



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.

## 宿舍及膳食服務

運動員宿舍可供多達370名運動員入住，為精英運動員提供一個舒適的居住環境。宿舍內的房間設施完善，以配合運動員的日常生活需要。此外，宿舍內還設有活動室、供授課用的房間，以及配置資訊科技設備的學習空間。截至二零一七年三月三十一日，宿舍共有278名運動員入住。

另外，體院的專業膳食團隊與運動營養師通力合作，讓運動員於運動員餐廳選擇最切合他們日常訓練需要的食物。於二零一六/一七年度內，體院為運動員提供了超過17萬3,000份餐膳。

## Accommodation and Catering

With accommodation for up to 370 athletes, the Athlete Hostel provides a comfortable professional base for elite athletes to live. The rooms are well provided with facilities for their daily needs. There is also an activity room, tutorial rooms, and an enhanced IT-supported learning area. As of 31 March 2017, the Athlete Hostel accommodated 278 athletes.

Through the joint efforts of the HKSI's professional catering team and sport nutritionists, the Elite Corner allows athletes to make educated choices about the most appropriate food to support their daily training. In 2016/17, over 173,000 meals were served to athletes.

## 教練發展 Coach Development

香港賽馬會教練培訓計劃自二零一五年十一月開始，獲得香港賽馬會慈善信託基金的支持及捐助967萬港元推行。此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。

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。

### 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。

二零一三及二零一五年級獎學金頒發典禮於二零一六年十月十四日舉行，共有六名成績優異的學員獲頒獎學金。

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。截至二零一七年三月三十一日為止，共有79名學員修畢此課程。

The Hong Kong Jockey Club Coach Education Programme (HKJCCEP) – funded by The Hong Kong Jockey Club Charities Trust with a donation of some HK\$9.67 million since November 2015 – aims to ensure quality, internationally benchmarked coaching is maintained at all levels of sport for long-term sports development in Hong Kong.

The HKJCCEP has three main components: 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 Programmes

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 from Beijing Sport University and widely recognised in other countries.

The scholarship presentation ceremony for 2013 and 2015 classes was held on 14 October 2016. Six students were awarded for outstanding academic performance during the year.

Since its first Hong Kong intake in 1999, the programme has nurtured many elite athletes and professional coaches in Hong Kong. As of 31 March 2017, 79 students had completed the course.