

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 21ST 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	講題 Topic:	運動員賽前生理調整 Athletes Physical Preparation for Major Competitions
	講者 Speaker:	周睿 [中國國家劍擊隊教練] 2008 年擔任江蘇省女子花劍隊主教練，率隊在全國冠軍賽、錦標賽中奪得團體和個人冠軍。前國家劍擊隊隊員。 Zhou Rui (Fencing Team Coach, China) Jiangsu Province Women's Foil Team Coach in 2008, led the team in the National Championship and won the team and individual events champions. Former athlete of the Chinese National Fencing Team.
12:00 – 13:00	講題 Topic:	備戰奧運會的週期性訓練計劃 Periodisation Training Programme for Olympic Games
	講者 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	講題 Topic:	賽前競技狀態的調控 Training Conditioning before a Major Competition
	講者 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.
15:15 – 15:45	茶歇 Tea Break	

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15:45 – 16:45	講題 Topic:	中國運動醫學和手法治療的使用 The Use of Chinese Medicine and Manipulation Therapy in Sports
	講者 Speaker:	<p>許錚錚 [香港體育學院中醫藥統籌主任]</p> <p>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。</p> <p>Xu Zheng-zheng, Chinese Medicine Coordinator, HKSI</p> <p>Master in Exercise Physiology, former Director of Sports Medicine Clinic in the National Sports Commission Research Institute. Experienced in sports therapy and acupuncture for elite athletes and has been assisting Hong Kong teams to participate in major sports events since 1997.</p>