

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

為精英運動員提供學業與運動雙線發展機會是體院的重點策略之一，本年度的相關工作包括與香港中文大學（中大）於二零一七年三月三十日簽署合作備忘錄，為運動員提供具彈性的學習計劃。透過這次合作，體院每年可提名精英運動員入讀中大本科全日學士學位課程，精英運動員亦可申請入讀八個中大專業進修學院的全日制高級文憑課程。中大會配合精英運動員的緊密訓練及比賽計劃，提供具彈性的課程安排，修讀年期最高可延長至八年。

體院於二零一五/一六年度亦與英基學校協會及林大輝中學合作，推出夥伴學校計劃，幫助年青運動員一方面投身全職訓練，同時繼續高中學業。此計劃進展良好，截至二零一七年三月，共有37名年青運動員在計劃下的夥伴學校就讀。

社交、個人及職業發展

除學業計劃以外，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」，協助運動員於退役後轉型為專業教練。此計劃向準備於未來兩年內退役的運動員提供教練技巧培訓和汲取工作經驗的機會，為退役後的生活作好準備。計劃由二零一三年起獲香港西區隧道有限公司贊助，至今已有26位運動員受惠。

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

Education Development

The HKSI prioritises fostering dual career pathway opportunities for elite athletes and as part of this initiative signed a Memorandum of Understanding (MOU) with The Chinese University of Hong Kong (CUHK) on 30 March 2017. Under the MOU, the HKSI may nominate elite athletes to apply for full-time undergraduate studies at CUHK every year. Elite athletes can also apply for eight full-time Higher Diploma Programmes in the School of Continuing and Professional Studies at CUHK. CUHK will provide flexibility in the curriculum to accommodate student athletes’ intense training and competition schedules, with the study period extended to a maximum of eight years.

The HKSI also has a Partnership School Programme with the English Schools Foundation and Lam Tai Fai College, which was launched in 2015/16 to enable young athletes to train full-time while studying at senior secondary level. The programme continues to make steady progress and as of March 2017, 37 athletes were studying under it.

Social, Personal and Vocational Development

As well as academic initiatives, the HKSI launched its Elite Coaching Apprenticeship Programme in 2008 to help elite athletes make the transition from competition to a career in sports coaching. The programme provides elite athletes who plan to retire in the following two years with an opportunity to develop coaching skills and gain practical coaching experience to prepare for life after competition. The Programme has helped 26 athletes since its launch and has been sponsored by the Western Harbour Tunnel Company Limited since 2013.



體院與中大簽署合作備忘錄，為精英運動員提供學業與運動雙線發展的機會。
The MOU signed with CUHK will help to foster dual career pathway opportunities for elite athletes.



體院為運動員舉辦多元化的工作坊和活動，照顧他們的社交、個人及職業發展需要。
The HKSI caters for athletes' social and personal development needs through a diverse range of workshops and activities.

「學校體育計劃推廣主任計劃」亦為退役運動員提供在職培訓機會，同時加強推動校園體育文化，給予學生更多參與運動的機會。此計劃現已舉行至第二屆，並於二零一五年成功招募23名退役運動員，讓他們於中學執行與體育有關的活動，打造職業發展平台。計劃由民政事務局及康樂及文化事務署主辦，並由教育局和體院協辦。

體院亦為運動員度身訂造不同計劃，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795位獎學金運動員舉辦了42個工作坊，涵蓋的範疇包括溝通技巧、形象指導、司儀技巧、稅務及音樂欣賞等。

Another scheme that helps retired athletes – and enhances the sporting culture in schools by providing more opportunities for pupils to take part in sports – is the School Sports Programme Coordinator (SSPC) Scheme. Now in its second edition, 23 retired athletes were recruited as SSPCs in 2015, giving them a valuable career platform as they help to implement sports-related programmes in secondary schools. The scheme is organised by the Home Affairs Bureau and the Leisure and Cultural Services Department, and supported by the Education Bureau and the HKSI.

The HKSI provides tailor-made programmes designed to enable athletes to fully dedicate themselves to an elite training lifestyle – without neglecting their social, personal and vocational development requirements. As part of this programme, 42 workshops were organised during the year for 795 Scholarship Athletes, offering them learning opportunities in areas such as communication, image-building, master of ceremonies skills, taxation and music appreciation.

設施 Facilities

訓練場地

體院配備世界級、無障礙的訓練設施及相應的專業配套，協助香港精英運動員在國際賽事中追求卓越成績。

截至二零一七年三月三十一日，體院為17個「A級」支援精英體育項目提供訓練場地，當中13個項目的場地，包括田徑、羽毛球、桌球、劍擊、空手道、賽艇、七人欖球、壁球、游泳、乒乓球、網球、保齡球及武術設於其火炭總部，其餘四個項目包括單車、體操、帆船及滑浪風帆，亦按照特定訓練需要設於總部以外的場地。

Training Facilities

The HKSI is equipped with an array of world-class, barrier-free training and ancillary facilities to assist Hong Kong's elite athletes to pursue excellence in the international sporting arena.

As of 31 March 2017, elite training facilities were provided for all 17 Tier A sports, 13 of them (athletics, badminton, billiard sports, fencing, karatedo, rowing, rugby sevens, squash, swimming, table tennis, tennis, tenpin bowling and wushu) at the HKSI headquarters in Fo Tan and four (cycling, gymnastics, sailing and windsurfing) off-site to cater for the specific needs of each sport.