

Support to Coaches

支援教練

「教練是運動員背後的靈魂人物，

培訓專業教練相當重要。」

"Athletes' success relies on

the tireless effort of experienced

coaches, by the same

token, nurturing professional

coaches is essential."



香港教練培訓計劃在一九九一年推行，目的是培訓更多優秀教練，鼓勵他們協助運動員追求卓越。香港教練培訓計劃的內容分為數個範疇，包括教練級別評定計劃、教練延續培訓計劃、學校教練培訓計劃及教練獎勵計劃等。

負責這個計劃的香港教練培訓委員會，由中國香港體育協會暨奧林匹克委員會與體院聯合組成，為香港的教練培訓計劃及級別評定計劃制訂短期及長遠發展策略。教練培訓計劃在一九九二年開始獲得滙豐銀行慈善基金資助，歷年來不斷發展，所得撥款至今已達**1,484**萬港元。香港教練培訓委員會一直與各體育總會和體育界人士緊密合作，培訓不同級別的認可教練。

The Hong Kong Coach Education Programme (HKCEP) was introduced in 1991 to nurture and encourage more quality coaches to assist athletes in the pursuit of sporting excellence. HKCEP comprises a number of components, namely the Coach Accreditation Programme (CAP), Continuing Coach Education Programme (CCEP), School Coach Education Programme (SCEP) and Coach Recognition Programme, and is overseen by the Hong Kong Coaching Committee (HKCC).

The HKCC, a joint committee formed by the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and the HKSI, is responsible for formulating short-term and long-term strategies for the development of coach education and accreditation programmes in Hong Kong. The programme has developed substantially over the years with the support of the Hongkong Bank Foundation, which has contributed a total of HK\$14.84 million to the HKCEP since 1992. The HKCC works closely with the National Sports Associations (NSAs) and the sports community in the development of qualified coaches at all levels.

教練培訓 Coach Education



滙豐銀行慈善基金教練級別評定計劃

這項計劃在一九九一年展開，分為三個級別，旨在為本地教練提供進修及獲取評級的機會。每個級別的訓練課程皆分為四部分：

The Hongkong Bank Foundation Coach Accreditation Programme

Since its establishment in 1991, this three-level programme has provided accreditation to and development for coaches in Hong Kong. Each level comprises four parts. Part A is concerned with Sports-General Theory and is conducted by the Coach Education Department on behalf of the HKCC while Parts B, C and D consist of Sport-Specific components conducted by NSAs with funding from the HKCC.

As at March 2006, 45 NSAs consisting of 46 disciplines have participated and more than 12,000 coaches have enrolled in the programme.

The Hongkong Bank Foundation Continuing Coach Education Programme

A series of seminars and workshops were organised during the period from April 2005 to March 2006. They were:

甲部是運動通論，由體院教練培訓部負責開辦香港教練培訓委員會的有關課程；乙、丙及丁部則為運動專項課程，由各體育總會自行負責，香港教練培訓委員會提供資助。

截至二零零六年三月，已有45個體育總會合共46個運動項目加入教練級別評定計劃，參與計劃的教練超過12,000人次。

滙豐銀行慈善基金教練延續培訓計劃

這項計劃在二零零五年四月至二零零六年三月期間，共舉辦了一系列講座及工作坊，題目包括：

- 實地體能測試的設計
- 運動員肌肉疲勞的診斷及處理
- 教練管理技巧——維持工作伙伴關係
- 提升運動表現的營養策略

以「追求卓越——奧運金牌教練細說心得」為主題的滙豐銀行慈善基金精英教練員研討會暨教練總監論壇，由中華全國體育總會及香港教練培訓委員會合辦，於二零零五年十二月二至三日期間順利舉行。這個一年一度大型研討會的目的，是為了促進香港和中國內地及在教練培訓方面的交流和聯繫。來自澳洲、中國內地和本港的頂級精英教練，跟與會人士分享他們訓練奧運獎牌運動員的經驗(詳情參閱第55頁)。年內，曾經參與教練延續培訓計劃的教練超過460位。



- The Design of On-field Fitness Testing
- Diagnosing and Managing Fatigue in Athletes

- Management in Sports

Coaching - Maintaining Relationships with Working Partners

- Nutrition Strategies to Excel in Sports



The Elite Coaches Seminar cum Coaching Directors Forum on the topic of "Quest for Excellence - Olympic Gold Medal Coaches in the Spotlight", jointly organised by the All-China Sports Federation and the HKCC, was held successfully on 2-3 December 2005. This annual event aims to facilitate exchanges and linkages between Hong Kong and Mainland China in coach training. Leading high performance coaches from Australia, Mainland China and Hong Kong were invited to share their experience and expertise in coaching Olympic medal-winning athletes (please see P.55 for details). During the year, more than 460 coaches benefited from the CCEP.

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

Launched in 2004, these two programmes are targeted to raise public awareness of sports coaching and to attract more interested parties to join the sports coaching profession. The



coach education system of Hong Kong as it is today and the importance of coaching are the central

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

香港教練培訓委員會於二零零四年推出兩項計劃——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。兩項計劃主要以課堂及講座模式舉行，旨在提高公眾對香港教練培訓制度的認識，並了解教練培訓的重要性，從而吸引更多有潛質的教練投身運動教練行列。截至二零零六年三月，約有100名對教練行業有興趣的人士參與。

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與各體育總會攜手合作，在一九九八年首次開辦，旨在提高教師在學校擔任運動教練的水平，並透過評定計劃，為他們提供獲取「認可教練」資格的機會。至今已經有超過500位老師獲得認可學校教練資格。本年度兩項課程共吸引超過210位來自170間學校的老師參加。至於學校教練延續培訓計劃的羽毛球課程則於二零零六年三月舉行，專為曾經參與學校教練評定計劃的學校教練而設。參與的教師不但學習到在運動訓練方面的最新發展，而且亦有機會彼此分享經驗。

tenets of these programmes, and are transmitted through a variety of lectures and talks. As at March 2006, about 100 participants had taken part in the programme.

The Hongkong Bank Foundation School Coach Education Programme

Initiated by the HKCC and jointly offered by NSAs since 1998, the programme comprises the School Coach Accreditation Programme and the School Coach Continuing Education Programme. Their aims are to raise the coaching standard of teachers and to provide them with opportunities to attain appropriate and relevant coaching qualifications. Over the years, more than 500 teachers have been accredited under the School Coach Accreditation Programme. More than 210 teachers from 170 schools participated in two courses this year. Offered to school coaches who had taken part in the School Coach Accreditation Programme, the School Coach Continuing Education Programme in badminton was held in March 2006. Participating teachers learned about the latest developments in coaching, and shared their coaching experiences with one another.

The Hongkong Bank Foundation Coaching Awards

The annual Hongkong Bank Foundation Coaching Awards is the only territory-wide programme that pays tribute to the achievements of outstanding coaches in Hong Kong. A total of 94 nominations were received for the five awards categories in 2005.

A total of 63 awards in the five categories were presented to 58 coaches in recognition of their invaluable contribution to Hong Kong sports at the prestigious annual Hongkong Bank Foundation Coaching Awards Presentation: Coach of the Year Awards (4 awards), Coaching Excellence Awards (41 awards), Distinguished Services Award for Coaching (1 award), Coach Education Award (1 award) and Community Coach Recognition Awards (16 awards).



左起：黃德森、崔小燕、于立光、蔡玉坤
From left: Wong Tak-sum, Cui Xiaoyan, Yu Liguang, Choi Yuk-kwan

Please see Annex 7 for the full list of recipients.

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，是全港唯一向傑出教練致敬的體壇盛事。二零零五年度的選舉，共獲94項提名，競逐五個組別的獎項。

在今年的頒獎禮上，大會頒發了五組共63個獎項，以表揚58位得獎教練對本地體壇作出的重大貢獻，包括全年最佳教練獎(4名)、精英教練獎(41名)、傑出貢獻獎(1名)、最佳教練培訓工作者獎(1名)及社區優秀教練獎(16名)。

得獎教練名單刊載於附錄七。

教練培訓支援

由二零零五年四月至二零零六年三月期間，香港教練培訓委員會共撥出90萬港元予45個體育總會籌辦85項教練培訓活動，當中包括九個海外及76個本地短期課程，超過2,100名教練受惠。

運動訓練教育學士學位課程

此項為期五年的兼讀課程於一九九九年首辦，由北京體育大學主辦，體院負責在港的行政工作，是北京體育大學首個在香港舉辦的運動訓練課程。目的是為有志投身教練行業的人士提供正規訓練，以及為香港體壇培育高質素的教練。此課程於二零零五年九月在體院舉行的開學典禮上，共有25位新學員入學。

海外交流

香港教練培訓委員會致力促進對外交流活動，與澳洲、加拿大、中國內地、菲律賓、愛爾蘭和新加坡等地的相關組織及國際教練培訓局，一直保持緊密的聯繫。

Coach Development Support

During the period from April 2005 to March 2006, the HKCC provided subvention of HK\$0.9 million to 45 NSAs for the organisation of 85 coach education programmes, including nine overseas short-term courses and 76 local short-term courses for more than 2,100 coaches.

Undergraduate Course in Sports Training

Organised by the Beijing Sport University and administered by the HKSI, the programme aims to provide formal training to those who intend to pursue a career in coaching, as well as develop high quality coaches for Hong Kong sports. Introduced in 1999, this five-year part-time degree programme was the

first sports training course organised by the Beijing Sport University in the territory. The First Assembly marking the commencement of the programme for the new batch of 25 students was held in September 2005 at the HKSI.

Overseas Links

Working relationships have been maintained by the HKCC with counterparts in various parts of the world including Australia, Canada, Mainland China, the Philippines, Ireland and Singapore, and through the International Council for Coach Education.

