

香港運動員基金

體院由一九九七年起負責管理香港運動員基金，為修讀專上院校課程的運動員提供學費資助。在二零零八/零九年度內，基金共批出120萬港元，資助九名運動員直至二零一一/一二學年的學費開支。獲資助的運動員包括：

- 鄧亦峻 (田徑)
- 歐詠芝 (壁球)
- 鄭仲恒 (武術)
- 何珀姬 (武術)
- 羅琛賢 (武術)
- 梁家瑋 (武術)
- 鄧少剛 (武術)
- 袁家鑿 (武術)
- 鄭天慧 (武術)

Hong Kong Athletes Fund

Tuition fee subsidies for undergraduate studies have been granted to athletes since the HKSI started to manage the Hong Kong Athletes Fund in 1997. In 2008/09, HK\$1.2 million was approved to cover the tuition fees of nine athletes up to the 2011/12 academic year. The recipients were:

- Tang Yik-chun (Athletics)
- Au Wing-chi Annie (Squash)
- Cheng Chung-hang (Wushu)
- Ho Pak-kei (Wushu)
- Law Sum-yin (Wushu)
- Leung Ka-wai (Wushu)
- Tang Siu-kong (Wushu)
- Yuen Ka-ying (Wushu)
- Zheng Tianhui (Wushu)

科研支援 Scientific Support

運動科學

體院的運動科學部負責一切有關運動生化、生物力學、營養、生理及心理的事宜，為獎學金運動員提供多方面的專業科研支援，包括科學測試、技術分析及改良、訓練及恢復監控、運動營養諮詢、心理控制的技巧訓練，以及全面性的反違禁藥監控及教育計劃。年度內的主要工作包括：



- 提供合共647天海外科研支援服務，讓教練得到更多臨場支援，全力協助運動員備戰大型運動會及國際比賽。
- 在八個國際會議上合共發表了九份研究報告，另有四份論文獲國際性的運動科研刊物刊登。
- 與本地及中國內地大學緊密合作，已開展數項研究計劃。
- 到本地大學舉行講座，並為準畢業生提供實習機會，協助培訓本地運動科研人才。
- 為本地運動員、教練及體育總會舉辦講座及研討會。
- 與到訪的中國內地、澳洲及菲律賓同業，交流運動科研支援與服務方面的發展資訊。

Sports Science

The HKSI Sports Science Department, which is responsible for all matters related to sports biochemistry, biomechanics, nutrition, physiology and psychology, provides a broad spectrum of expert scientific support for Scholarship Athletes. This includes scientific testing, technique evaluation and enhancement, training and recovery monitoring, sports nutrition consultation, psychological training and a comprehensive doping control and education programme. Major tasks in this fiscal year included:

- Providing coaches with more on-site support in preparing athletes for Major Games and international competitions. To facilitate this, a total of 647 days of overseas scientific support services were provided.
- Presenting nine research articles at eight international conferences and publishing four papers in international, peer-reviewed sports science journals.
- Collaborating on several joint research projects with universities in Hong Kong and Mainland China.
- Organising seminars at local universities and providing internships to train and develop local sports science expertise.
- Organising seminars and symposia for local athletes, coaches and NSAs.
- Receiving visiting sports professionals from Mainland China, Australia and the Philippines for the exchange of information on sports science and services.

運動醫學

運動醫學部為獎學金運動員提供醫療支援，包括體格檢查、西醫門診、中醫及骨科門診、物理治療、康復訓練、運動療法及運動按摩服務。部門每年均會舉辦多個講座和工作坊及製作刊物，教導運動員如何預防運動創傷，並增加他們在應用運動醫學方面的知識。此外，又會定期向運動員提供肌肉骨骼檢定、運動姿勢及活動障礙評估，以及舉辦柔韌性、肩部及腰背穩定運動訓練班。年度內的主要工作包括：

- 於海外賽事期間，為教練及運動員提供合共1,524天的臨場支援服務，以及於本地集訓和比賽提供33天的臨場支援服務，以備戰大型運動會及國際賽事。



- 為本地及海外大學生、碩士生及醫學專業人士，舉行了11次講座，並提供實習機會，協助培訓他們成為運動醫學專家。
- 為本地運動員、教練及體育總會舉辦了五次研討會。
- 於國際性運動醫學刊物發表了一份運動醫學研究報告。

體適能訓練

體適能訓練部與運動科學及運動醫學兩個部門緊密合作，制訂和執行體適能訓練計劃，透過改善運動員的爆發力、肌肉力量、速度、適應能力和機動能力，提升他們的表現，充份發揮他們的潛能。部門利用科學測試，包括血液乳酸、血液化學組成、最大攝氧量、重覆最高力量測試及其他指標性的臨場測試，設計和監察訓練參數，從而確保能更準確地決定有效的訓練負荷量及強度。

Sports Medicine

The Sports Medicine Department provides Scholarship Athletes with medical support services including physical examinations, general medicine, Chinese medicine, orthopaedic consultation, physiotherapy, rehabilitative training, therapeutic exercise and sports massage services. Every year, it organises various seminars and workshops and produces a number of publications to educate athletes on the prevention of sports-related injuries and to increase their knowledge on practical sports medicine. It also provides athletes with regular musculo-skeletal evaluations, postural and movement impairment assessments for sports activities, and training sessions for enhanced flexibility, and shoulder and core stability. Major tasks in this fiscal year included:

- Providing 1,524 days of on-site support services to coaches and athletes for overseas sporting events, and 33 days for local training sessions and competitions, in preparation for participation in Major Games and international competitions.
- Organising 11 seminars and internships for local and overseas undergraduates, master students and medical practitioners to train them to become future sports medicine professionals.
- Organising five seminars for local athletes, coaches and NSAs.
- Publishing one sports medicine article in an international sports medicine journal.

Strength and Conditioning

The Strength & Conditioning Department works closely with the Sports Science and Sports Medicine Departments to develop and implement strength and conditioning programmes designed to optimise athletes' performance by improving their power, strength, speed, adaptability and mobility, thus enabling them to perform to their fullest potential. This is done by the use of scientific tests such as blood lactate, blood chemistry, VO₂ Max, repetition maximum strength tests, and other objective field tests to design and monitor training parameters. This ensures a more precise determination of effective training load and intensity.



有關計劃專為精英和青少年獎學金運動員而設，並根據個別運動項目的高度特定需求而制訂。年度內，體能訓練中心的平均每月使用次數為2,267次。體適能部亦會為運動員及教練舉辦講座及工作坊，講解與體適能有關的課題。這些活動均會於體院的演講室及訓練場地，以及五個附屬的精英體育項目訓練場地進行。

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。

中心收藏了超過1萬3,300冊中英文書籍、2,240項視聽資料、500份期刊及910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。為幫助使用者充分利用這些資源，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，中心設有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(有關研討會的詳情，請參閱第47頁)，並為體院的科研及出版工作提供行政及技術支援。



The programmes are designed for elite and junior Scholarship Athletes based on the highly specific requirements of individual sports. On average, the Fitness Training Centre was used 2,267 times per month throughout the year. The Department also provided lectures and workshops to both athletes and coaches on topics relating to strength and conditioning. These took place both in the lecture room and at the training venues of the HKSI and its five satellite-training centres.

Research and Sports Information

The Research & Sports Information Section provides up-to-date sports information services to meet the needs of sports science and sports medicine professionals, coaches, athletes, NSAs, academic institutions and physical education specialists. It is delivered mainly through the Hong Kong Sports Information Centre (HKSIC), which operates under the Section's management.

The HKSIC houses over 13,300 Chinese and English books, 2,240 audio-visual items, 500 printed journals and 910 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 operates 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 to the HKSI's annual International Scientific Symposium (see page 47 for details), as well as administrative and technical support to the HKSI's scientific research and publication work.