

## 運動員發展 Athlete Development

體院作為協助政府執行本地精英體育培訓的機構，十分重視運動員的全人發展，並一直積極推行相應的教育和職業發展服務，以滿足他們在運動生涯中不同階段的需要。

### 教育發展

為進一步推動精英運動員的雙軌發展，體院於二零一五年五月二十一日及七月二日分別與英基學校協會及林大輝中學簽署合作備忘錄，共同為年青運動員提供高度融合而靈活課程選擇，幫助他們一方面投身全職訓練，同時繼續高中學業。

有關夥伴學校計劃為運動員提供彈性的個人專屬學習模式。林大輝中學的計劃為運動員開設特別班，度身訂造課程及靈活的上課時間表，以配合他們的訓練和比賽日程。英基學校協會的計劃則讓年齡介乎14至18歲的年青運動員，在全職訓練的同時繼續修讀正常的高中課程。有關的合作計劃涉及一系列措施，例如延長修讀年期、提供課堂以外的功課輔導、學業諮詢和網上學習平台。體院亦會與夥伴學校定期進行檢討，評估個別學生運動員的進度和需要，以至計劃整體的運作模式。

有關計劃於二零一五/一六學年正式展開，體院特別在該學年開始前為教練、運動員及家長舉行簡介會。截至二零一六年三月三十一日，共有18名年青運動員參加此計劃。

除推出夥伴學校計劃外，體院於年度內委任了一名教育顧問，就設立精英運動員專業認證計劃訂發展策略，讓運動員透過日常體育訓練獲取學分，使他們在離開精英訓練系統時能獲取資歷架構第三級或以上的資歷，以支援他們未來的教育需要。

As the delivery agent for high performance training for Hong Kong's elite athletes, the HKSI recognises the importance of the whole-person development approach to providing services to athletes, and offers athletes educational and career planning services to cater for their different needs at various stages of their sporting career.

### Education Development

To help elite athletes develop a dual career pathway, the HKSI signed Memoranda of Understanding (MOUs) with the English Schools Foundation and Lam Tai Fai College on 21 May and 2 July 2015 respectively to provide highly integrated and flexible curriculum delivery options for young athletes, enabling them to train full time while continuing to pursue their studies at the senior secondary level.

The Partnership School Programme provides a flexible and individualised school programme for athletes. The Lam Tai Fai College Programme involves setting up a special class with a tailor-made curriculum and flexible study timetable to fit in the athletes' training and competition schedules. The English Schools Foundation Programme allows junior athletes from the age of 14 to 18 to continue their senior secondary education under the normal school curriculum while training full time. The Partnership School Programme with the two schools/organisations covers a range of collaboration, such as providing an extended study period, extra tutorials, educational counselling and an online study platform. Regular and formal reviews are conducted with the Partnership Schools to evaluate the progress and needs of the athletes, as well as the operation of the overall collaboration.

Following the signing, briefing sessions were conducted for coaches, athletes and parents before the commencement of the Partnership School Programme in the 2015/16 school year. As at 31 March 2016, a total of 18 athletes had enrolled in the Programme.

In addition to the Partnership School Programme, an education consultant was appointed during the year to map out a strategy for developing the Professional Accreditation Programme for elite athletes, which aims to support the education needs of the athletes by recognising their daily routine sports training for academic credit points so that they can reach at least Qualifications Framework Level 3 by the time they leave the elite training system.



體院與英基學校協會及林大輝中學簽署合作備忘錄，協助年青運動員兼顧全職訓練和學業。

The HKSI signed MOUs with the English Schools Foundation and Lam Tai Fai College to help young athletes train full time while pursuing academic studies.

## 社交、個人及職業發展

體院亦繼續透過二零零八年推出的「精英教練工作體驗計劃」，向準備於未來兩年退役的運動員提供教練技巧培訓及汲取工作經驗的機會，以協助他們於退役後轉型為專業教練，為職業生涯作好準備。計劃由二零一三年起獲香港西區隧道有限公司贊助，至今已惠及21位運動員受惠。

在二零一五年七月，「學校體育計劃推廣主任計劃」成功招募第二批共23名退役運動員，擔任學校體育計劃推廣主任，將於往後三個學年於不同學校執行與體育有關的活動。計劃由民政事務局及康樂及文化事務署主辦，教育局和體院協辦，旨在加強推動校園體育文化，為學生提供更多參與運動的機會，同時為退役運動員提供在職培訓平台。

此外，體院亦透過多項度身訂造的計劃，照顧獎學金運動員的個人發展需要，讓他們在全情投入精英訓練之餘，亦能兼顧社交、個人及職業發展的需要。

年度內，體院為727位獎學金運動員舉辦了42個工作坊，涵蓋的議題包括時間管理、設定目標、回應傳媒技巧、公開演說、財務策劃及處理稅務等，為運動員提供多元化的學習機會。此外，運動員亦獲安排參加各樣體驗活動，包括木工及烹飪等，全面體驗生活。

一年一度由中國香港體育協會暨奧林匹克委員會及體院合辦的2016奧林匹克主義體驗營於二零一六年二月十七日至十九日舉行。來自八個體育項目共24位運動員參加為期三天的體驗營，透過講座、遊戲及表演，認識香港體育架構及體制、奧林匹克歷史、運動禁藥、傳媒關係、運動員發展途徑，以及運動員的義務和責任等知識。此外，運動員亦藉此機會參與各項度身訂造的集體活動，藉以建立團隊精神，體驗奧林匹克主義的核心價值。自二零一三年起，這項活動已惠及超過120名精英運動員。



## Social, Personal and Vocational Development

To help elite athletes make the transition from competition to a career in sports coaching, the HKSI Elite Coaching Apprenticeship Programme, launched in 2008, continued to provide elite athletes who plan to retire in the coming two years with an opportunity to develop coaching skills and gain practical coaching experience in preparation for their post-athletic career. Sponsored by the Western Harbour Tunnel Company Limited since 2013, the Programme has benefited 21 athletes since its launch.

In July 2015, the School Sports Programme Coordinator (SSPC) Scheme successfully recruited the second batch of 23 retired athletes as SSPCs to implement the sports-related programmes in various secondary schools for three subsequent academic years. Organised by the Home Affairs Bureau and the Leisure and Cultural Services Department, and supported by the Education Bureau and the HKSI, the Scheme aims to enhance the sporting culture in schools by providing more opportunities for students to take part in sports activities and serves as a career training platform for retired athletes.

The HKSI also supports the personal development needs of Scholarship Athletes through tailor-made programmes designed to enable them to fully dedicate themselves to an elite training lifestyle, without neglecting their social, personal and vocational development needs.

As part of these programmes, a total of 42 workshops were organised during the year for 727 Scholarship Athletes, offering them a variety of learning opportunities in areas such as time management, goal setting, media handling skills, public speaking, financial planning and taxation, as well as various experiential activities, including carpentry and cookery.

Co-organised with the Sports Federation & Olympic Committee of Hong Kong, China, the Olympism Camp 2016 was held from 17 to 19 February 2016. A total of 24 athletes from eight sports participated in the three-day residential camp. The participants were equipped with knowledge about Hong Kong's sports structure, Olympic history, anti-doping, media relations, and athletes' development path, as well as athletes' obligations and responsibilities, through various lectures, games and presentations. In addition, they were inculcated with the core values of Olympism through tailor-made team-building activities. Since 2013, the annual camp has benefitted over 120 elite athletes.



運動員全情投入奧林匹克主義體驗營的各項活動，體驗奧林匹克主義的核心價值。  
Participating athletes discovered the core values of Olympism in various activities at the annual Olympism Camp.

體院舉辦多元化的工作坊及體驗活動，照顧運動員的社交和個人發展需要。  
The HKSI caters for athletes' social and personal development needs through a diverse range of workshops and experiential activities.