

# 第二十一屆 精英教練員研討會(香港) 21<sup>ST</sup> ELITE COACHES SEMINAR (HONG KONG)

主辦機構：  
Organiser:



香港教練培訓委員會  
Hong Kong Coaching Committee



All-China Sports Federation  
中华全国体育总会

## 報名表格 Enrollment Form

\*\*名額有限，先到先得\*\* \*\*First come, First served.\*\*

<b>主題 THEME: 運動員的生理調控 Physiological Conditioning of Elite Athletes</b>	
日期 DATE: 7 - 12 - 2013 (星期六 Sat)	時間 TIME: 10:00 - 16:45
地點: 香港體育學院大樓 2 樓 演講廳 VENUE: Lecture Theatre, Level 2, Hong Kong Sports Institute Main Building	
截止報名日期 Enrollment Deadline: 15 -11 - 2013	

<b>個人資料 Personal Details</b> (請於○內加✓ Please ✓ In the ○)	
姓 名 NAME: (中文)	必須填寫 (English) Must be completed
地址 ADDRESS: (請用英文填寫 Please write in English)	
性 別 GENDER: ○男 M ○女 F	聯絡電話 CONTACT NO:
認可級別 ACCREDITED HIGHEST CAP LEVEL: 1 / 2 / 3	
認可教練號碼 ACCREDITED COACH NO: AC -	
所屬總會/學校/團體 AFFILIATED ORGANISATION:	
收取確認通知方式 MEANS OF RECEIVING CONFIRMATION :	○電郵地址 (請以大楷填寫) EMAIL(PLEASE FILL IN BLOCK LETTERS):  ○郵寄 {參加者必需附上已貼上足夠郵資(\$1.7)的回郵信封乙個} POST {MUST ENCLOSE A STAMPED (\$1.7) RETURN ENVELOPE}
報名費 REGISTRATION FEE: \$200 (認可級別教練 HKCC Accredited Coach) / \$250 其他 Others	
付款支票號碼 CHEQUE NO.: 支票發出銀行 ISSUING BANK:	
(支票抬頭“香港體育學院有限公司” Cheque payable to “Hong Kong Sports Institute Limited”)	
請寄交：香港新界沙田源禾路 25 號 香港體育學院大樓 2 樓 教練培訓部 轉交香港教練培訓委員會	
Return to: Hong Kong Coaching Committee c/o Coach Education Department Level 2, Hong Kong Sports Institute Main Building, 25 Yuen Wo Road, Sha Tin, New Territories	

**第二十一屆 精英教練員研討會「運動員的生理調控」- 章程**  
**PROGRAMME RUNDOWN OF THE 21<sup>ST</sup> ELITE COACHES SEMINAR –**  
**PHYSIOLOGICAL CONDITIONING OF ELITE ATHLETES**

10:00 – 10:30	參加者登記 Registration	
10:30 – 11:00	開幕典禮 Opening Ceremony	
11:00 – 12:00	<b>講題</b> <b>Topic:</b>	<b>運動員賽前生理調整</b> <b>Athletes Physical Preparation for Major Competitions</b>
	<b>講者</b> Speaker: (暫定) (tentative)	趙戈 [廣東游泳隊總教練]  前中國國家游泳隊教練，現任廣東游泳隊總教練。曾帶領運動員劉黎敏於 1994 年的羅馬世界錦賽上勇奪 100 米蝶泳、200 米蝶泳及 4×100 米混合泳三枚金牌，並於 1996 年亞特蘭大奧運會奪得女子 100 米蝶泳銀牌。  Zhao Ge, Guangdong Swimming Team Head Coach, China Former China National Swimming Coach, currently the Guangdong Swimming Team Head Coach. Zhao coached Liu Limin who won three gold medals in Rome World Championships in 1994 the events 100M Butterfly, 200M Butterfly and 4×100M Medley; then Liu also won the 1996 Atlanta Olympics silver medal in the women's 100M Butterfly under Zhao's coaching.
12:00 – 13:00	<b>講題</b> <b>Topic:</b>	<b>備戰奧運會的週期性訓練計劃</b> <b>Periodisation Training Programme for Olympic Games</b>
	<b>講者</b> Speaker:	莊志恆博士 [香港體育學院田徑總教練]  由 2004 年開始他曾協助超過 50 個參加 3 屆奧運會的澳洲隊運動員作體能準備，當中包括世界紀錄保持者和奧運會金牌得主。他於澳洲南十字星大學取得運動科學及體育管理學博士。  Dr Anthony Giorgi, Head Athletics Coach, HKSI Dr Giorgi has assisted in the physical preparation of over 50 Australia Olympic athletes from various sports, including world record holders and Olympic medallist preparing for three Olympic Games since 2004. He earned his PhD in Exercise Science and Sports Management, Southern Cross University.
13:00 – 14:00	午膳時間 Lunch	
14:00 – 14:15	參加者登記 Registration	
14:15 – 15:15	<b>講題</b> <b>Topic:</b>	<b>賽前競技狀態的調控</b> <b>Training Conditioning before a Major Competition</b>
	<b>講者</b> Speaker:	陳小平博士 [寧波大學體育學院副院長]  前清華大學教授，曾任跳水輔助訓練室主任。陳為德國科隆體育大學體育科學博士，主要從事運動訓練研究。自 2001 年起發表超過 70 篇學術論文及 5 本著作。  Dr Chen Xiaping, Associate Dean of Physical Education, Ningbo University, China Former professor at the Tsing Hua University and Director of Diving Training Centre in China. Chen obtained his PhD in Sports Science from the German Sport University Cologne. Since 2001, he has published more than 70 research papers and 5 books.

## 第二十一屆 精英教練員研討會「運動員的生理調控」- 章程

### PROGRAMME RUNDOWN OF THE 21<sup>ST</sup> ELITE COACHES SEMINAR – PHYSIOLOGICAL CONDITIONING OF ELITE ATHLETES

15:15 – 15:45	茶歇 Tea Break	
15:45 – 16:45	<b>講題</b> <b>Topic:</b>	<b>中國運動醫學和手法治療的使用</b> <b>The Use of Chinese Medicine and Manipulation Therapy in Sports</b>
	<b>講者</b> <b>Speaker:</b>	許錚錚 [香港體育學院中醫藥統籌主任] 運動生理學碩士，曾任國家體委科研所運動醫學門診部主任。自 1997 年起在香港體育學院進行學術交流，服務本地精英運動員。多次隨香港代表隊參加大型運動會，為不同運動項目和水平的運動員提出針對消除運動疲勞的方法、運動創傷的預防指導，以及提供手法治療。 Xu Zheng-zheng, Chinese Medicine Coordinator, HKSI Master in Exercise Physiology, former Director of Sports Medicine Clinic in the National Sports Commission Research Institute. Experienced in sports therapy and acupressure for elite athletes and has been assisting Hong Kong teams to participate in major sports events since 1997.

敬請留意 Please note the following:

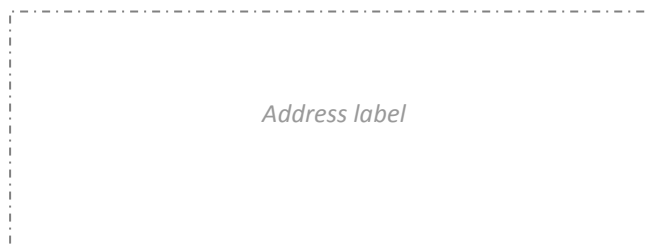
- 如選擇收取 **電郵方式** 確認，**毋需附上回郵信封**。  
If choosing to receive confirmation via email, return envelope is not needed.
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If choosing to receive confirmation via post, please enclose a return envelope with sufficient postage (\$1.7), otherwise, enrollment will not be accepted.
- 報名一經接納，名額不得轉讓或退款。  
Once the enrollment has been accepted, enrollment fee is neither transferable nor refundable.
- 本部將於十一月廿九日或之前將成功報名的名單上載到([www.hkcoaching.com](http://www.hkcoaching.com)) 網頁。  
Applicant can view the successful enrollment list by 29-11-2013 on the HKCC website ([www.hkcoaching.com](http://www.hkcoaching.com)).
- 參加者完成整個研討會可取得由香港教練培訓員會發出的出席證書。此研討會的認可教練續領計劃活動時數為 4 小時，遲到或早退的參加者將不獲發證書。  
Participants having attended the whole seminar will receive a Certificate of Attendance. The HKCC will grant 4 hours of Continuing Coach Education Activity for accredited coaches attending the whole seminar. Those who are late or leave early will not receive a Certificate of Attendance.
- 講題及講者如有更改，恕不另行通知。  
Topics and speakers are subject to change without prior notice.



香港教練培訓委員會 – 第二十一屆精英教練員研討會

Hong Kong Coaching Committee – 21st Elite Coaches Seminar

收件人:



寄件者:

新界沙田源禾路 25 號 香港體育學院大樓 2 樓

教練培訓部 轉交香港教練培訓委員會

Hong Kong Coaching Committee c/o Coach Education Department

Level 2, Hong Kong Sports Institute Main Building,

25 Yuen Wo Road, Sha Tin, New Territories,

電話 Tel : (852) 2681 6289 傳真 Fax : (852) 2692 1940

**使用個人資料作直接市場推廣通知 Notice on Use of Your Personal Data**

為配合香港法例第 486 章《個人資料(私隱)條例》於 2013 年 4 月 1 日起生效的新修定，教練培訓部會更新有關使用已收集的教練的個人資料的安排。

為與各教練保持緊密聯繫，確保教練能收取本部舉辦的教練培訓活動的最新資訊，在新修定實施後，本部將繼續使用教練於本部資料庫中已登記的電郵、地址或電話作為通訊之用。

倘若教練希望停止接收本部的資訊，教練可循以下途徑向本部提出申請：

電郵: [ceddept@hksi.org.hk](mailto:ceddept@hksi.org.hk) 電話: 2681-6289

To comply with the new requirements of the Personal Data (Privacy) Ordinance 486 started on 1 Apr 2013, HKCC has updated the arrangement on using the personal data from our coach database.

In order to share our latest information of coach education activity with coaches, HKCC will continue to communicate with coaches through their registered personal contacts, such as email, telephone number and mailing address from our coach database. Should you refuse to use your personal data for the above purposes, please contact us at:

E-MAIL: [ceddept@hksi.org.hk](mailto:ceddept@hksi.org.hk) TEL: 2681-6289