

宿舍及膳食服務

運動員宿舍可供多達370名運動員入住，為精英運動員提供一個舒適的居住環境。宿舍內的房間設施完善，以配合運動員的日常生活需要。此外，宿舍內還設有活動室、供授課用的房間，以及配置資訊科技設備的學習空間。截至二零一七年三月三十一日，宿舍共有278名運動員入住。

另外，體院的專業膳食團隊與運動營養師通力合作，讓運動員於運動員餐廳選擇最切合他們日常訓練需要的食物。於二零一六/一七年度內，體院為運動員提供了超過17萬3,000份餐膳。

Accommodation and Catering

With accommodation for up to 370 athletes, the Athlete Hostel provides a comfortable professional base for elite athletes to live. The rooms are well provided with facilities for their daily needs. There is also an activity room, tutorial rooms, and an enhanced IT-supported learning area. As of 31 March 2017, the Athlete Hostel accommodated 278 athletes.

Through the joint efforts of the HKSI's professional catering team and sport nutritionists, the Elite Corner allows athletes to make educated choices about the most appropriate food to support their daily training. In 2016/17, over 173,000 meals were served to athletes.

教練發展 Coach Development

香港賽馬會教練培訓計劃自二零一五年十一月開始，獲得香港賽馬會慈善信託基金的支持及捐助967萬港元推行。此計劃以國際標準為基礎，確保不同層面體育教練的整體質素，從而推動香港長遠體育發展。

計劃涵蓋三個主要項目，分別為賽馬會精英教練發展計劃、賽馬會教練評定計劃，以及賽馬會社區推廣及教練獎勵計劃。

賽馬會精英教練發展計劃

此計劃透過學術、會議及研討會等平台，促進本地與海外業者對精英教練知識的交流，確保本地精英體育教練掌握最先進的訓練技術。

- **北京體育大學學位課程**

此運動訓練教育學士學位課程由北京體育大學（北體大）開辦，體院負責行政工作，是首個在港舉辦，並以中文授課的運動訓練教育學士學位課程。

這個為期五年的課程包括25個必修科目，學生亦需選修一項運動學科，學習該運動學科的相關理論，並完成合共90小時的實習課程。成功修畢課程並獲頒畢業證書的學生將擁有等同於內地北體大學士學位資格，獲多個國家廣泛認可。

二零一三及二零一五年級獎學金頒發典禮於二零一六年十月十四日舉行，共有六名成績優異的學員獲頒獎學金。

自一九九九年取錄首批學生起，是項課程成功培育了許多本地精英運動員及專業教練。截至二零一七年三月三十一日為止，共有79名學員修畢此課程。

The Hong Kong Jockey Club Coach Education Programme (HKJCCEP) – funded by The Hong Kong Jockey Club Charities Trust with a donation of some HK\$9.67 million since November 2015 – aims to ensure quality, internationally benchmarked coaching is maintained at all levels of sport for long-term sports development in Hong Kong.

The HKJCCEP has three main components: the Jockey Club Elite Coaching Development Programmes, the Jockey Club Coaching Accreditation Programmes, and the Jockey Club Community Education and Coach Recognition Programmes.

Jockey Club Elite Coaching Development Programmes

These programmes provide an academic, conferencing and seminar platform to drive elite coaching knowledge exchange with our local and overseas counterparts to ensure that local elite coaches develop the latest skills they need.

- **Beijing Sport University Degree Programme**

Organised by Beijing Sport University and administered by the HKSI, the Bachelor of Education in Sports Training Programme is Hong Kong's first degree course in sports training using Chinese as the medium of instruction.

The five-year course consists of 25 modules, and students are required to choose a sports-specific elective module, comprising theory and a 90-hour practicum. The qualification is equivalent to a degree from Beijing Sport University and widely recognised in other countries.

The scholarship presentation ceremony for 2013 and 2015 classes was held on 14 October 2016. Six students were awarded for outstanding academic performance during the year.

Since its first Hong Kong intake in 1999, the programme has nurtured many elite athletes and professional coaches in Hong Kong. As of 31 March 2017, 79 students had completed the course.



國家隊教練及運動科學專家於精英教練員研討會分享備戰奧運的經驗和策略。
National coaches and professionals share experiences and strategies for the Olympic Games at the Elite Coaches Conference.

• 賽馬會精英教練員研討會

由香港教練培訓委員會和中華全國體育總會合辦的第二十四屆精英教練員研討會於二零一六年十二月三日假體院舉行。研討會以「追求卓越 – 從里約到東京」為主題，體院邀請了六位中國內地、日本及本港國家隊教練及運動科學專家擔任講者，分享他們在2016里約奧運會的經驗，以及互相交流備戰下屆奧運會的重要策略，吸引約200位香港及內地教練參加。

這項一年一度的活動提供了一個交流平台，讓來自海外，特別是內地的專家，與本地教練就不同的體育範疇交流最新知識和意見。

• 賽馬會精英教練發展工作坊

是項計劃為總教練、教練及助理教練舉行定期的研討會或工作坊，讓他們認識最新的專門知識和實用經驗。年度內，委員會分別於二零一六年八月、九月及十月舉行了三場研討會，吸引超過60位精英教練參加，題目包括：

- 高強度間歇體能訓練
- 與青年人的溝通與訓練：如何有效傳達訊息給青少年運動員
- 成人心肺復甦法證書課程

賽馬會教練評定計劃

賽馬會教練評定計劃為地區以至精英層面的教練提供專業培訓。

• Jockey Club Elite Coaches Conference

The 24th Jockey Club Elite Coaches Conference, jointly-organised by the Hong Kong Coaching Committee (HKCC) and the All-China Sports Federation, took place on 3 December 2016 at the HKSI. For this year's Conference, under the theme of "Quest for Excellence – From Rio to Tokyo", the HKSI invited six national team coaches and professionals from mainland China, Japan and Hong Kong to share their experiences at the 2016 Rio Olympics and their major training strategies leading to the 2020 Tokyo Olympics. More than 200 participants from Hong Kong and mainland China attended.

The annual event provides a platform for overseas experts, particularly those from the Mainland, and local coaches to exchange knowledge and ideas on a variety of sports-related topics.

• Jockey Club High Performance Coaches Development

The Jockey Club High Performance Coaches Development programme provides opportunities for head coaches, coaches and assistant coaches to update their technical knowledge and practical expertise. Under the programme, coaches are invited to attend regular seminars or workshops at the HKSI. During the year, three seminars were held in August, September and October 2016, attracting over 60 elite coaches. The seminar themes were:

- High Intensity Interval Training
- Communication in Youth Training – Effective Ways to Get Your Messages Through to Young Athletes
- Adult Cardio-Pulmonary Resuscitation Certificate Course

Jockey Club Coach Accreditation Programmes

The Jockey Club Coach Accreditation Programmes offer professional training to coaches at all levels from community to elite.

• 教練資歷架構課程

是項證書課程獲香港學術及職業資歷評審局資歷架構認可，為教練提供要成為成功教練所需的最新知識及資訊。

為了提升教練培訓課程的質素及認受性，以及協助教練在職場上更進一步，香港教練培訓委員會於二零一四年及二零一六年分別推出「運動教練理論基礎證書」及「高級運動教練理論證書」課程。

屬資歷架構第二級的「運動教練理論基礎證書」課程提供合共10個必修科目，包括教練理論、解剖學與人體、運動生理調適、預防與處理運動創傷、運動心理技能，以及體適能測試與評核等，學員亦需要完成30小時的教練實習。「高級運動教練理論證書」課程則屬資歷架構第三級，提供既全面又深入的知識，並教授實用技巧，涵蓋運動教練理論、運動管理、運動科學以至教練實習。

年度內，委員會於二零一六年十月及二零一七年二月分別舉辦了新一期的「運動教練理論基礎證書」及「高級運動教練理論證書」課程。

為配合各體育總會就培訓更多社區教練的需求，香港教練培訓委員會於年度內推出「運動教練理論入門課程」。課程共有九個運動訓練及科學專題，學員完成28個學時後，可獲得「運動教練理論入門課程」證書，再配合各體育總會的專項課程，便可於社區層面培訓初級水平的新學員。年度內，委員會舉辦了四期課程，共有129名學員修讀。

• 賽馬會運動專項教練培訓計劃

香港教練培訓委員會於年度內共撥出79萬港元予48個體育總會，籌辦共82項短期教練培訓及獎勵計劃，當中包括六個海外課程、48個本地課程及28個教練獎勵計劃，共有約2,900名教練受惠。

• Coach Qualification Framework Programme

This certification programme was accredited by the Qualifications Framework (QF) of the Hong Kong Council for Accreditation of Academic and Vocational Qualifications to ensure coaches have access to up-to-date knowledge and information necessary to be a successful coach.

To enhance the quality and the level of recognition of coach education programmes and to facilitate advancement in coaches' careers, the HKCC launched the Foundation Certificate in Sports Coaching Theory course (FSC) and the Certificate in Advanced Sports Coaching Theory course (ASC) in 2014 and 2016 respectively.

The FSC, accredited at QF Level 2, comprises 10 modules, including coaching principles, anatomy and human body, physiological adaptations to exercise, prevention and management of sports injuries, psychological skills in sports, and fitness tests and assessments, as well as a 30-hour practicum. The ASC, accredited at QF Level 3, provides participants with comprehensive, in-depth knowledge and practical skills in sports coaching theory, sports management and sports science, and a practicum.

In 2016/17, new cohorts were organised for the FSC in October 2016 and for the ASC in February 2017.

To address the need of member NSAs to train new coaches at community level, the HKCC launched the Introductory Sports Coaching Course during the year. It covers nine sports theory topics in coaching and sports science with a total of 28 practical hours. With this basic coaching qualification plus the relevant NSAs' sport specific components, graduates will be able to take up elementary coaching at beginner level. In 2016/17, four courses were held, with 129 participants.

• Jockey Club Sports-Specific Coach Education Programme

During the year, a total subvention of HK\$0.79 million was provided by the HKCC to 48 NSAs to organise 82 short-term coach education and recognition programmes. These included six overseas courses, 48 local courses and 28 coach recognition programmes, which collectively benefited around 2,900 coaches.



精英教練透過研討會及工作坊認識最新知識。
High performance coaches attend seminars and workshops to update their knowledge.

• 賽馬會教練延續培訓計劃

自一九九二年起，香港教練培訓委員會一直透過教練延續培訓計劃舉辦工作坊及研討會，協助認可教練掌握最新的理論及專門知識，並鼓勵意見交流。在二零一六/一七年度，委員會主辦或協辦了六次講座，吸引超過1,600名認可教練參加。講座的主題包括：

- 運動創傷防護訓練及運動貼紮
- 殘疾人奧運會及本地殘疾人士運動發展趨勢
- 防止性騷擾 - 教練的角色
- 運動員的傷患與康復防治
- 運動員的專注力對運動表現的應用
- 運動禁藥的最新資訊及營養補充的注意事項

賽馬會社區推廣及教練獎勵計劃

賽馬會社區推廣及教練獎勵計劃旨在鼓勵社區人士投身專業教練事業，以及表揚在運動員成功背後默默付出、盡心盡力的現職教練。

• 賽馬會教練培訓社區推廣計劃

計劃定期邀請中、小學學生及教師、非政府機構及/或社區體育會出席於體院舉行的講座，提高有意投身專業教練行列人士對行業的興趣，鼓勵他們繼續進修教練培訓課程。年度內，委員會合共舉行了三場公眾講座。

• 賽馬會教練獎勵計劃

賽馬會香港優秀教練選舉

一年一度的賽馬會香港優秀教練選舉由香港教練培訓委員會舉辦，旨在表揚專業教練在挑選和培育香港運動員的努力和貢獻，帶領運動員於區內及國際體壇締造佳績，以及致力推動社區至學校層面的體育發展。

二零一六年賽馬會香港優秀教練選舉頒獎禮於二零一七年四月三十日假體院舉行，大會收到破記錄的218份提名名單，當中176位教練在七大組別獎項獲得嘉許，頒獎禮更得到民政事務局長劉江華先生蒞臨擔任主禮嘉賓。

• Jockey Club Continuing Coach Education Programme

Since 1992, the HKCC has organised a series of workshops and seminars through the Continuing Coach Education Programme, to provide opportunities for accredited coaches to update their theoretical knowledge and practical expertise, and encourage the exchange of ideas. Six seminars were organised or supported by the HKCC in 2016/17, attracting over 1,600 accredited coaches. The seminar themes were as follows:

- Injury Prevention Exercise Programme and Sports Taping
- Development Trend of Paralympic Games and Sports for Persons with Disabilities in Hong Kong
- Prevention of Sexual Harassment - the Role of Coaches
- Applied Medical Monitoring in Sports Training
- Applied Sport Psychology in Sport Performance Enhancement
- Latest Information on Anti-doping and Points to Note Before Taking Supplements

Jockey Club Community Education and Coach Recognition Programmes

The Jockey Club Community Education and Coach Recognition Programmes promote coaching as a professional career in the community and honour current coaches who work tirelessly behind the scenes to help athletes succeed in the sporting arena.

• Jockey Club Community Education Programmes on Coaching Profession

Under the programmes, interested primary and secondary school students and teachers, non-governmental organisations and/or community sports clubs are invited to attend regular talks at the HKSI to stimulate the interest of beginners and encourage them to continue their pursuit of coach education. During the year, three seminars were held for public participation.

• Jockey Club Coaching Awards and Recognition Programme

Jockey Club Hong Kong Coaching Awards

Organised by the HKCC, the annual Jockey Club Hong Kong Coaching Awards recognise coaches' efforts and dedication in identifying and nurturing Hong Kong athletes to achieve outstanding results in both the regional and international sporting arena, and also in developing sports at community and school levels.

The 2016 Awards Presentation Ceremony was held on 30 April 2017 at the HKSI. There were a record 218 nominations, with 176 coaches awarded in seven categories. Mr Lau Kong-wah, the Secretary for Home Affairs, attended as the guest-of-honour.



超過170位教練於典禮上獲得嘉許，表揚他們不遺餘力推動精英、社區及學界體育發展。
Over 170 coaches were recognised at the ceremony for their dedication to developing sport across elite, community and school levels.

全年最佳教練獎是頒獎禮的焦點所在，硬地滾球教練郭克榮和單車教練沈金康雙雙榮膺個人項目高級組全年最佳教練；輪椅劍擊教練陳瑜和壁球教練趙詠賢則同獲團體項目高級組全年最佳教練獎。青少年組方面，個人及團體項目獎項分別由武術教練叶鈞和乒乓球教練張瑞奪得。

武術教練羅健強獲頒優秀服務獎，以表揚他於武術界超過25年的貢獻；單車教練賴諤欣則榮獲最佳教練培訓工作者獎，其積極求進的態度為一眾教練樹立良好榜樣。

欖球教練備加力帶領香港男子七人欖球隊於亞洲七人欖球系列賽封王，因而獲頒最佳隊際運動教練獎。

本年度的精英教練獎共有95位得主，另有27位教練獲頒社區優秀教練獎。此外，學校優秀教練獎由45位全職教師獲得，表揚他們對推動學界運動作出的貢獻。

The Coach of the Year Awards were particular highlights. Boccia coach Kwok Hart-wing and cycling coach Shen Jinkang received the honour in the senior athletes, individual sport category. In the team event category, Chen Yu (wheelchair fencing) and Chiu Wing-yin (squash) took the prizes. At junior level, Ye Jun (wushu) and Zhang Rui (table tennis) were honoured for individual and team events, respectively.

The Distinguished Services Award for Coaching went to wushu coach Law Kin-keung in recognition of his unrelenting service to the sport for more than 25 years. Cycling coach Lai Oi-yan, whose passion for continuous learning makes her a role model for other coaches, won the Coach Education Award.

Rugby coach Gareth Baber, who led the Hong Kong senior men's team to victory in the Asia Rugby Sevens Series, received the Best Team Sport Coach Award.

Coaching Excellence Awards were presented to 95 coaches, while 27 coaches received Community Coach Recognition Awards. The School Coach Recognition Awards honoured 45 full-time teachers for making special contributions to school sports.



運動員向觀眾分享與教練經歷的難忘回憶。
Athletes share with the audience their unforgettable memories.