

至十二月期間，共有267名運動員達到基金的撥款標準，獲頒發合共154萬港元的現金獎勵。



provides cash incentives to HKSI Scholarship Athletes on a biannual basis to encourage the pursuit of excellence in international sporting competitions at different levels during the period from 2006 to 2009. In the period from January to December 2007, a total of HK\$1.54 million was granted to 267 athletes who achieved criterion results.

香港賽馬會精英運動員基金

香港賽馬會精英運動員基金(信託基金)乃於二零零四年成立，以支援香港的精英運動員。二零零七/零八年度，信託基金撥出900萬港元予體院，為運動員直接提供經濟上的資助。有關信託基金的財務報告，請參閱第75至第85頁。

The Hong Kong Jockey Club Elite Athletes Fund

The Hong Kong Jockey Club Elite Athletes Fund (the Trust Fund) was established in 2004 to support elite athletes in Hong Kong. In 2007/08, the Trust Fund contributed HK\$9 million to the HKSI for its Direct Financial Support to athletes. For details of the Trust Fund, please refer to the financial statements on pages 75 to 85.

香港運動員基金

體院於一九九七年負責管理此基金，為運動員修讀專上院校課程提供學費資助。在二零零七/零八年度，基金合共批出43萬7,900港元，資助五名運動員直至二零一零至一一學年的學費開支，獲資助運動員包括：

Hong Kong Athletes Fund

Tuition fee subsidies for undergraduate studies have been granted to athletes since the HKSI started to manage the Fund in 1997. In 2007/08, HK\$437,900 was approved to cover the tuition fees of five athletes up to the 2010/11 academic year, including:

- 林光毅(羽毛球)
- 劉曦雯(劍擊)
- 謝耀明(劍擊)
- 孫嘉兒(游泳)
- 劉政彥(三項鐵人)

- Agus Hariyanto (Badminton)
- Lau Hei-man (Fencing)
- Tse Yiu-ming (Fencing)
- Suen Ka-yi (Swimming)
- Lau Ching-yin (Triathlon)

科研支援 Scientific Support

運動科學

體院運動科學部負責所有與運動生化、生物力學、營養、生理及心理有關的事宜，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

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



練，以及全面性的反違禁藥監控及推廣計劃。這年度的主要工作如下：

- 為教練提供更多臨場支援，全力協助運動員備戰大型運動會及國際比賽，共提供了523天海外科研支援服務。
- 在八個國際會議上合共發表了八份研究報告，另有六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、美國、南非、新加坡及澳洲同業，交流運動科研支援與服務方面的發展資訊。

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、中醫及骨科診治、物理治療、康復訓練、治療性運動及按摩服務。為向運動員灌輸預防運動創傷及實用的運動醫學常識，運動醫學部每年均舉辦多個講座及工作坊，以及為運動員製作教育刊物；還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，並舉辦柔韌性、肩部及腰背穩定運動訓練班等。這年度的主要工作如下：

- 為備戰大型運動會及國際比賽，為教練及運動員提供了合共1,519天海外及42天本地集訓和比賽的臨場支援服務。

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 the Major Games and international competitions. A total of 523 days of overseas scientific support services were provided.
- Presenting eight research articles at eight international conferences and publishing six 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, USA, South Africa, Singapore and Australia for the exchange of information on sports science and services.

Sports Medicine

The Sports Medicine Department provides Scholarship Athletes with medical support services including physical examinations, general medicine, Chinese medicine and 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 assessment for sports activity, as well as training sessions for enhanced flexibility, and shoulder and core stability. Major tasks in this fiscal year included:

- Providing 1,519 days of on-site support services to coaches and athletes for overseas sporting events, and 42 days for local training sessions and competitions, in preparation for participating in the 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.

- 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，協助培訓運動醫學專家。
- 為本地運動員、教練及體育總會舉辦了四次研討會。
- 於國際性運動醫學刊物發表了兩份運動醫學研究報告。

體適能訓練

體適能訓練與運動科學及醫學的工作息息相關、互相緊扣。體適能部主力制訂及執行體適能訓練計劃，改善運動員在爆發力、肌肉力量、速度、靈活應變和機動能力方面的表現，令運動員無論於一般或是專項運動上都能充份發揮。

有關計劃專為精英和青少年獎學金運動員而設，並會根據個別總教練的要求及專項運動項目的需求而制訂。體能訓練中心於年度內平均每月的使用次數為1,644次。體適能部亦經常於室內或訓練場地舉辦講座及工作坊，向運動員及教練講解與體適能有關的不同課題。年度內的主要工作包括：

- 為精英運動員、教練及體育總會舉辦了四次體適能研討會/工作坊。
- 在國際會議上發表了兩份研究論文。
- 在四個附屬的精英體育項目訓練場地為精英運動員提供臨場支援。



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。

中心收藏了超過1萬3,000本中英文書籍、2,000項視聽資料及500份雜誌期刊，內容包括運動科學及醫學、教練培訓、體育及康樂，並提供網上資源，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



- Organising four seminars for local athletes, coaches and NSAs.
- Publishing two sports medicine articles in international sports medicine journals.

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' performances by improving their power, strength, speed, adaptability and mobility, thus enabling them to perform to their fullest potential.

The programmes are designed for elite and junior Scholarship Athletes based on the specific requirements of individual Head Coaches and sports. On average, the Fitness Training Centre was used 1,644 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. Education took place both in the lecture room and on the training grounds. Major tasks for this year included:

- Organising four strength and conditioning seminars/workshops for elite athletes, coaches and NSAs.
- Presenting two research papers at international conferences.
- Providing on-site coaching support for elite athletes at the HKSI's four 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.



些豐富的資源，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。

中心現有兩個電子數據資料庫供查閱：EBSCOhost的SPORTDiscus運動數據庫及萬方數據資料庫。SPORTDiscus收錄超過65萬篇與運動題目有關的引文及摘要；而萬方數據資料庫內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」和「中國數字化期刊」，兩者均提供摘要或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，並協助體院科研及出版的行政工作。

The HKSIC houses over 13,000 Chinese and English books, 2,000 audio-visual items and 500 journals and magazines 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 currently operates two electronic databases, namely EBSCOhost's SPORTDiscus and Wanfang Data. EBSCOhost's SPORTDiscus covers over 650,000 citations and abstracts on 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, as well as administrative support to the HKSI's scientific research and publication work.

運動員發展 Athlete Development

個人 / 社交發展計劃

運動員事務部負責為獎學金運動員組織及安排與進修、個人技能、社交及個人發展有關的支援計劃。本年度共有140名運動員獲提供學業資料及輔導，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；此外，部門亦為個別體育項目的運動員安排了合共26項社交及個人技能發展計劃。這些計劃特別因應每位運動員的個人及社交發展之需要而設計。部門亦積極與本地各有關體育機構、學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。



Personal / Social Development Programmes

The Athlete Affairs Department is responsible for supporting Scholarship Athletes with a series of programmes related to education, vocational, social and personal development. In this fiscal year, 140 athletes received educational information and guidance, and 16 athletes were recommended for further studies at local universities through the Sports Scholarship Scheme. A total of 26 social and vocational development programmes were also arranged for athletes of individual sports. These programmes were tailored to each individual's personal-social development needs. The Department also worked closely with respective local sports organisations, educational institutions and community agents to ensure the smooth and effective operation of its key support programmes.