

第二十二屆 精英教練員研討會(香港) 22ND ELITE COACHES SEMINAR (HONG KONG)

由香港教練培訓委員會及中華全國體育總會合辦的第二十二屆精英教練員研討會將於 2015 年 3 月 13 至 14 日假香港體育學院舉行，本屆研討會分工作坊及研討會兩部份。

The 22nd Elite Coaches Seminar, jointly organized by the Hong Kong Coaching Committee (HKCC) and the All-China Sports Federation, will be held on 13-14 March 2015 (Friday and Saturday) at the Hong Kong Sports Institute, Fo Tan. The Seminar comprises two parts:

工作坊 Pre-Seminar Workshop

13-3-2015 (星期五 Friday)

工作坊由香港體育學院精英訓練科技科籌辦，香港運動醫學及科學學會、香港運動心理學會為支持機構，主題為「生物反饋在運動心理的理論和應用」，以應用及實際操作為主，介紹生物反饋訓練在處理運動員壓力 / 焦慮時如何應用。講者將會介紹在競技運動中常見的生理-生物-心理現象及解釋生物反饋訓練的處理手法。參加者從而學習到生物反饋訓練的基本知識。

對象：教練員、運動科學研究人員及對此範疇有一定程度認識的業界人士、修讀運動科學的學生等。

The Pre-Seminar Workshop is organized by the Elite Training Science and Technology Division of the Hong Kong Sports Institute, supported by the Hong Kong Association of Sports Medicine and Sports Science and the Hong Kong Society of Sports and Exercise Psychology, and the theme is "Biofeedback in Sport Psychology: Theory and Practice". It will provide an introduction on the intervention model of biofeedback training in sports that allows immediate use with stress/anxiety on athletes and its application in different sports. Most common bio-physio-psychological issues in competitive sports will be described, and biofeedback treatment methods will be outlined. Participants will learn the fundamentals of biofeedback techniques. A live biofeedback demonstration and case studies will be illustrated in the workshop.

Target Audience: Coaches, sports science researchers and practitioners with certain knowledge background, college students in sports science.

精英教練員研討會 Elite Coaches Seminar

14-3-2015 (星期六 Saturday)

本屆研討會主題為「精英運動訓練心理學」。研討會邀請了業內專家分享培訓精英運動員時運用有效的心理和溝通技巧的經驗，協助運動員在訓練或競賽時取得更佳成績。

The theme for this year's seminar is "Sports Psychology in Elite Training". Experts in the field are invited to share their experience and insights on how to apply effective psychological and communication skills in elite training in order to obtain better results in training or competitions.

報名費 Registration Fee

日期 Date	活動 Programme	中國 / 海外參加者 Mainland China / Overseas Participants
13-3-2015 (星期五 Friday)	工作坊 Pre-Seminar Workshop	HKD 460
14-3-2015 ⁽¹⁾ (星期六 Saturday)	精英教練員研討會 Elite Coaches Seminar	HKD 250
香港體育學院旅舍 - 3 晚住宿 HKSI Sports Residence - 3 nights of stay Check-in date 入住日期: 12 - 3 - 2015 Check-out date 退房日期: 15 - 3 - 2015 * 每房設有 2 張單人床。如閣下與另一位參加者入住同一房間，請在報名表格提供參加者的姓名 * Each room has two single beds. If you choose to share a room with another participant, please provide name of the participant to share room with on the enrollment form.		HKD1,950

(1) 報名採先到先得形式，教練培訓委員會認可教練員優先接受報名。

Registration is on a first-come-first-served basis. Priority will be given to HKCC accredited coaches.

工作坊和研討會的章程、講者資訊及報名表格隨本單張附上。詳情請瀏覽香港教練培訓委員會網站 <http://www.hkcoaching.com>。名額有限，請從速報名！

Rundown of the two-day programme, speakers' information and enrollment form are attached. For details, please visit <http://www.hkcoaching.com>. Register now!

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

工作坊 – 「生物反饋在運動心理的理論和應用」

Pre-Seminar Workshop - Biofeedback in Sport Psychology: Theory and Practice

13 – 3 – 2015 (星期五 Friday)

工作坊時間表及講題 Workshop Schedule and Topics

08:30 – 09:00	參加者登記 Registration	
09:00 – 09:10	香港體育學院代表致歡迎辭 Welcome Speech by Hong Kong Sports Institute	
09:10 – 10:40	主題演講 1 Keynote Presentation 1	生物反饋在運動心理的應用 The Practice of Biofeedback in Sport Psychology
	講者 Speaker	Prof Dr Boris Blumenstein - 以色列 Wingate 學院 Ribstein 運動醫療科學和研究中心 行為科學系總監 Director, Department of Behavioral Sciences, Ribstein Center for Sport Medicine Sciences and Research, Wingate Institute, Israel
10:40 – 11:00	茶歇 Tea Break	
11:00 – 12:30	主題演講 2 Keynote Presentation 2	生物反饋的個案分析 Case Studies Involving Biofeedback Interventions
	講者 Speaker	Dr Itay Basevitch - 應用運動心理學會認證顧問 Certified Consultant, Association for Applied Sport Psychology - 英國 Anglia Ruskin University 運動及體育科學講師 Lecturer in Sport and Exercise Sciences, Anglia Ruskin University, United Kingdom
12:30 – 13:30	午膳時間 Lunch	
13:30 – 15:00	工作坊 1 Workshop 1	生物反饋在不同運動項目中的應用 Biofeedback Practice for Different Sport Disciplines
	講者 Speaker	Prof Dr Boris Blumenstein - 以色列 Wingate 學院 Ribstein 運動醫療科學和研究中心 行為科學系總監 Director, Department of Behavioral Sciences, Ribstein Center for Sport Medicine Sciences and Research, Wingate Institute, Israel
15:00 – 16:30	工作坊 2 Workshop 2	生物反饋介紹：生物反饋儀器及設備概述 Introduction to Biofeedback: An overview of Biofeedback Modalities and Applications
	講者 Speaker	Dr Itay Basevitch - 應用運動心理學會認證顧問 Certified Consultant, Association for Applied Sport Psychology - 英國 Anglia Ruskin University 運動及體育科學講師 Lecturer in Sport and Exercise Sciences, Anglia Ruskin University, United Kingdom
16:30 – 18:00	工作坊 3 Workshop 3	心率變異(HRV)生物反饋於情緒監控的應用 Monitoring Emotion through HRV Biofeedback
	講者 Speaker	鄭金枝 Polina Cheng - 香港心理學會註冊心理學家 Registered Counselling Psychologist, Hong Kong Psychological Society - 香港運動心理學會創辦會員 Founding Member of Hong Kong Society of Sport and Exercise Psychology

精英教練員研討會「精英運動訓練心理學」

Elite Coaches Seminar - Sports Psychology in Elite Training

14 – 3 – 2015 (星期六 Saturday)

研討會時間表及講題 Seminar Schedule and Topics

09:00 – 09:30	參加者登記 Registration	
09:30 – 10:00	開幕典禮 Opening Ceremony	
10:00 – 11:00	講題 Topic	運動心理學在個人化指導中的應用 Application of Sport Psychology in Individualized Coaching
	講者 Speaker	高志青 Gao Zhiqing - 北京市體育科學研究所副研究員 Associate Researcher, Beijing Institute of Sport Science
11:00 – 12:00	講題 Topic	生物反饋訓練的實現途徑：Wingate 5 步途徑和 LMA 途徑 Biofeedback Approaches : The Wingate 5 Step Approach and LMA Approach
	講者 Speaker	Prof Dr Boris Blumenstein - 以色列 Wingate 學院 Ribstein 運動醫療科學和研究中心 行為科學系總監 Director, Department of Behavioral Sciences, Ribstein Center for Sport Medicine Sciences and Research, Wingate Institute, Israel
12:00 – 13:45	午膳時間 Lunch	
13:45 – 14:00	參加者登記 Registration	
14:00 – 15:00	講題 Topic	運動訓練中的有效溝通 Effective Communication in Sport Coaching
	講者 Speaker	黃志劍博士 Dr Huang Zhijian - 香港體育學院運動心理中心運動心理主任 Sports Psychologist, Sport Psychology & Monitoring Centre, Hong Kong Sports Institute
15:00 – 16:00	講題 Topic	隊隊項目的測量與訓練決策技能 Measuring and Training Decision Making Skills in Team Sports
	講者 Speaker	Dr Itay Basevitch - 應用運動心理學會認證顧問 Certified Consultant, Association for Applied Sport Psychology - 英國 Anglia Ruskin University 運動及體育科學講師 Lecturer in Sport and Exercise Sciences, Anglia Ruskin University, United Kingdom
16:00 – 16:15	茶歇 Tea Break	
16:15 – 17:15	講題 Topic	教練如何管理競賽中的壓力 Managing Competitive Stress for Coaches
	講者 Speaker	施之皓 Shi Zhihao - 國際乒乓球聯會副主席 Executive Vice President, International Table Tennis Federation (ITTF) - 中國乒乓球學院院長 President, Chinese Table Tennis College

收件人:

Address label

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 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 TEL: 2681-6289

查詢 Enquiry

工作坊 Pre-Seminar Workshop

香港體育學院體育資訊中心
Sports Information Centre, Hong Kong Sports Institute
電話 Tel: (852) 2681 6130
傳真 Fax: (852)2681 6388
電郵 Email: rsi@hksi.org.hk

精英教練員研討會 Elite Coaches Seminar

香港體育學院教練培訓部
Coach Education Department, Hong Kong Sports Institute
電話 Tel: (852) 2681 6289
傳真 Fax: (852) 2692 1940
電郵 Email: ceddept@hksi.org.hk

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報名表格 Enrollment Form

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

個人資料 Personal Details		(請於○內加✓ Please ✓ in the ○)
姓 名 Name: (中文)		(English)
(必須填寫)		(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 Number:
所屬總會/學校/團體 Affiliated Organisation:		
○電郵地址 EMAIL:		
報名費 REGISTRATION FEE	中國 / 海外參加者 Mainland China / Overseas Participants	
13-3-2015 (星期五 Fri) 工作坊 Pre- Seminar Workshop	○ \$460 [已包括自助午餐(立食) Standing buffet is included]	
14-3-2015 (星期六 Sat) 精英教練員研討會 Elite Coaches Seminar	○ \$250 [不包括午膳，參加者需自行安排 Lunch is <u>not</u> included, participants will have to arrange on their own]	
香港體育學院旅舍 - 3 晚住宿* HKSI Sports Residence - 3 nights of stay* Check-in date 入住日期: 12 - 3 - 2015 Check-out date 退房日期: 15 - 3 - 2015		○ HKD1,950
同房姓名 (如適用): Name of participant to share room with (If applicable):		

* 每房設有 2 張單人床。如閣下與另一位參加者入住同一房間，請在報名表格提供參加者的姓名

Each room has two single beds. If you choose to share a room with another participant, please provide name of the participant to share room with on the enrollment form.

** 每天 22:00 至 08:00 期間，不設入住及退還房間服務。請自行安排入住及退還房間時間。

Room check-in and check-out is NOT available during 22:00 to - 08:00 daily. Please arrange arrival time and departure time accordingly.

***早餐、午餐及晚餐可於香港體育學院旅舍同一大樓內的餐廳自費選購。

Breakfast, lunch and dinner can be purchased at own cost from the canteen within the same building as the HKSI Sports Residence.

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

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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 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

Hong Kong Sports Institute Main Building, 25 Yuen Wo Road, Sha Tin, New Territories

敬請留意 Please note the following:

1. 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.
2. 如選擇收取**郵寄方式**確認，**必須附上足夠郵資(\$1.7)的回郵信封**，否則恕不受理。
If choosing to receive confirmation via post, please enclose a return envelope with sufficient postage (\$1.7), otherwise, enrollment will not be accepted.
3. 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.
4. 本院將於二零一五年三月上旬透過電郵或網頁(www.hkcoaching.com)通知成功報名人士。
Applicant will be notified by email or view the successful enrollment list on HKCC website (www.hkcoaching.com) by early March 2015
5. 參加者完成整個工作坊與/或研討會可取得由香港教練培訓委員會發出的出席證書。工作坊的認可教練續領計劃活動時數為 7.5 小時，而研討會為 5 小時，遲到或早退的參加者將不獲發證書。
Participants having attended the whole workshop and/or seminar will receive the Certificate of Attendance. The HKCC will grant 7.5 hours of Continuing Coach Education Activity for accredited coaches attending the whole workshop, and 5 hours for attending the seminar. Those who are late or leave early will not receive a Certificate of Attendance.
6. 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.

免責聲明 Disclaimer/ Indemnity

By signing and submitting this registration, I understand that I will engage in workshops and some physical activity at the workshops venue, and I agree to take part entirely at my own risks and that I will not hold Hong Kong Sports Institute Ltd., or any sponsors/ supporting organisations, responsible for any accident of whatever kind, resulting in death or injury, or for any damage to or loss or destruction of personal properties during the course of the event. I also represent that I am in good physical condition and that I have no impairment or ailment that would prevent or make it medically unwise for me to engage in physical activities. I am aware that the Organiser may photograph, film, videotape or audiotape some or all of the event, and it is possible that I will be filmed, taped, or recorded.

本人謹此聲明，本人明白在參加工作坊時所參與的活動，本人同意如因個人疏忽或健康及體能上的不足而導致受傷或死亡，香港體育學院將不會為上述參加者在活動中遭受的任何傷害或死亡負責。本人亦聲明本人身體健康，沒有損傷或疾病，阻礙本人參與或作出醫學上不明智的決定而參加活動。本人同時知悉主辦單位將會為研討會和工作坊進行拍攝、錄音或錄影，而本人亦有機會被拍攝、錄音或錄影。

參加者簽署

Signature of Applicant: _____

日期

Date: _____

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