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# 精英訓練支援

## Elite Training Support

### 體院21世紀精英培訓系統

### HKSI's 21<sup>st</sup> Century Elite Training System

精英運動員在體育事業上的成就，往往是多種複雜因素相互影響下的結果，因此要取得最佳成效，必須依靠系統化的訓練支援，以達致高水平的競技表現。在協助運動員發揮潛能的過程中，除講求運動員本身的天份及專業的教練培訓外，還需要配合一個全面的支援系統，以減低受傷的風險及提高訓練成效。這個系統必須具備以科學和實證為本的長遠目標，確保從運動選材的最初階段，以至到達顛峰期及往後的各個時期，均能提供完善的支援。

體院的精英體育系統架構糅合政策/管理及科學元素，創設出一套21世紀精英培訓系統（圖一）。這系統以運動員為中心，外圍一方面以最佳管治原則作為規限，另一方面則以綜合生物心理社會模式的科學原則設定基礎。以綜合生物心理社會模式為基礎的運動員發展系統了解影響運動員發展的各種生物、心理及社會文化因素，以及各因素之間的互動關係。體院的架構旨在提供集中而全面的支援系統，以針對運動員在生理、心理、社交及個人發展等方面的需要而提供有關的精英訓練支援服務。

Individual success in elite sport depends on a systematic approach to optimise the complex interplay of the multiple factors that drive high-level performance. In addition to individual talent and expert coaching to facilitate that talent, the process of helping a gifted athlete reach his or her full potential requires a comprehensive support infrastructure to minimise risk and maximise results. It also demands a scientific, evidence-based, long-term commitment from the earliest stages of talent identification all the way through to the athlete's peak performance years and beyond.

The HKSI's elite sport system framework combines policy/management and science models to articulate a 21<sup>st</sup> century elite training delivery system (Figure 1). It is an athlete-centred system bounded by best practice principles of corporate governance on the one hand, and the scientific principles of the biopsychosocial model on the other. The biopsychosocial model of athlete development recognises the interaction of biological, psychological and socio-cultural factors which impact on athlete development. The HKSI is structured to provide centralised, integrated support systems targeting all aspects of the athletes' physiological, psychological, social support, and personal development needs.



圖一：香港體育學院21世紀精英培訓系統  
Figure 1: 21<sup>st</sup> Century Elite Training System at the HKSI

直接關乎精英運動員系統化發展的關鍵成功因素顯示於圖一中的圓形內，而非直接關乎個別運動員發展但有助提升精英培訓系統水平的活動，則顯示在圓形外。

The critical success factors, which are directly related to the systematic development of elite athletes, are portrayed inside the circle in Figure 1, while support activities which are not directly related to individual athletes' development, but which improve the provision and efficient functioning of the elite training system are portrayed outside the circle.

## 體育資助 Funding Support

體院是政府向本地精英運動員提供世界級體育培訓及支援環境的機構，協助他們在國際體壇爭取佳績。政府根據「精英資助」評核計劃準則，以成年及青少年運動員在主要國際賽事的成績作為甄選準則來辨認達到國際水平的體育項目，繼而透過體院提供為期四年支援。體育項目分為三個架構，包括A\*級、A級及B級。體院會配合亞運會及奧運會的周期，每兩年進行一次檢討，從而在四年的支援期內為體育項目提供穩定的支援。

在二零一六/一七年度，共有17個「A級」支援精英體育項目獲體院支援，其中四個獲列為「A\*級」類別，支援範圍包括精英訓練資助、由總教練領導的教練團隊、全面的運動科學及運動醫學支援，以及運動員發展計劃等。另有13個「B級」支援精英體育項目獲體院提供資助及支援。

The HKSI is the Government's delivery agent responsible for providing a world-standard training and support environment for high performance athletes to enable them to excel in the international sporting arena. Under the Government's Elite Vote Support Scheme, the achievements of both senior and junior athletes at major international competitions comprise the selection criteria for identifying the high performance sports to be supported by the HKSI for a four-year period. Sports are categorised into three levels: Tier A\*, Tier A and Tier B. A review is conducted every two years and is aligned with the Asian Games and the Olympic Games cycles in order to provide stable support for the sports during the four-year support cycle.

In 2016/17, 17 Tier A sports, four of which had been selected as Tier A\* sports, were supported by the HKSI and provided with funding for elite training, dedicated coaching teams led by a Head Coach, full sports science and sports medicine support, and athlete development programmes. Funding and support were also provided to 13 Tier B sports.