，以減低受傷的風險及提高訓練成效。這個系統必須具備以科學和實證為本的長遠目標，確保從發掘運動員的最初階段，以至到達顛峰期及往後的各個時期，均能提供完善的支援。

體院採用科學化的方法支援及配合精英訓練，以生物心理社會模式為基礎，了解個別運動員在生理、心理及社會因素相互影響下的發展。體院透過一套集中而全面的系統，針對運動員在生理、醫療、心理、社會及福利等各方面的需要，提供有關的精英訓練支援服務。

體院為運動員提供的「前線」支援，亦有賴一個高效率的行政架構，以確保整個機構能運作順暢。事實上，體院自成立以來，一直致力確保香港在國際精英體育佔一重要席位。為此，體院與內地及世界各地的相關機構和組織保持緊密聯繫，而為了令運動員能全情投入訓練和比賽，體院亦管理一系列的體育資助及獎勵計劃，以財政資助形式及其他途徑向運動員提供直接支援。

Individual success in elite sport involves the complex interplay of multiple factors. In addition to individual talent and expert coaching to facilitate that talent, the process of helping a gifted athlete reach his or her full potential requires a comprehensive support infrastructure to minimise risk and maximise results. It also demands a scientific, evidence-based, long-term commitment from the earliest stages of identifying talent all the way through to the athlete's peak performance years and beyond.

The HKSI's scientific approach to supporting and facilitating elite sports performance is grounded in a biopsychosocial paradigm that understands individual development as the interaction of biological, psychological and social factors. Therefore, at the HKSI, elite training support is provided within a centralised, integrated system that targets every aspect of the athlete's physiological, medical, psychological, social and welfare needs.

This "front line" support that the HKSI provides to athletes is also backed up with an efficient administrative framework that ensures the smooth running of the entire organisation. Indeed, since its inception, the HKSI has worked hard to ensure Hong Kong's place as a respected centre of sporting excellence. To this end, we maintain close links with relevant bodies and associations both in the Mainland and around the world. To further ensure that our athletes can focus their full attention on training and competing, we also administer a wide range of funds and incentive schemes that provide direct support to athletes, both financially and in other vital ways.