

此外，香港運動員基金於二零一五年推出「精英運動員優秀表現嘉許計劃」，以支援運動員退役後開展人生中的第二事業。在二零一六/一七年度內，嘉許計劃撥出逾297萬港元，資助下列合資格的退役運動員：

- 陳仁傑 (羽毛球)
- 郭灝霆 (單車)
- 陳伽彰 (空手道)
- 鄒廣榮 (賽艇)
- 關騏昌 (賽艇)
- 謝嘉俊 (乒乓球)
- 鄭國輝 (滑浪風帆)
- 鄭仲恒 (武術)
- 梁家瑋 (武術)
- 梁文駿 (武術)

The Elite Athletes Performance Recognition Scheme was set up in 2015 under the Hong Kong Athletes Fund to support athletes' pursuit of a second career after retirement from high-level sporting competition. In 2016/17, HK\$2.97 million was distributed to the following eligible retired athletes:

- Chan Yan-kit (Badminton)
- Kwok Ho-ting (Cycling)
- Chan Ka-man (Karatedo)
- Chow Kwong-wing (Rowing)
- Kwan Ki-cheong (Rowing)
- Tse Ka-chun (Table Tennis)
- Cheng Kwok-fai (Windsurfing)
- Cheng Chung-hang (Wushu)
- Leung Ka-wai (Wushu)
- Leung Man-chun (Wushu)

科研支援 Scientific Support

體院採用生物、心理、社會學三者結合的跨學科模式來制訂支援策略，提供以科學為本、以運動員為中心的精英培訓支援服務。精英訓練科技科設有六個中心，包括體能科學訓練中心、運動生物力學及科技中心、運動營養監控中心、運動心理中心、運動醫學中心及體育資訊中心。各中心的團隊緊密合作，識別不同的訓練問題，然後與教練研究以數據為本的解決方案，以及透過持續監控、討論並以最新研究數據作基準分析，定期修訂各項科研支援服務的程序。精英訓練科技科每年亦為運動員、教練、體育總會、本港與海外專上學院及體育機構，以及合作夥伴舉辦不同主題的研討會、講座及工作坊，並編製刊物作教育用途，藉此促進體院與其他精英體育專才在運動科學及醫學應用經驗上的交流。

體能科學訓練中心

體能科學訓練服務

體能科學訓練中心與運動醫學中心及其他中心緊密合作，制訂和執行以科學為基礎的體適能訓練計劃，透過改善運動員的心血管系統、爆發力、肌肉力量、速度、靈敏性、耐力及機動能力，充份發揮他們的潛能。中心利用科學測試（包括實驗室及臨場）來量化和監控訓練，確保教練能更準確地判斷有效的負荷量度及強度周期訓練計劃，從而調整訓練計劃，達至最佳預期效果。

In order to provide science-based, athlete-centred support for elite training, the HKSI uses the multi-disciplinary biopsychosocial model to formulate its support strategy. There are six centres in the Elite Training Science & Technology Division: the Scientific Conditioning Centre, Sport Biomechanics & Technology Centre, Sport Nutrition Monitoring Centre, Sport Psychology Centre, Sports Medicine Centre and Sports Information Centre. They work as a team to identify any training issues or concerns, and develop evidence-based solutions with coaches. The support procedures are regularly updated through continuous monitoring, discussion and benchmarking against the latest research data. Each year, the Division organises seminars, lectures and workshops for athletes and coaches, NSAs, local and overseas tertiary and sports institutes, and collaborative partners. It also produces publications to educate and promote exchange between the HKSI and other elite sport professionals in applied sports science and medicine.

Scientific Conditioning Centre

Scientific Conditioning Services

The Scientific Conditioning Centre works closely with the Sports Medicine Centre and the other centres to develop and implement science-based strength and conditioning programmes designed to optimise athletes' performance by improving their cardiovascular system, power, strength, speed, agility, endurance and mobility to enable them to perform to their fullest potential. This is done through the use of scientific testing (both laboratory-based and field-based) to quantify and monitor training. This ensures a more precise determination of effective periodisation programmes on training load and intensity, which enables coaches to adapt training programmes to maximise their desired outcomes.



體能訓練中心讓體適能教練協助運動員充份發揮潛能。
Strength and conditioning coaches help athletes achieve their maximum physical performance potential at the Fitness Training Centre.



運動員在體能科學訓練中心進行科學測試。
An athlete undergoes scientific assessment at the Scientific Conditioning Centre.

位於火炭的體能訓練中心總面積逾1萬1,000平方呎，劃分為五大區域，分別設置可鍛練力量和爆發力的器械，還有氣壓式、機械式、自由力量訓練設備和心肺能力的器材。年度內，中心的平均每月使用次數為4,508人次。

運動選材服務

體能科學訓練中心不斷優化選材工作，將重點從優材的甄選伸延至優材的發展。於過去一年，體院除了進行常規的運動選材計劃外，亦加強了與體育總會和海外體育機構的合作。

年度內，體院為來自田徑、羽毛球、單車、體操、賽艇、欖球、網球、保齡球及滑浪風帆的778名具潛質的青少年運動員舉辦了運動選材計劃，亦協助體育總會進行優材評核工作，合辦為期三個月的訓練計劃。

運動生物力學及科技中心

運動生物力學及科技中心負責測量和分析運動技術表現，並跟進和評估其他國家高水平運動員的技術和戰略，為體院運動員的訓練及比賽制訂基準，從而向教練和運動員提供技術改善建議。中心亦會就建立訓練反饋系統提供諮詢服務，或於需要時自製儀器，讓運動員能更快掌握和發展技術。反饋系統涵蓋數據收集、分析、儲存及報告功能等一站式服務，以便在訓練期間提供迅速而準確的資訊。

年度內，中心在訓練或比賽期間提供了307天的海外臨場支援服務，並完成了四項有關訓練回饋系統的計劃，以備戰大型運動會及其他國際比賽。

此外，運動生物力學及科技中心亦與其他中心緊密合作，透過臨場錄像分析，找出個別項目運動員所要求的生理特質及動作模式，並會與運動科學及醫

The Fitness Training Centre in Fo Tan has a total floor area of over 11,000 square feet, arranged in five major zones: strength and power, air power, machine circuit, free weights and cardio. On average, the Fitness Training Centre was used 4,508 times per month throughout the year.

Talent Identification Service

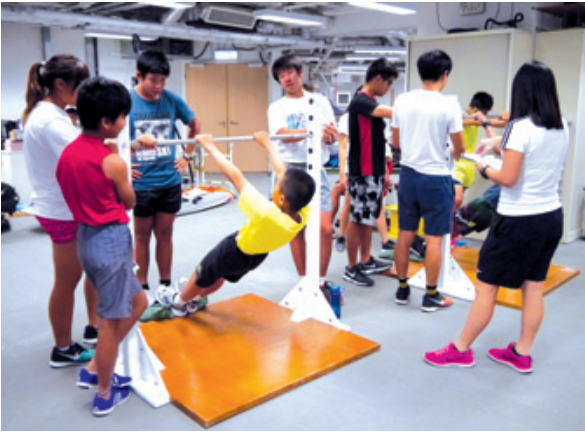
The Scientific Conditioning Centre aims to improve talent identification by focusing on both talent development and talent identification. During the past year, in addition to the regular Talent Identification Programmes, the HKSI strengthened collaboration with NSAs and overseas sports institutes.

This year, Talent Identification Programmes were organised for 778 potential young athletes in athletics, badminton, cycling, gymnastics, rowing, rugby, tennis, tenpin bowling and windsurfing. The HKSI also supported NSAs in talent verification by working in partnership with them to conduct three-month training programmes.

Sport Biomechanics & Technology Centre

The Sport Biomechanics & Technology Centre is responsible for providing measurement and analysis of sporting skills, as well as tracking and evaluating the technical and tactical patterns of other national high performance athletes in order to set benchmarks for training and competitions. Feedback is then given to coaches and athletes on technique improvement. In order to accelerate the acquisition and development of skills, consultation is provided to coaches and athletes on setting up feedback systems or to propose device prototypes if needed. The feedback system integrates data collection, analysis, storage and presentation functions as a one-stop service to achieve rapid and accurate information feedback during training.

This year, the Centre provided 307 days of overseas on-field support services during training or competition, and completed four training feedback system projects in preparation for Major Games and other international competitions.



體院與體育總會合辦運動選材計劃，甄選具潛質的年青運動員。 Talent Identification Programmes were organised to identify talented athletes.

學人員分享有關結果，用以制訂體能訓練及恢復計劃。中心亦提供實習機會，訓練和培育本港運動科研人才。

運動營養監控中心

運動營養監控中心由運動營養和生化專業人員組成，為運動員提供訓練監控、營養評估、諮詢、恢復策略及教育服務，並與飲食組緊密合作，為運動員設計餐單和提供營養分析。年度內，中心為運動員提供了5,784次營養諮詢、2萬3,020次生化測試及50天臨場支援。

運動心理中心

運動心理中心從心理學角度協助教練和運動員提升訓練和比賽表現，向小組及個人提供的服務包括心理技巧訓練和評估、個人輔導、心理教育、臨場支援和應用研究等。臨場支援服務亦是中心的重要工作之一，為運動員提供適時和直接的支援。年度內，中心提供了221天海外臨場支援服務及2,963節諮詢。



運動營養監控中心採用不同方法評估運動員的身體組成份。 The Sport Nutrition Monitoring Centre assesses athletes' body composition by different methods.



運動生物力學及科技中心測量和分析運動員的技術，協助教練制訂訓練和比賽基準。 The Sport Biomechanics & Technology Centre provides measurement and analysis of athletes' sporting skills to help coaches set benchmarks for training and competitions.

The Sport Biomechanics & Technology Centre works closely with the other centres to identify the physiological requirements and movement patterns of athletes in individual sports by means of on-site video analysis. The results are shared with other sports science and medicine practitioners for the preparation of fitness training and recovery plans. Internships are provided to train and develop local sports science experts during the year.

Sport Nutrition Monitoring Centre

The Sport Nutrition Monitoring Centre includes professionals in the disciplines of nutrition and biochemistry. It is responsible for training monitoring, nutritional assessment, consultation, recovery strategies and education for athletes. The team collaborates closely with the Catering Section to devise menus with nutrient analysis for athletes. This year, the Centre provided 5,784 nutrition consultations, 23,020 biochemical tests for athletes, and 50 days of on-field support.

Sport Psychology Centre

The Sport Psychology Centre is responsible for assisting coaches and athletes in training and competition from a psychological perspective. Services include psychological skills training, assessment, personal counselling, psycho-education, on-field support and applied research. The Centre provides group and individual services. In order to deliver timely and direct support, on-field services are an important part of the Centre's work. During this fiscal year, the Centre provided 221 days of on-field support overseas and 2,963 consultation sessions.



運動心理中心備有各式器材，如握力測試器，為運動員進行評估和訓練。

A range of equipment, such as the handgrip test, is used for assessment and training at the Sport Psychology Centre.



運動醫學中心設有精密儀器，如反重力跑步機，協助運動員進行復康訓練。Sophisticated equipment, such as the anti-gravity treadmill, is available at the Sports Medicine Centre to help athletes to undergo rehabilitative training.



體育資訊中心提供體育資訊服務，支援精英培訓計劃與項目的策劃、推行及研究需要。

The Sports Information Centre provides services to support the planning and implementation of elite training programmes and initiatives, as well as research needs.

運動醫學中心

運動醫學中心為獎學金運動員提供預防、治療、康復和恢復服務。體院診所為運動員開展年度身體檢查，並提供預防免疫注射、普通科門診及運動員衛生健康教育；運動物理治療師、中醫師、中國手法治療師及運動按摩治療師則為運動員進行各種運動創傷治療、康復訓練，以及消除疲勞和促進恢復的運動按摩治療，全年完成2萬6,421次治療。此外，運動恢復中心於二零一六年中完成建設，為運動員提供桑拿、衝浪浴及冰水療服務。

隨隊支援獎學金運動員參加國際比賽是運動醫學中心的另一項重要任務，全年提供136次及1,432工作天的隨隊支援。

體育資訊中心

體育資訊中心提供體育資訊服務，支援精英培訓計劃的策劃、推行及研究需要，服務對象包括運動科學及運動醫學專家、教練、運動員、體育總會、學術機構、體育專業人士及社區人士。中心藏有超過1萬8,000冊單行本、2,300項影音資料及3,400份印刷或電子期刊。此外，中心提供SPORTDiscus數據資料庫供讀者瀏覽。SPORTDiscus涵蓋運動及運動醫學之文獻，亦包含知名期刊內的全文篇章。

體育資訊中心亦協助統籌和管理精英訓練科技科轄下的國際關係及特別項目，如安排各項參觀及交流活動；籌備每年一度的香港體育學院國際運動科學研討會（詳情請參閱第55頁），以及為體院的科研及出版工作提供行政及技術支援等。

Sports Medicine Centre

The Sports Medicine Centre offers athletes a spectrum of medical support services, ranging from injury prevention, treatment, rehabilitation to recovery. The HKSI clinic conducts annual physical examinations for athletes, and provides them with immunisation injections, general clinic services and health education. A professional team of sport physiotherapists, Chinese medicine practitioners, Chinese manual therapists and sports massage therapists are available for a variety of sports injury treatment, rehabilitative training and sports massage therapy services to help athletes return to their optimal states. This year 26,421 treatment sessions were administered. Construction of the Sports Recovery Centre was completed in the middle of 2016, providing athletes with sauna rooms, and jacuzzi and cold plunge pools.

Another important task of the Centre is the provision of on-field support for athletes participating in international competitions. This year 136 sessions and 1,432 days of support were provided.

Sports Information Centre

The Sports Information Centre (SIC) provides sports information services to support the planning and implementation of elite training programmes and initiatives, as well as research needs. It serves sports science and sports medicine professionals, coaches, athletes, NSAs, academic institutions, physical education specialists, and communities. The SIC houses over 18,000 monographs, 2,300 audio-visual materials and 3,400 journals in print or electronic format, and provides access to the SPORTDiscus database, which is a premier source of literature for sports and sports medicine journals, and contains full-text content from well-known and respected sources.

The SIC also plays a key role in the coordination and management of a broad range of international relations initiatives and special projects within the Elite Training Science & Technology Division, such as arranging visits and exchanges, organising the annual HKSI International Sports Science Symposium (see page 55), and providing administrative and technical support for the HKSI's scientific research and publications.