

## 教練發展 Coach Development

香港教練培訓計劃在香港教練培訓委員會的管理下已推出超過20年，一直致力推動本地教練發展。在二零一五/一六年度，計劃獲香港賽馬會慈善信託基金冠名贊助，定名為香港賽馬會教練培訓計劃。

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，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。

### 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。

二零一零年級學生畢業典禮暨二零一五年度開學禮於二零一五年十月三十一日舉行，共有10位畢業生獲頒證書，當中四名為本地精英運動員，包括鄧亦峻及徐志豪（田徑）、施幸余（游泳）和梁偉熙（武術）。大會亦向四位畢業生頒授優秀論文證書，並頒發獎學金予六名二零一零及二零一三級的優異學員。

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。截至二零一六年三月三十一日為止，共有79名學員修畢此課程。

十位運動訓練教育學士學位課程的二零一零年級學員於畢業典禮上獲頒證書。

Ten students from the 2010 class of the Bachelor of Education in Sports Training Programme were presented with certificates at the graduation ceremony.

In 2015/16, The Hong Kong Jockey Club Charities Trust became the title sponsor of the well-established Hong Kong Coach Education Programme, which has been run for over 20 years in Hong Kong under the supervision of the Hong Kong Coaching Committee (HKCC).

The Hong Kong Jockey Club Coach Education Programme, whose aim is to ensure quality, internationally benchmarked coaching is maintained at all levels of sports for long-term sports development in Hong Kong, encompasses three main programmes: 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 Programme

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 attained from Beijing Sport University and is widely recognised in other countries.

The graduation ceremony for the 2010 class and the presentation of admission certificates to the 2015 new intake took place on 31 October 2015. Certificates were presented to 10 graduates, including elite athletes Tang Yik-chun and Tsui Chi-ho (athletics), Sze Hang-yu (swimming) and Leung Cheuk-hei (wushu). In addition, four graduates were awarded the Outstanding Theses Certificate, while six outstanding students from the 2010 and 2013 classes were presented with scholarship awards.

Since its first Hong Kong intake in 1999, the programme has nurtured many elite athletes and professional coaches in Hong Kong. As at 31 March 2016, a total of 79 students had completed the course.



### • 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、成都體育學院協辦的第二十三屆精英教練員研討會於二零一五年十一月十四日及十五日假成都體育學院舉行。研討會以「運動恢復」為題，邀請了五位專家向與會者分享他們的專業知識，吸引約100位內地及香港教練參加。

這項一年一度的活動提供了一個交流平台，讓來自世界各地，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、教練及助理教練締造機會，讓他們於體院參加定期舉行的研討會或工作坊，認識最新的專門知識和經驗。年度內，委員會分別於二零一五年六月、十一月及二零一六年三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：

- 如何利用軟件配合周期化訓練計劃
- 精英運動員訓練過程的心理監控
- 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

## 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。

### • 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（評審局）資歷架構認可，為教練提供從事教練培訓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，香港教練培訓委員會於二零一三年檢討既有的運動通論課程（甲部），並於隨後一年推出獲評審局認可為資歷架構第二級別的「運動教練理論基礎證書」課程。在二零一五/一六年度內，委員會共舉辦了三期新課程。

為進一步協助教練發展，提升他們的學術資格，委員會於二零一六年三月推出獲評審局認可為資歷架構第三級別的「高級運動教練理論證書」課程，幫助學員全面和深入地掌握作為專業教練的知識及實用技巧。新課程內容涵蓋運動教練理論、運動管理、運動科學及教練實習等專業範疇。學員修畢課程可獲得25個資歷學分，獲其他體育或教練相關的課程認可，鼓勵他們持續進修。

### • Jockey Club Elite Coaches Conference

Jointly organised by the HKCC and the All-China Sports Federation and co-organised by Chengdu Sport University, the 23<sup>rd</sup> Elite Coaches Conference was held on 14 and 15 November 2015 at Chengdu Sport University. With the theme “Recovery in Elite Sports”, the Conference invited five professional experts in the field of sports recovery to share their insight and expertise on various topics related to the theme, and attracted around 100 delegates from the Mainland and Hong Kong.

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 June and November 2015 and March 2016, attracting more than 60 elite coaches. The seminar themes were as follows:

- Conjugated Sequencing Periodisation and Incorporated Software
- Psychological Monitoring for Elite Athletes in Training
- Communication in Youth Training – Effective Ways to Get Your Messages through to Young Athletes

## Jockey Club Coach Accreditation Programmes

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

### • 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 that is necessary for being a coach.

To enhance the quality and the level of recognition of coach education programmes, the HKCC reviewed the Sports-General Theory Course (Part A) in 2013 and launched the Foundation Certificate in Sports Coaching Theory course, accredited at QF Level 2, in the following year. In 2015/16, three new cohorts were organised.

To facilitate advancement in the participants' coaching careers and to upgrade their academic qualifications, in March 2016, the HKCC launched a new course called Certificate in Advanced Sports Coaching Theory, which is accredited at QF Level 3. The new course provides participants with comprehensive, in-depth knowledge and practical skills in sports coaching theory, sports management and sports science, as well as a practicum. Graduates are awarded 25 QF credits, which facilitates their acceptance in other sports- or coaching-related courses.

為配合以上課程，委員會於二零一五年十二月四日舉行簡介會，向體育總會講解「運動教練理論基礎證書」課程的優化安排，以及介紹「高級運動教練理論證書」課程的詳情。

### • 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91萬港元予代表49個項目的48個體育總會，籌辦共101項短期教練培訓及獎勵計劃，當中包括15個海外課程、55個本地課程及31個教練獎勵計劃，共有約2,500名教練受惠。

### • 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，並藉此促進教練間的意見交流。在二零一五/一六年度，委員會主辦或協辦了六次講座，吸引超過1,400名認可教練參加。講座的主題包括：

- 運動訓練的生理學問題
- 香港運動員踏上奧運之路 – 教練心得點滴
- 教練在運動禁藥管制之角色
- 運動損傷的防治與手法治療 – 肩頸部位
- 運動表現與日常食物調控的關係
- 運動創傷的處理及防護



香港教練培訓委員會於年度內推出獲認可為資歷架構第三級別的高級運動教練理論證書課程。

The Advanced Sports Coaching Theory course, accredited at QF Level 3, was launched during the year.

A briefing session was held on 4 December 2015 for NSAs to explain the various enhancement and support measures for the Foundation Certificate in Sports Coaching Theory course and to introduce the Certificate in Advanced Sports Coaching Theory course.

### • Jockey Club Sports-Specific Coach Education Programme

During the year, a total subvention of HK\$0.91 million was provided by the HKCC to 48 NSAs, representing 49 disciplines, to organise 101 short-term coach education and recognition programmes. These included 15 overseas courses, 55 local courses and 31 coach recognition programmes, which collectively benefited around 2,500 coaches.

### • Jockey Club Continuing Coach Education Programme

Since 1992, the HKCC has organised a series of workshops and seminars through the Continuing Coach Education Programme, with the objective of providing opportunities for accredited coaches to update their theoretical knowledge and practical expertise, as well as enhancing the exchange of ideas. Six seminars were organised or supported by the HKCC in 2015/16, attracting over 1,400 accredited coaches. The seminar themes were as follows:

- Physiology in Sports Training
- Coaching Experiences Sharing on Training Hong Kong Athletes for Olympics
- The Role of Coach on Anti-Doping Control
- Prevention and Manual Therapy for Sports Injury (Neck and Shoulder)
- Food for Sports Performance
- Management and Prevention of Sports Injury



教練延續培訓計劃舉辦工作坊及研討會，讓認可教練掌握最新的理論和專門知識。

Workshops and seminars were organised through the Continuing Coach Education Programme for accredited coaches to update their theoretical knowledge and practical expertise.

## 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。

二零一五年的選舉收到超過190份提名，競逐七大組別獎項。頒獎禮於二零一六年四月十七日假體院舉行，由民政事務局長劉江華先生擔任主禮嘉賓，表揚135位得獎教練。

## 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 the community and school levels.

The 2015 Jockey Club Hong Kong Coaching Awards Presentation Ceremony was held on 17 April 2016 at the HKSI. Over 190 nominations were received in seven award categories and a total of 135 coaches were awarded. The Secretary for Home Affairs Mr Lau Kong-wah was present as the guest-of-honour of the ceremony.



逾130位教練於2015賽馬會香港優秀教練選舉頒獎典禮上獲得表揚。

Over 130 coaches were awarded at the 2015 Jockey Club Hong Kong Coaching Awards Presentation Ceremony.

全年最佳教練獎是頒獎禮的焦點之一，武術教練劉濤首度獲頒個人項目高級組全年最佳教練獎。劉教練帶領武術隊於二零一五年出戰第十三屆世界武術錦標賽，創出4金2銀佳績。羽毛球教練陳康則獲得團體項目高級組全年最佳教練獎，在陳教練的訓練下，香港首席混雙組合周凱華和李晉熙於年度內成績卓越。

單車教練曾啟明首次榮登個人項目青少年組全年最佳教練獎寶座，他成功帶領隊員於2015亞洲青年單車錦標賽大放異彩。壁球教練梁勤輝則第四次榮獲團體項目青少年組全年最佳教練獎，梁教練去年與其一眾年青壁球運動員在2015亞洲青少年團體錦標賽勇奪2面獎牌。

乒乓球教練陳江華榮膺優秀服務獎得主，以表揚他服務乒乓球壇逾20年的貢獻，當中以於二零零四年雅典奧運會帶領男子雙打組合高禮澤和李靜為香港奪取一面銀牌的輝煌成績尤其令人印象深刻。

最佳教練培訓工作者獎則由武術教練冼國林獲得，以肯定他多年來積極推動散手項目發展的熱誠。而帶領龍舟隊在第十二屆世界龍舟錦標賽取得佳績的Milan Krasny榮獲最佳隊際運動教練獎。

本年度的精英教練獎共有93位得主，另有25位教練獲頒社區優秀教練獎。新增設的學校優秀教練獎則由16位全職教師獲得，以表揚他們在過去一年對學界運動作出的特別貢獻。

One of the focuses of the presentation was the Coach of the Year Awards. Wushu coach Liu Tao won his first Coach of the Year title in the senior athletes, individual sport category. The athletes he coached won 4 gold and 2 silver medals at the 13<sup>th</sup> World Wushu Championships in 2015, while badminton coach Chen Kang won the honour in the team event category for the excellent performance of Hong Kong's top mixed doubles pair, Chau Hoi-wah and Lee Chun-hei.

The remarkable performance of Hong Kong's cyclists at the 2015 Asian Junior Cycling Championships earned cycling coach Tsang Kai-ming the debut honour in the junior athletes, individual sport category. Squash coach Dick Leung Kan-fai earned his fourth Coach of the Year title in the junior athletes, team event category by leading the junior squash team to two medals at the Asian Junior Team Championships 2015.

The Distinguished Services Award for Coaching went to table tennis coach Chan Kong-wah in recognition of his unremitting service to the sport for more than 20 years, including his remarkable achievement coaching table tennis duo Ko Lai-chak and Li Ching to an Olympic silver medal in Athens in 2004.

Wushu coach Sin Kok-lam won the Coach Education Award for his long-term commitment and active promotion of sanshou. Dragon boat coach Milan Krasny took home the Best Team Sport Coach Award with his squad's performance at the 12<sup>th</sup> World Dragon Boat Championships.

Ninety-three coaches received the Coaching Excellence Awards, and 25 coaches were presented with the Community Coach Recognition Awards. In addition, 16 full-time teachers were honoured with the newly added School Coach Recognition Awards for making a special contribution to school sports in 2015.



全年最佳教練獎得主 (左起) 曾啟明、梁勤輝、陳康和劉濤。

Recipients of the Coach of the Awards (from left): Tsang Kai-ming, Leung Kan-fai, Chen Kang and Liu Tao.