

## 宿舍及膳食服務

設於烏溪沙青年新村的運動員宿舍運作至二零一零年二月，並於同年三月遷回火炭原址。截至二零一零年三月三十一日，運動員宿舍共有115名運動員入住。宿舍內每個房間均提供電腦上網服務，方便運動員於網上研習進修，並設有配備影音器材的休息廳、多媒體學習中心及會議室。運動員宿舍不僅是運動員的住所，更為他們提供了一個學習和與不同運動員交往的機會，全面照顧全職運動員的個人發展需要，讓他們建立適合高訓練水平的生活方式。

另外，體院的專業膳食團隊與運動營養師合作無間，為精英運動員提供標準餐單，確保他們能攝取最適當的能量。在運動員餐廳內，每款自助餐菜式均備有一張營養卡，詳列各項營養資料，讓運動員選擇最合適的食物，以應付每日訓練的需要。在二零零九/一零年度內，體院為運動員提供了共58,318頓膳食。

## Accommodation and Catering

The Athletes' Hostel, located at WKSJV until February 2010 and at Fo Tan from March 2010, accommodated 115 athletes as of 31 March 2010. Internet service is provided in each room to facilitate the athletes' online studies. There is a common room with audio-visual facilities, as well as a multi-media learning centre and meeting rooms. The Athletes' Hostel is not merely a place to live; it also provides an opportunity to learn and interact with different athletes in order to fulfil the developmental needs of professional athletes and facilitate a high-performance lifestyle.

Through the joint efforts of our professional catering team and sports nutritionists, standardised elite athlete recipes are provided to optimise appropriate energy intake for elite athletes. In the athletes' dining area, each dish in the buffet has a nutrition card providing the athletes with the nutritional information they need to choose the most appropriate food to cope with the demands of their daily training. A total of 58,318 meals were served to athletes in 2009/10.

## 教練發展 Coach Development

### 滙豐銀行慈善基金教練級別評定計劃

這項計劃為本港教練提供培訓並予以認可資格。課程分為三個級別，每級包括四個部份，當中甲部教授運動通論，由香港教練培訓委員會的行政辦事處——體院教練培訓部推行，而乙、丙及丁部則圍繞運動專項內容，由香港教練培訓委員會資助各體育總會舉辦。

截至二零一零年三月，代表46個項目的45個體育總會曾經參加計劃，共有超過14,000位教練受惠。

香港教練培訓委員會於二零零九年十月二十九日舉行頒獎儀式，表揚在二零零八/零九年度滙豐銀行慈善基金教練級別評定計劃運動通論課程取得優異成績的七名教練。另外，又於二零一零年二月五日舉行優秀教學獎頒獎禮，嘉許五位由計劃參加者投票選出的教練導師，表揚他們於二零零九年的傑出教學表現。

### Hongkong Bank Foundation Coach Accreditation Programme

This three-level programme provides accreditation to, and development opportunities for, coaches in Hong Kong. Each level comprises four parts. Part A provides Sports-General Theory and is conducted by the HKSI Coach Education Department, the executive arm of the Hong Kong Coaching Committee (HKCC). Parts B, C and D consist of Sports-Specific components conducted by NSAs, with funding from the HKCC.

As at March 2010, 45 NSAs representing 46 disciplines had participated in the programme, and more than 14,000 coaches had benefited from the Hongkong Bank Foundation Coach Accreditation Programme (CAP).

A total of seven coaches who achieved outstanding results at the 2008/09 CAP Sports-General Theory courses were recognised in a ceremony on 29 October 2009. In the Quality Teaching Awards Presentation Ceremony, held on 5 February 2010, five coaches were presented with awards based on a vote by CAP participants for their teaching excellence in the programme in 2009.

為進一步提升教練質素，香港教練培訓委員會於二零零八年九月推出認可教練續領計劃，鼓勵認可教練積極參與教練延續培訓活動，為他們提供明確的途徑，不斷提升技術水平，並協助業界推動持續進修的文化。為符合認可教練的續領要求，參加計劃的教練必須於四年內出席足夠的教練延續培訓活動時數。截至二零一零年三月，計劃共收到超過1,300份認可教練的申請。

## 滙豐銀行慈善基金 精英運動員教練培訓計劃

這項計劃由香港教練培訓委員會於二零零七/零八年度首次推出，屬香港教練培訓計劃的其中一項教練培訓活動，目的是為精英運動員提供更具彈性的上課時間，配合他們緊密的訓練和比賽時間表，從而鼓勵他們成為認可教練。

二零零九/一零年度的計劃共有30名運動員參加，他們分別來自田徑、羽毛球、單車、空手道、賽艇、保齡球、三項鐵人及武術八個精英體育項目，以及殘障人士體育項目。在總教練的全力支持下，他們完成了特別為精英運動員設計的教練級別評定計劃第二級運動通論課程（甲部），並取得80%合格率，而成功通過考試及出席率達80%的運動員更獲頒證書。

計劃自推出以來深受運動員及教練歡迎，截至二零一零年三月，已有超過50名運動員受惠於此計劃。



滙豐銀行慈善基金教練級別評定計劃的導師憑傑出教學表現獲得表揚。  
Coaches receive awards for teaching excellence in the Hongkong Bank Foundation Coach Accreditation Programme.

The Accredited Coach Renewal Scheme was launched in September 2008 with the aim of further enhancing coaching quality. The Scheme encourages accredited coaches to actively participate in continuous coach education activities, providing them with a clear path to higher skill levels and promoting a culture of continuous education in sports coaching. To meet the accredited coach renewal requirement, participating coaches are required to accumulate sufficient hours of continuing coach education activities within a four-year period. As at March 2010, over 1,300 applications had been received from CAP coaches.

## Hongkong Bank Foundation Elite Athletes Support Scheme

First launched by the HKCC in 2007/08, the Hongkong Bank Foundation Elite Athletes Support Scheme in Coach Education (EASS) is one of the coach training activities of the Hong Kong Coach Education Programme, whose aim is to encourage elite athletes to become accredited coaches by providing greater flexibility in class arrangements to better suit their tight training and competition schedules.

Fully supported by their head coaches, 30 athletes from eight Elite Sports, namely athletics, badminton, cycling, karatedo, rowing, tenpin bowling, triathlon and wushu, as well as sports for athletes with disabilities, joined the EASS in 2009/10. They completed the HKCAP's Level Two Sports-General Theory (Part A) Course, which is specially tailored for elite athletes, and achieved a passing rate of 80%. Athletes who passed the examination with an attendance rate of at least 80% were granted a certificate.

Since its inception, the EASS has been well received by both athletes and coaches. As at March 2010, over 50 athletes had benefited from the scheme.



滙豐銀行慈善基金精英運動員教練培訓計劃自推出以來深受運動員歡迎。  
The Hongkong Bank Foundation Elite Athletes Support Scheme has been well received by athletes since its inception.

## 滙豐銀行慈善基金教練延續培訓計劃

這項計劃旨在協助認可教練掌握最新的專業知識及實際經驗，以保持認可教練的質素，並透過一系列的工作坊及講座作為交流平台，以增加教練們互相溝通的機會。在二零零九年四月至二零一零年三月期間，共舉辦了五個講座，吸引超過800名教練及運動愛好者參加。講座的主題包括：

- 體育統計與應用
- 團隊訓練及管理技巧
- 優秀教練成功錦囊
- 運動員逆境應對策略
- 運動員腰背創傷成因及預防

## 滙豐銀行慈善基金教練培訓社區推廣計劃及滙豐銀行慈善基金教練入門課程

這兩項計劃於二零零四年推出，旨在提高公眾對教練培訓的認識，從而吸引更多人士投身運動教練行列。計劃透過講座，讓參加者了解教練培訓的重要性，並對香港的教練培訓制度及發展有概括的認識。截至二零一零年三月，兩項計劃共吸引了550多位學生、教師及家長參加。

## Hongkong Bank Foundation Continuing Coach Education Programme

The aims of this programme are to provide opportunities for accredited coaches to update their theoretical knowledge and practical expertise; maintain the quality of accredited coaches; and provide a platform for them to increase networking opportunities through a series of workshops and seminars. Five seminars were organised between April 2009 and March 2010, attracting over 800 coaches and other sports enthusiasts.

The themes of the seminars included the following:

- Statistical Research Methods in Sports
- Sports Team Training and Management
- Tips and Cues from Elite Coaches
- Ways to Handle Adversity
- Causes and Prevention of Lower Back Injuries in Athletes

## Hongkong Bank Foundation Community Education Programme and Hongkong Bank Foundation Coach Orientation Programme

These two programmes, both launched in 2004, are intended to raise public awareness of the value and importance of sports coaching and attract members of the public to join the sports coaching profession. Through various talks, participants learn about the importance of coaching and gain an overview of the coach education system and coach development in Hong Kong. As at March 2010, some 550 participants, including students, teachers and parents, had taken part in the programmes.



滙豐銀行慈善基金教練延續培訓計劃協助認可教練掌握最新專業知識。

*The Hongkong Bank Foundation Continuing Coach Education Programme allows accredited coaches to update their professional knowledge.*



滙豐銀行慈善基金教練入門課程透過講座向公眾推廣教練培訓。

*The Hongkong Bank Foundation Coach Orientation Programme promotes sports coaching to the public through various talks.*

## 滙豐銀行慈善基金學校教練培訓計劃

這項計劃包括學校教練評定計劃及學校教練延續培訓計劃，由香港教練培訓委員會於一九九八年首次開辦，旨在為負責校隊及聯課活動的中、小學老師，特別是非體育科老師，提供正規教練培訓和考取認可資格的機會，從而提升學校教練的質素。

在多個體育總會的支持下，二零零九/一零年度的計劃反應空前熱烈，參加人數更創出新高，共有179位來自141間中、小學的教師報讀於二零零九年七月十五至三十日舉行的教練課程，涵蓋的運動項目包括田徑、羽毛球、籃球、壁球及乒乓球。

培訓計劃包含運動通論和專項運動課程（理論及技術）兩個單元。在最後一天舉行的頒獎禮上，出席率達80%的參加者均獲發出席證書，當中六名成績突出的老師更獲頒傑出表現獎。在兩個單元考試中取得合格的參加者，於其後一年內在任教學校以義務形式完成30小時的相關運動專項訓練工作後，將會獲發學校教練證書。

在二零零九年十月下旬，計劃亦曾為三個東亞運體育項目舉辦運動培訓課程，包括足球、網球及排球。

計劃自推出至今，一直獲得社會各界的支持，包括各體育總會、校長及老師等等，並已為10個運動項目開辦培訓課程，包括田徑、羽毛球、籃球、足球、手球、健美體操、壁球、乒乓球、網球和排球。截至二零一零年三月，已有超過900位老師獲得認可學校教練資格。



滙豐銀行慈善基金學校教練評定計劃參加者接受培訓。  
School teachers participate in a training course under the Hongkong Bank Foundation School Coach Accreditation Programme.

## Hongkong Bank Foundation School Coach Education Programme

Organised by the HKCC since 1998, the Hongkong Bank Foundation School Coach Education Programme comprises the School Coach Accreditation Programme (SCAP) and the School Coach Continuing Education Programme, with the aim of enhancing the coaching standard of school teachers, especially non-PE teachers, who work with sports teams and co-curricular activities in primary and secondary schools, and providing opportunities for them to obtain formal training and accreditation.

With the support of various NSAs, the 2009/10 SCAP received an overwhelming response, with a record high 179 teachers from 141 primary and secondary schools participating in a series of coaching courses in athletics, badminton, basketball, squash and table tennis from 15 to 30 July 2009.

The training course comprised two modules: Sports-General Theory and Sports-Specific Theory and Practical. Participants who achieved an 80% attendance rate were presented with attendance certificates at a presentation ceremony on the final day, with six teachers also receiving Outstanding Awards for their excellent performance. Those who passed the examinations in both modules and complete another 30-hour practicum in their respective sports on a voluntary basis within one year would be awarded a School Coach Certificate.

Sports training courses on three East Asian Games sports – football, tennis and volleyball – were also held in late October 2009.

Since its inception, the SCAP has been widely supported by various sectors of society, including NSAs, principals and teachers, and has offered training courses in 10 different sports, including athletics, badminton, basketball, football, handball, sports aerobics, squash, table tennis, tennis and volleyball. As at March 2010, more than 900 school teachers had been accredited through the SCAP.



滙豐銀行慈善基金學校教練評定計劃參加者在頒獎禮上獲發出席證書。  
Participants of the Hongkong Bank Foundation School Coach Accreditation Programme receive attendance certificates at a presentation ceremony.



近百名教練於二零零九年度滙豐銀行慈善基金優秀教練選舉頒獎典禮獲得嘉許。  
Nearly 100 coaches are honoured at the 2009 Hongkong Bank Foundation Coaching Awards Presentation.

## 滙豐銀行慈善基金優秀教練選舉

一年一度的滙豐銀行慈善基金優秀教練選舉是本港最備受推崇的教練選舉典禮，也是唯一表揚教練在社區以至精英層面付出努力的選舉活動。

二零零九年度的選舉共收到破紀錄的151份提名，選舉結果於二零一零年五月十六日舉行的頒獎禮上公佈，共有93位在年度內致力協助運動員爭取佳績的教練獲得嘉許。

是次選舉共有五位教練獲頒全年最佳教練獎。高級組方面，武術教練高聳榮膺個人項目的全年最佳教練獎，而乒乓球教練李惠芬及智障人士乒乓球教練崔小燕則雙雙獲選為團體項目的全年最佳教練；青少年組方面，滑浪風帆教練茹詠豪奪得個人項目全年最佳教練獎，而團體項目的得獎者則是壁球教練梁勤輝。高聳、茹詠豪及梁勤輝均是首次奪得全年最佳教練獎的殊榮。

另外，壁球教練蔡玉坤獲頒傑出貢獻獎，以表揚他多年來對壁球運動的貢獻。蔡教練自一九九九年至今擔任體院的壁球總教練，過去十年帶領香港壁球運動員在多項國際賽事中取得驕人成績。

帶領香港足球隊於東亞運歷史性奪得金牌的足球教練金判坤，則首次獲得最佳隊際運動教練獎。本年度共有69位精英教練獎得主，突破歷屆得獎人數，另有23位教練獲頒社區優秀教練獎。

## Hongkong Bank Foundation Coaching Awards

The annual Hongkong Bank Foundation Coaching Awards is the most prestigious award ceremony for coaches and the sole programme devoted to recognising the achievements of local coaches from community level to elite level on a territory-wide basis.

In 2009, a record high 151 nominations were received, and the results were announced at a presentation ceremony on 16 May 2010, at which 93 coaches were honoured for their dedicated efforts in helping Hong Kong athletes achieve sporting success during the year.

There were five recipients for the Coach of the Year Awards. Leading the way in the senior athletes, individual sport category was wushu coach Gao Song. Table tennis coaches Li Huifen and Cui Xiaoyan (the latter coaching athletes with intellectual disabilities) each received the Award for the senior athletes, team sport category. In the junior athletes, individual sport category, the Coach of the Year Award went to windsurfing coach Yu Wing-ho, while squash coach Leung Kan-fai received the Award for the junior athletes, team sport category. This was the first time for Gao, Yu and Leung to receive these prestigious awards.

Squash coach Choi Yuk-kwan won the Distinguished Services Award for Coaching for his long-term commitment to the sport. As the Head Squash Coach of the HKSI since 1999, he has led Hong Kong squash athletes to outstanding performances in many major and international competitions during the past 10 years.

Football coach Kim Pan-gon received the Best Team Sport Coach Award for the first time, after leading the Hong Kong team to a historic gold medal at the East Asian Games. The Coaching Excellence Awards were presented to a record high 69 coaches, while 23 coaches were presented with the Community Coach Recognition Awards.

## 資助體育總會

年度內，香港教練培訓委員會共撥出74萬港元予代表46個項目的45個體育總會，籌辦共67項教練培訓活動，當中包括六個海外短期及61個本地短期課程，共有超過5,900名教練受惠。

## 運動訓練教育學士學位課程

這項為期五年的兼讀制運動訓練教育學士學位課程由北京體育大學（北體大）開辦，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。

北體大選派資深教授到體院授課，課程共有25科，包括運動心理學、運動營養學、運動訓練生化分析、體育統計學、教育學、體能訓練法、漢語與寫作及體育管理學等。此外，學員必須選擇一項運動，修讀有關理論與實踐的知識，符合所有考核要求後才可獲頒學位證書。

二零零九年十月二十二日，九位在二零零八/零九年度取得優異成績的學員獲頒發滙豐銀行慈善基金獎金，合共3萬5,000港元。

## Funding Support to NSAs

During the year, a total subvention of HK\$0.74 million was provided by the HKCC to 45 NSAs representing 46 disciplines for the organisation of 67 coach education programmes. These included six short-term overseas courses and 61 short-term local courses, collectively benefiting more than 5,900 coaches.

## Undergraduate Course in Sports Training

Offered by Beijing Sport University (BSU) 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.

With experienced professors from BSU travelling to Hong Kong to deliver the curriculum at the HKSI, the programme consists of 25 modules, including Sports Psychology, Sports Nutrition, Biochemical Analysis of Sports Training, Statistics in Sports, Education in Sports, Physical Training, Chinese Language and Writing Skills, and Administration in Sports Training. In addition, students are required to choose a sports-specific elective, including theory and practicum, and are granted a Bachelor degree upon successful completion of all the requirements.

On 22 October 2009, nine students were presented with scholarships totalling HK\$35,000 from the Hongkong Bank Foundation for excellence in academic achievements in the 2008/09 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：

- 國際聯繫

年度內，共有16名體院職員於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。體院代表亦獲多個國際學術機構及同業邀請，在13個活動中擔任講者。此外，體院於六個國際會議及三份內地運動科研刊物發表研究成果。

### 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:

- International Representation

During the year, 16 HKSI staff participated in various roles (members of committees, consultants, etc.) in many international bodies, including the International Olympic Committee and a number of International Federations. HKSI staff members were also invited to make presentations at 13 events organised by international academic and institutional counterparts. In addition, the HKSI's work was represented in six international and three Mainland, peer-reviewed publications.