

## 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政府官員及體育界領袖。

民政事務局局长劉江華先生於二零一五年十月七日到訪體院，在體院主席唐家成先生及管理層陪同下，視察院內多項訓練設施和運動員宿舍，並與多位教練和運動員討論訓練及比賽情況。劉局長又於同月十六日到訪香港單車館，與體院單車總教練沈金康會面，了解單車隊的訓練進展。

此外，立法會民政事務委員會委員於二零一五年十二月二十一日到訪，參觀院內各項精英訓練及支援設施，了解體院的運作。



立法會民政事務委員會委員為運動員打氣。  
Members of the Panel on Home Affairs show support for the athletes.

#### • 國際聯繫

年度內，體院職員於23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/或培訓活動中進行八次演講。

### 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 government and sports leaders during the year.

On 7 October 2015, Mr Lau Kong-wah, Secretary for Home Affairs, visited the HKSI. Accompanied by HKSI Chairman Mr Carlson Tong Ka-shing and senior management, Mr Lau toured many of the sports facilities, visited the Athlete Hostel and discussed training and competition with coaches and athletes. Mr Lau also visited the Hong Kong Velodrome on 16 October 2015 and met with HKSI Head Cycling Coach Shen Jinkang to learn about the training of the cycling team.

On 21 December 2015, the HKSI hosted a visit by the members of the Panel on Home Affairs. The group toured the elite training and support facilities to gain an understanding of the operations of the HKSI.



民政事務局局长劉江華先生到訪期間與教練和運動員會面並進行交流。  
Mr Lau Kong-wah, Secretary for Home Affairs, interacted with coaches and athletes during his visits.

#### • International Representation

During the year, HKSI staff participated as committee members, consultants, etc. in 23 international bodies, and were invited to provide eight lectures, workshops and/or training sessions for our international academic and institutional counterparts.

## • 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。

二零一五年五月十一日，體院與雲南會澤高原訓練基地簽署合作備忘錄，正式確立彼此的合作關係，強化雙方於運動科學、運動醫學、體適能訓練及設施管理等方面的交流，互相分享寶貴經驗。按合作備忘錄的協定，香港運動員可使用基地內的設施，在天然環境下進行低氧訓練。低氧訓練已獲證實能有效改善運動員整體生理狀況。

二零一五年十二月二十日，體院與廣東二沙體育訓練中心簽訂合作備忘錄，加強雙方科研人員及運動員的溝通和資訊交流，提升香港及中國內地的訓練和運動表現。

本地方面，體院與香港紡織及成衣研發中心合作研發高性能運動服，包括賽艇服等。合作旨在強化香港運動員的裝備，幫助他們更容易適應不同運動項目和比賽環境的需要。二零一五年七月七日，體院在第二屆香港紡織及成衣研發獎頒獎典禮獲頒「研發合作獎」。

此外，體院於年度內接待了超過2萬1,000位本地及海外訪客，以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、社區組織及商業機構，當中包括於二零一零年與體院簽訂合作備忘錄的上海體育職業學院。二零一五年九月，該院一行20人的代表團到訪，由體院代表接待，向成員介紹體院為精英運動員提供的體適能訓練系統。



香港賽艇運動員可於會澤高原訓練基地進行低氧訓練。  
Hong Kong rowing athletes will be able to undergo hypoxic training at the Huize Altitude Training Base.

## • 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.

On 11 May 2015, the HKSI signed an MOU with the Huize Altitude Training Base in Yunnan to formalise the partnership between the two parties and facilitate exchanges to share knowledge and experience in sports science, sports medicine, strength and conditioning, and facilities management. Under the agreement, Hong Kong athletes will benefit from utilising the facilities and the physical environment at the training base to undergo hypoxic training, which is proven to be very effective in improving the athletes' physiological condition.

On 20 December 2015, the HKSI signed an MOU with the Ersha Sports Training Centre of Guangdong Province to enhance information exchange between sports experts and athletes, and cooperation in elite sports training, sports science, and sports medicine support, with the aim of improving the coaching and performance excellence of elite athletes in both Hong Kong and the Mainland.

Locally, the HKSI joined hands with the Hong Kong Research Institute of Textiles and Apparel (HKRITA) to develop high performance sportswear, such as rowing suits. This collaboration has enabled Hong Kong athletes to better adapt to the sports and competition environment. On 7 July 2015, the HKSI was presented with the "Partners in Progress" award at the second RITA Awards Presentation.

During the year under review, the HKSI received over 21,000 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 the visit of a 20-member delegation from the Shanghai Sports Institute in September 2015, under an MOU signed with the HKSI in 2010. During the visit, the group gained a good understanding of the strength and conditioning training system provided by the HKSI for elite athletes.



體院於年度內接待眾多本地及海外訪客，包括由香港賽馬會遴選會員組成的代表團。  
The HKSI received numerous local and international visitors during the year, including a delegation of Voting Members from The Hong Kong Jockey Club.



### • 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。

在二零一五/一六年度，體院在多個國際會議上發表其科研及技術成果，包括第二十屆歐洲運動科學學院周年大會、以「創新·競爭」為主題的2015 創新科技研討會、以「年輕殘疾運動員的未來」為主題的VISTA 2015 會議、2015 運動心理研究及應用研討會、第四屆國際及中國運動心理學研討會、2015 印度運動心理學國際研討會，以及「2016巴西里約奧運會備戰策略國際論壇，由劉鳴煒先生贊助」。

### • 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，藉以增廣見聞，加深認識不同地區的體育制度及發展方向。

年度內的交流活動包括於二零一五年四月二十七日至五月一日在江西井岡山舉行的第四屆體院國情研習班。代表團由20名成員組成，包括精英運動員和體院職員。活動旨在加深參加者對內地不同領域的認識和了解，包括體育發展、科學發展及文化等。

### • 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 2015/16, including the 20<sup>th</sup> Annual Congress of the European College of Sport Science; the Innovation and Technology Symposium 2015 - The Competitive Advantage of Innovation; VISTA 2015 - Securing the Future for Young Para-athletes; the 2015 Sport Psychology Research and Application Seminar; the 4<sup>th</sup> International and Chinese Sport Psychology Conference; the 2015 Indian International Congress of Sport Psychology; and the International Exchange Forum on Preparing Athletes for the 2016 Rio Olympics, sponsored by Mr Ming Wai Lau.

### • Exchange Programmes

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

The 4<sup>th</sup> HKSI National Education Study Programme was held from 27 April to 1 May 2015 in Jinggangshan, Jiangxi. The delegation consisted of 20 members, including elite athletes and staff. The objective of the programme was to enhance the participants' knowledge and understanding of the latest developments in the Mainland in various areas, including sports development, science development and culture.

### • Coaching Development

The HKCC continued to promote collaboration with its counterparts in various parts of 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.



精英運動員透過參訪團認識內地的體育發展、科學發展和文化。

Elite athletes gained a deeper understanding of sports development, science development and culture in the Mainland through the study programme.

## 研討會

### • 2016巴西里約奧運會備戰策略國際論壇

「2016巴西里約奧運會備戰策略國際論壇，由劉鳴煒先生贊助」於二零一五年十二月二十日舉行，作為體院重新發展計劃順利完成的兩天慶祝活動之一。

除體院的精英訓練專家外，論壇邀請世界各地同業機構的領袖及專家主講，包括來自國家體育總局體育科學研究所所長張良先生、日本體育振興中心總裁代表森岡裕策先生、韓國體育科學研究所所長Park Young-ok博士、泰國體育局精英運動發展總監Tatchanart Tongprakob先生、四川省骨科醫院院長虞亞明教授，以及廣東二沙體育訓練中心主任孫小華博士。

論壇上，一眾主講嘉賓與現場逾170位本地及海外體育界代表和專業人員分享了協助運動員備戰2016巴西里約奧運會的專業知識、見解和觀點。

### • 香港運動醫學及科學學會研討會

香港運動醫學及科學學會2016運動醫學研討會於二零一六年一月九日及十日舉行，主題為「參與運動前之體能評估及體育活動之急救護理」。研討會由體院、香港運動醫學及科學學會，以及香港中文大學矯形外科及創傷學系聯合主辦，出席的嘉賓、講者和參加者逾230名。

### • 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。

在二零一五/一六年度，體院共舉辦了六場精英培訓研討會，請來多位本地及國際專家分享心得，主題包括二零一五年世界運動禁藥條例法規、奧運會心理學、水份及電解質流失、人體成份測量，以及踏車測力計及壓力衣的使用。

## Symposia and Seminars

### • International Exchange Forum on Preparing Athletes for the 2016 Rio Olympics

As part of a two-day celebration marking the completion of the HKSI Redevelopment Project, the International Exchange Forum on Preparing Athletes for the 2016 Rio Olympics, sponsored by Mr Ming Wai Lau, was held on 20 December 2015.

In addition to the HKSI's elite training experts, various counterpart leaders and experts were invited to share their views on elite training and sports science, including Mr Zhang Liang, President of the China Institute of Sport Science; Mr Yusaku Morioka, Councillor to the President of the Japan Sport Council; Dr Park Young-ok, President of the Korea Institute of Sport Science; Mr Tatchanart Tongprakob, Director of the Elite Sports Development Division of the Sports Authority of Thailand; Professor Yu Yaming, President of the Sichuan Orthopaedic Hospital; and Dr Sun Xiaohua, Director of the Ersha Sports Training Centre of Guangdong Province.

During the Forum, they also shared their knowledge, expertise and insights on the preparation of athletes for the 2016 Rio Olympics with over 170 attending local and overseas sports practitioners and professionals.

### • Hong Kong Association of Sports Medicine and Sports Science Symposium

The Hong Kong Association of Sports Medicine and Sports Science (HKASMSS) Symposium on Sports Medicine 2016 – Pre-Participation Physical Evaluation and Emergency Care in Sports Events, jointly organised by the HKSI, the HKASMSS and the Department of Orthopaedics and Traumatology of the Chinese University of Hong Kong, was held on 9 and 10 January 2016. It was attended by over 230 guests, speakers and participants.

### • 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 2015/16, six seminars were held, in which local and international experts shared their knowledge on topics related to the 2015 World Anti-Doping Code, the psychology of Olympic Games, hydration and electrolyte loss, body composition assessment, and the use of cycle ergometers and compression garments.