

交流活動 Exchanges

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：

• 政府及體育領袖

年度內，體院接待了多名本地及海外政府官員及體育界領袖，就多個範疇進行交流，包括青少年體育發展、運動科研及支援服務、精英培訓行政、教練培訓，以及精英培訓等。

到訪的海外來賓包括二零一六年四月由新加坡國家青年體育學院主任Tan Wearn Haw先生率領的七人代表團、十月由中華台北國家運動訓練中心副執行長黃美珍博士率領的十人代表團，以及十一月由新加坡體育理事會總裁林德仁先生率領的五人代表團。

本地方面，立法會民政事務委員會主席馬達國議員率領委員會成員於二零一七年一月十七日探訪體院，在民政事務局局長劉江華先生、體育專員楊德強先生及體院主席陪同下參觀各項設施。一眾議員不單對香港精英體育培訓及發展加深了解，亦對香港精英運動員表示支持。

• 國際聯繫

年度內，體院職員於24個國際組織出任不同職務，如委員、顧問等，並獲邀於國際學術機構及同業的講座、工作坊及/或培訓活動中進行10次演講。此外，體院職員亦在四份同業評審學術刊物中發表研究成果。

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 in areas such as athlete training, coaching science and sports management. In the year under review, major exchange activities included the following:

• Government and Sports Leadership

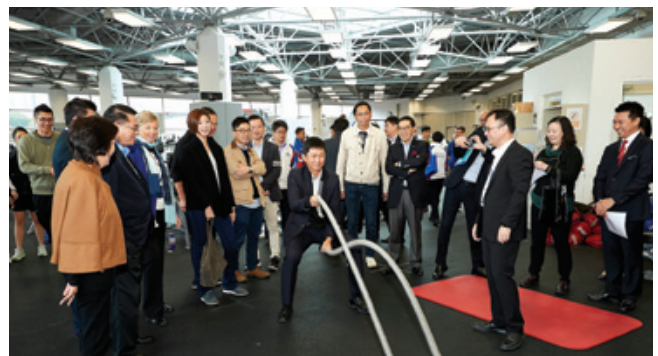
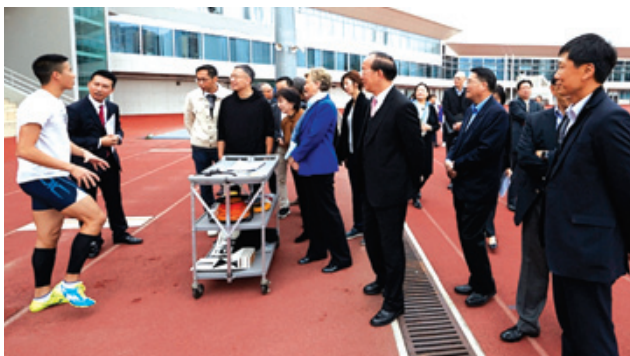
The HKSI received a number of local and international government and sports leaders during the year, exchanging views on topics such as youth sports development, sports science and service, high performance administration, coach education and elite training.

The international guests included a seven-member delegation led by Mr Tan Wearn Haw, Director of the National Youth Sports Institute of Singapore in April 2016; a 10-member delegation led by Dr Huang Mei-jen, Deputy Executive Officer of the National Sports Training Center of Chinese Taipei in October 2016; and a five-member delegation led by Mr Lim Teck-yin, Chief Executive Officer of Sport Singapore in November 2016.

Locally, a delegation of the Legislative Council Panel on Home Affairs, led by Chairman the Hon Ma Fung-kwok, toured the HKSI's state-of-the-art training facilities on 17 January 2017. The delegates – accompanied by the Secretary for Home Affairs Mr Lau Kong-wah, the Commissioner for Sports Mr Yeung Tak-keung and the HKSI Chairman – were introduced to the training and development of elite sports in Hong Kong, and indicated their support for Hong Kong's elite athletes.

• International Representation

During the year, HKSI staff participated as committee members, consultants, etc. in 24 international bodies, and were invited to provide 10 lectures, workshops and/or training sessions for our international academic and institutional counterparts. HKSI staff also produced four peer-reviewed academic publications.



運動科學專家及運動員向到訪的立法會民政事務委員會成員介紹體院的設施及運動員的訓練情況。

Sports science experts and athletes introduce the HKSI's facilities and athletes' training to visiting members of the Panel on Home Affairs.

• 同業機構

與亞洲同業保持緊密交流是體院為香港運動員提供優質精英培訓的重要一環。年度內，體院與多個亞洲同業簽訂了合作備忘錄。

有見下屆奧運會將在日本舉行，體院與日本體育振興中心簽署合作備忘錄，以強化雙方在精英培訓、運動科學及運動醫學支援服務的合作，讓香港運動員有機會使用當地的訓練設施和場地，為下屆奧運作更佳準備。早在二零一一年，體院已與日本體育振興中心轄下的日本國立運動科學中心建立夥伴關係，奠定進一步合作的良好基礎。

此外，體院亦與其他亞洲同業機構簽訂了多份合作備忘錄，包括尼泊爾運動科學學院、中華台北國立體育大學及中華台北國家運動訓練中心，以分享彼此在運動科學方面的經驗，同時促進精英體育培訓的合作。

與海外同業建立夥伴關係，正好體現體院致力透過與不同國際機構交流和合作，加強其精英培訓及支援系統的決心，以提供更完善的環境，甄選、培養和發展具體體育天賦的運動員，協助他們追求卓越，在國際體壇爭取佳績，同時鼓勵更多具潛質的運動員發展全職體育事業。

年度內，體院亦接待了近4萬5,000位本地及海外訪客，促進於體育範疇的相互交流。訪客主要來自體育界、專業及教育機構、社區組織，以及商業機構，當中包括於二零一六年十月到訪、來自美國華盛頓州的林肯高中共120名師生；有關探訪源於國家主席習近平於二零一五年九月首次國事訪美期間邀請該校學生到訪中國，而體院便是他們此行的其中一站。其他重要訪客還包括南京體育學院代表團、亞洲足球協會訪問學者團，以及北京體育大學、上海體育職業學院及泰國朱拉隆功大學的師生。



年度內，體院與多個亞洲同業機構簽訂合作備忘錄。
The HKSI signed a number of MOUs with key counterpart institutions in the region during the year.

• Counterpart Institutions

International exchanges with the HKSI's Asian counterparts are an integral component of the HKSI's provision of quality elite training for Hong Kong athletes and the HKSI signed several Memoranda of Understanding (MOU) with Asian counterparts in 2016/17.

With the next Olympics in Japan, a new MOU was signed with the Japan Sport Council (JSC) that will further strengthen cooperation in elite sports training, sports science and sports medicine support to help Hong Kong athletes prepare for the Tokyo 2020 Olympic Games, and facilitate special status access for Hong Kong athletes to training venues in Japan. The HKSI had first signed an MOU with the Japan Institute of Sports Sciences under the JSC back in 2011.

Other key MOUs were signed with the Sports Science Academy of Nepal, the National Taiwan Sport University and the National Sports Training Center (Chinese Taipei), to facilitate exchanges between respective parties, share experiences in sports science, cooperate in elite sports training, etc.

The partnerships highlight the HKSI's continuous commitment to provide an environment in which sports talent can be identified, nurtured, and developed to pursue excellence in the international sporting arena and to inspire potential athletes to develop a full-time sports career, through international exchanges and collaboration with different parties to enhance elite training and support systems.

In 2016/17, the HKSI also received almost 45,000 local and international visitors, mainly from sports, professional and education institutions, as well as community and corporate organisations, to promote mutual exchange in the field of sports. Among the highlights was a visit from 120 students and teachers from Lincoln High School, Washington DC in October 2016 as part of their cultural exchange programme in China, which was initiated by President Xi Jinping's invitation to the students during his first US visit in September 2015. Other highlights included visits from a delegation from the Nanjing Sport Institute, the Asian Football Confederation President Travelling Fellows, as well as students and teachers from Beijing Sport University, the Shanghai Sports Institute and Chulalongkorn University (Bangkok, Thailand).



林肯高中學生與香港乒乓球隊切磋球技。
Students from Lincoln High School play table tennis with members of the Hong Kong team.

• 科學發展

體院一直致力透過以實證為本的科研方法，提升精英運動員的表現。

在二零一六/一七年度，體院在多個國際會議上發表其科研及技術成果，包括「2016年臺灣體育運動管理國際學術研討會：數位化浪潮在體育運動產業的應用」、「第一屆亞洲醫學醫療展+醫學研討會」、「國際運動醫學聯會 - 第三十四屆運動醫學大會」、「香港體育學院國際運動科學研討會 - 贊助人劉鳴煒先生：運動營養學 - 從科學到實際應用」，以及「第十屆力量訓練國際會議」。

• 交流計劃

作為運動員發展計劃的一部份，體院為不同體育項目的運動員舉行交流活動，讓他們與內地及其他國家的運動員進行交流，加深認識不同地區的體育制度及發展方向。

二零一六年十二月十五至十九日期間，體院為28名運動員舉辦日本交流團，透過在日本國立運動科學中心舉行的研討會及會議，讓他們了解有關運動營養、選材及運動員個人發展途徑的知識，並安排參觀即將舉辦東京2020奧運會的場地及日本國立訓練中心，藉以增廣見聞。

• 教練培訓

香港教練培訓委員會與來自世界各地的同業，包括中國內地、日本、菲律賓、新加坡、澳洲、愛爾蘭、英國及加拿大，緊密合作，並透過國際教練培訓局與各地組織聯繫；在中國內地的合作機構則包括中華全國體育總會、北京體育大學、成都體育學院、廣州體育學院、上海體育學院及武漢體育學院。

• Scientific Development

The HKSI puts considerable focus on enhancing elite athletes' sporting performance through scientific evidence-based methods.

The HKSI's scientific and technological work was represented at various conferences in 2016/17, including the 2016 Taiwan International Conference of Sport Management: The Trend of Digitalization in Sport Industry; the inaugural Medical Fair Asia Medicine + Sports Conference; FIMS 2016 - 34th World Congress of Sports Medicine; HKSI International Sports Science Symposium, sponsored by Mr Ming Wai Lau: Applied Sport Nutrition - from Science to Plate; and the 10th International Conference on Strength Training.

• Exchange Programmes

As part of the HKSI's athlete development programme, athletes are provided with opportunities to participate in exchanges with counterparts from the Mainland and other countries to improve their knowledge and understanding of the structure and development of different sports systems.

From 15 to 19 December 2016, 28 athletes took part in a Japan Exchange Tour, attending informative seminars and conferences on the topics of nutrition, talent identification and athlete pathway at the Japan Institute of Sports Sciences. They also visited Tokyo 2020 venues and the Japan National Training Centre.

• Coaching Development

The HKCC continued to promote collaboration with counterparts all over the world, including the Mainland, Japan, the Philippines, Singapore, Australia, Ireland, Britain and Canada, as well as through the International Council for Coaching Excellence. Other working partners in the Mainland included the All-China Sports Federation, Beijing Sport University, Chengdu Sport University, Guangzhou Sport University, the Shanghai University of Sport, and Wuhan Sport University.



精英運動員參觀日本國立運動科學中心的訓練設施。
Elite athletes visit training facilities at the Japan Institute of Sports Sciences.



專家雲集國際運動科學研討會，探討應用運動營養學的最新趨勢。
Experts were invited to discuss the latest trends in applied sport nutrition at the International Sports Science Symposium.

研討會

• 香港體育學院國際運動科學研討會

2016年度「香港體育學院國際運動科學研討會 - 贊助人劉鳴煒先生」於二零一六年十月二十八日至二十九日於體院舉行。研討會主題為「運動營養學 - 從科學到實際應用」。

除了十一位海外及本地專家探討應用運動營養學的最新趨勢外，三位香港奧運精英亦親身分享運動營養在日常訓練的重要性。

研討會由體院、香港運動醫學及科學學會、香港營養師協會，以及香港營養學會共同主辦，旨在讓運動醫學及運動科學專業人士、教練交流知識及經驗，並促進更密切的合作，吸引超過220位海外及本地學者、專家、資深業內人士、教練、運動員及公眾人士參加。

• 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互動平台，其目的是為精英體育界建立共識及有效的合作關係。

在二零一六/一七年度，體院共舉辦了四場精英培訓研討會，請來多位本地及國際專家分享心得，主題包括音樂與精英運動表現、硝酸鹽補充劑、心理韌力及壓力衣。

Symposia and Seminars

• HKSI International Sports Science Symposium

The 2016 HKSI International Sports Science Symposium, sponsored by Mr Ming Wai Lau, was held at the HKSI on 28 and 29 October 2016, with the theme “Applied Sport Nutrition - From Science to Plate”.

The HKSI was honoured to have 11 prestigious guest speakers and experts from overseas and Hong Kong to discuss the latest trends in applied sport nutrition, and three Hong Kong Olympians shared the importance of sport nutrition in their daily training.

The purpose of the symposium - organised by the HKSI, the Hong Kong Association of Sports Medicine and Sports Science, the Hong Kong Dietitians Association and the Hong Kong Nutrition Association - was to transmit knowledge and exchange views on the current trends and issues in sports nutrition, and foster closer collaboration among professionals in sports medicine, sports science, and sports coaching. Over 220 overseas and local scholars, professional and experienced practitioners, coaches, athletes and the public attended.

• Elite Training Seminars

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

In 2016/17, four seminars were held, in which local and international experts shared their knowledge on topics related to music and elite performance, nitrate supplementation, mental toughness and compression garments.