

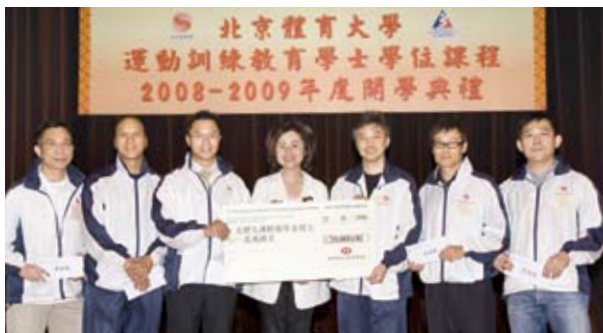
## 資助體育總會

年度內，香港教練培訓委員會共撥出91萬3,000港元予代表46個項目的45個體育總會，籌辦共72項教練培訓活動，當中包括10個海外及62個本地短期課程，超過6,000名教練受惠。

## 運動訓練教育學士學位課程

這項為期五年的運動訓練教育學士學位兼讀課程由北京體育大學主辦，並由體院負責在港的行政工作，目的是透過提供正規訓練，為香港體壇培育高質素的教練。

二零零八年十月，共有14名學員獲北京體育大學取錄，正式修讀有關運動訓練的專業課程，當中包括六位武術精英運動員。二零零八/零九學年的開學典禮於二零零八年十月二十二日舉行，六位在二零零七/零八學年取得優異成績的二零零五級學生，在典禮上獲滙豐銀行慈善基金頒發合共2萬港元的獎學金。



## Funding Support to NSAs

During the year, a total subvention of HK\$913,000 was provided by the HKCC to 45 NSAs representing 46 disciplines for the organisation of 72 coach education programmes. These included 10 overseas short-term courses and 62 local short-term courses collectively benefiting more than 6,000 coaches.

## Undergraduate Course in Sports Training

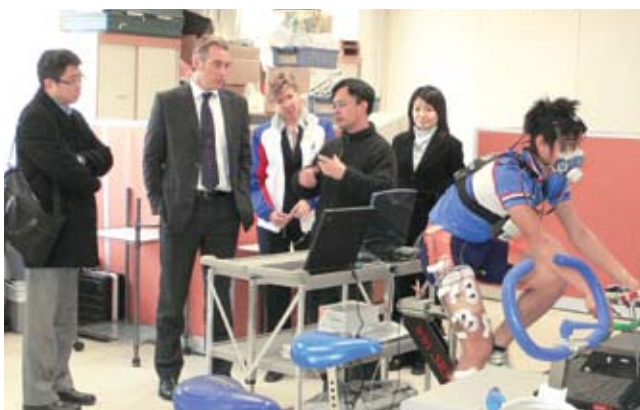
Organised by Beijing Sport University and administered by the HKSI, the Bachelor of Education in Sports Training programme is a five-year, part-time degree programme that aims to develop high-quality coaches for Hong Kong sports by providing formal career training.

In October 2008, 14 students, including six elite wushu athletes, were admitted into the 2008 Class and started their professional training in sports coaching. The First Assembly of the 2008/09 school year was held on 22 October 2008, at which six students from the Class of 2005 also received the Hongkong Bank Foundation Scholarships worth a total of HK\$20,000 for their outstanding performance in the 2007/08 academic year.

## 國際交流 International Cooperation

### 訪問及交流

體院與中國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：



### Visits and Exchanges

The HKSI maintains frequent exchanges with sports professionals in Mainland China and overseas in order to stay at the forefront of global trends in elite sports development, athlete training, coaching science and sports management. During the fiscal year, major exchange activities included the following:

- **Government and Sports Leadership**

On 25 June 2008, Hong Kong SAR Secretary for Home Affairs Tsang Tak-sing visited the HKSI temporary headquarters, during which he met with the Board, Management, coaches and athletes, and toured the elite training facilities. On 6 July 2008, athletes were honoured to meet China's Vice President Xi Jinping when he visited the venue for the Olympic and Paralympic Equestrian Events in Fo Tan.

#### • 政府及體育領袖

二零零八年六月二十五日，民政事務局局長曾德成到訪位於馬鞍山的體院臨時總部，與體院董事局、管理層、教練及運動員會面，並參觀各項精英訓練設施。二零零八年七月六日，國家副主席習近平參觀位於火炭的奧運及殘奧馬術比賽場地，期間更會見多名運動員。

#### • 國際聯繫

年度內，體院職員於20個國際組織出任不同職務（如委員、顧問等），包括國際奧林匹克委員會及多個國際聯會。此外，體院代表亦應邀出席了20個活動，與國際學者及體育同業交流意見。

#### • 體育團體

年度內，體院的體育及科研專才與多個澳洲體育團體及機構進行交流，成果豐碩，包括澳洲體育學院、澳洲中央海岸體育學院、西澳洲體育及康樂署，以及迪肯大學等。二零零九年三月，體院亦派出代表團前赴澳洲，到訪澳洲體育學院、維多利亞省體育學院及澳洲首都地區體育學院，與當地同業就精英培訓、教練培訓、運動員教育、推廣及贊助方面交流經驗。



年度內，到訪體院的其他海外體育團體還包括新加坡體育理事會及菲律賓體育總局。

2008奧運會及殘奧會結束後，體院舉辦了一連串的交流活動，為2012奧運會作更佳的準備。二零零八年十一月，體院特別邀請曾帶領英國賽艇隊屢獲獎牌、北京2008奧運會女子雙人艇銅牌得主的教練邁爾斯福布斯湯瑪斯，與教練及運動員進行一系列的訓練工作坊，並舉行了一場精英培訓研討會，與本地體育界人士分享他的經驗和心得。



#### • International Representation

During the year, HKSI staff participated in various roles (members of committees, consultants, etc) in 20 international bodies, including the International Olympic Committee and a number of International Federations. HKSI staff members were also invited to present at 20 events for international academic and counterpart institutions.

#### • Counterpart Institutions

The HKSI held a number of meetings with counterpart institutions in Australia, including the Australian Institute of Sport, Central Coast Academy of Sport, Department of Sport and Recreation of Western Australia, and Deakin University. A delegation of HKSI representatives also visited the Australian Institute of Sport, the Victorian Institute of Sport and the Australian Capital Territory Academy of Sport in March 2009 to share and exchange views on elite training, coaching services, athletes' education, as well as marketing and sponsorships.

Other overseas institutions that visited during the year included the Singapore Sports Council and the Philippine Sports Commission.

The HKSI initiated a number of exchange programmes after the 2008 Olympics and Paralympics to better prepare for the 2012 Games. Miles Forbes-Thomas, Great Britain's multiple medal winning rowing coach and coach of the bronze medal-winning women's double at the 2008 Beijing Olympics, was invited to the HKSI in November 2008 to host a series of training workshops for coaches and athletes and an Elite Training Seminar for the local sports community.

The HKSI 2008 Beijing Exchange Tour, which was part of the Enhanced Athletes Educational and Vocational Development Programme funded by the Government, was successfully held from 25 to 29 October 2008. The tour was led by the Honorary Heads of Delegation, Professor Chan Kai-ming, Vice-Chairman of the HKSI, and Chan Ah-king, Deputy Director of the Publicity, Culture and Sports Department of the Liaison Office of the Central People's Government



體院2008北京交流團於二零零八年十月二十五至二十九日順利舉行。這次交流團是政府資助的運動員教育及職業發展計劃的其中一環，由體院副主席陳啟明教授及中央人民政府駐香港特別行政區聯絡辦公室宣傳文體部陳亞瓊副部長分別擔任名譽團長及榮譽團長，共有26名來自九個精英體育項目及香港殘疾人奧委會暨傷殘人士體育協會的運動員參加。

交流團取得圓滿成功，除了提高精英運動員對國家的認知外，更令他們擴闊視野，提升他們在個人成長及精英體育方面的發展機會。透過這次交流，運動員不但加深了對國家的歷史、文化及精英體育系統的認識，更有機會親身了解北京2008奧運會及殘奧會成功舉辦的秘訣、籌備過程及出類拔萃的因素。

為與中國內地進一步加強精英體育培訓的聯繫，以及尋求更多合作機會，體院院長李翠莎博士率領多名體院專才，拜訪國內多家體育機構及精英體育訓練基地，包括國家體育總局體育科學研究所、老山訓練中心、北京市體育局先農壇體育運動技術學校、上海體育職業學院、東方綠洲基地及莘莊基地，並與有關官員會面。

#### • 科學發展

年度內，體院於多個會議上發表科研成果，包括廣州舉行的2008年奧林匹克科學大會、英國舉行的英國運動與體育科學協會年會、香港舉行的第六屆泛太平洋康復會議、成都舉行的第七屆華人運動生理及體適能學者學會年會、北京舉行的中國運動心理學顧問專家會議、台灣舉行的2008年兩岸四地運動心理學學術研討會，以及由伊朗國家奧林匹克及殘疾人奧林匹克學院主辦的第二屆應用運動心理學國際會議。

#### • 教練培訓

香港教練培訓委員會繼續與澳洲、英國、加拿大、愛爾蘭、中國內地、菲律賓及新加坡的同業建立緊密的工作關係，並透過國際教練培訓局與各地相關組織保持密切的聯繫。體院亦與其他國內機構，包括中華全國體育總會、北京體育大學及廣州體育學院緊密合作。

in the Hong Kong SAR. In total, 26 athletes from nine Elite Sports and the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled joined the tour.

The tour successfully achieved its objective of providing an opportunity to strengthen participants' sense of identity with China, while also broadening their horizons and enhancing their personal growth and development as elite athletes. The athletes not only improved their knowledge of the history, culture and development of China's elite sports system, but were also provided with an opportunity to get a first-hand glimpse of the vision and expertise required to host, organise and outperform competitors at the Beijing 2008 Olympic and Paralympic Games.

To strengthen links for elite sports training with Mainland China and explore opportunities for mutual collaboration, HKSI Chief Executive Dr Trisha Leahy and a number of HKSI professionals visited and met with officials from various sports institutions and elite sports training bases in Mainland China, including the National Sports Science Institute, the Lao Shan Training Centre and the Beijing Administration of Sports – XianNongtan Sports Technology School, as well as the Shanghai Sports Institute, Dong Fang Lu Zhou training base and Xin Zhuang training base.

#### • Scientific Development

During the year, the HKSI's work was represented at various conferences such as the 2008 International Convention on Science, Education and Medicine in Sport in Guangzhou; the British Association of Sport and Exercise Sciences Annual Conference in England; the 6<sup>th</sup> Pan-Pacific Conference on Rehabilitation in Hong Kong; the 7<sup>th</sup> Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference in Chengdu; the Chinese Sport Psychology Consultants' Conference in Beijing; the 2008 Sport Psychology Conference for Taiwan Strait in Taiwan; and the 2<sup>nd</sup> International Congress for Applied Sport Psychology organised by the Iranian National Olympic and Paralympic Academy.

#### • Coaching Development

The HKCC continued to promote close working relationships with its counterparts in various parts of the world including Australia, Britain, Canada, Ireland, Mainland China, the Philippines and Singapore, as well as through the International Council for Coach Education. Other working partners in the Mainland included the All-China Sports Federation, Beijing Sport University and Guangzhou Sport University.

## 研討會

- 國際科學研討會

體院於二零零九年三月二十一日舉辦國際科學研討會。今屆研討會由香港理工大學紡織及製衣學系、香港賽馬會運動醫學及健康科學中心，以及香港中文大學世界衛生組織運動醫學暨促進健康中心協辦，主題為「運動衣履如何提升精英運動員表現」。

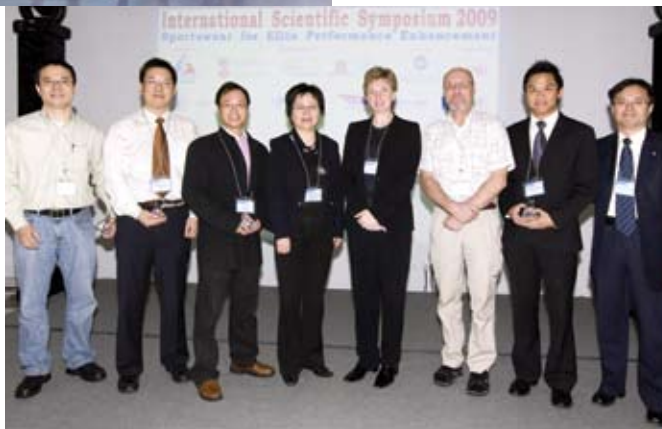
研討會由八位來自瑞典及本港的著名研究人員及體育專業人士進行專題演講，深入探討運動衣履在提升精英運動員表現方面所擔當的角色，以及香港的運動衣履設計與製造技術。專題演講後，大會更安排了一個高功能性運動衣履展，由體院的三項鐵人、劍擊及賽艇運動員親身示範。



這次研討會吸引了逾100名本地及海外運動專才，以及運動衣履設計者及製造商參加。

- 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。自二零零三年起，共有38名本地及海外專家獲邀出席研討會，分享他們的寶貴經驗。在二零零八/零九年度內，共舉辦了11次精英培訓研討會，讓體院及本地的專家分享有關運動科學、運動醫學及體適能的知識。



## Symposia and Seminars

- International Scientific Symposium

An International Scientific Symposium entitled “Sportswear for Elite Performance Enhancement” was organised by the HKSI in collaboration with The Institute of Textiles and Clothing of The Hong Kong Polytechnic University, The Hong Kong Jockey Club Sports Medicine and Health Sciences Centre and the CUHK-WHO Collaborating Centre for Sports Medicine and Health Promotion on 21 March 2009.

The symposium featured keynote lectures by eight renowned researchers and sport professionals from Sweden and Hong Kong, all of whom shared their knowledge on the role of sportswear in elite performance enhancement and technological advancements in respect to sportswear design and manufacturing in Hong Kong. The lectures were followed by a high-performance sportswear demonstration by triathlon, fencing and rowing athletes.

Over 100 local and overseas sports professionals, as well as sportswear and apparel designers and manufacturers, participated in the event.

- Elite Training Seminars

The Elite Training Seminar Series provides an interactive platform for sharing information and experience among all stakeholders (e.g. coaches, athletes, sport science and medicine professionals, NSAs, sport administrators, academics and students). The aim of the Elite Training Seminar Series is to facilitate mutual understanding and effective cooperation among

professionals in elite sport. A total of 38 local and overseas professionals have been invited to share their experience at seminars since 2003. In 2008/09, 11 Elite Training Seminars were held with HKSI and local experts sharing knowledge on sports science, sports medicine and strength and conditioning topics.