



UPDATE

Hongkong Bank Foundation Coach Education Programme



滙豐銀行慈善基金
教練培訓計劃

ISSUE NO. 27 第二十七期

Hongkong Bank Foundation
School Coach
Accreditation Programme

滙豐銀行慈善基金
學校教練評定計劃

Skills Upgrade for School Teachers

More than 200 teachers from 140 schools had taken the opportunity to enhance their coaching skills over the past summer from 21 - 31 July. Organised by the Hong Kong Coaching Committee (HKCC) and sponsored by the Hongkong Bank Foundation, the School Coach Accreditation Programme (SCAP) offers teachers the chance to learn the sports of badminton, handball and volleyball this year.

"We value the work school coaches do. Not only do they play a critical role in teaching fundamental sports skills, they also help to promote sports at grassroots level," said Mr Karl Kwok, Chairman of the HKCC when addressing the 151 participants at the graduation ceremony after they had gone through a tough eight-day SCAP. Through the Programme, the HKCC aims to improve the quality of school coaches, provide them with an opportunity to better equip themselves and obtain formal training and accreditation. Since its inception in 1998, the SCAP has been widely supported by the Hong Kong Schools Sports Federation, National Sports Associations (NSAs), principals and teachers.

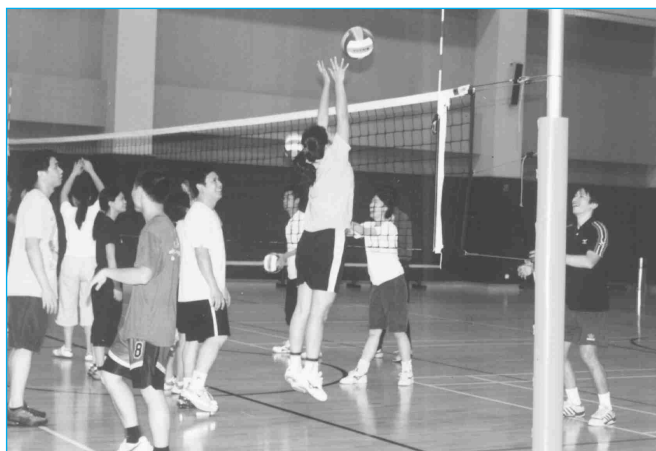
The all-round SCAP is a unique programme, which provides non-Physical Education teachers with the opportunity to receive formal training and get accreditation in sports coaching. "I have learned a lot of organisational skills and coaching techniques which will definitely enhance the performance of my school's volleyball team," said Wong Chi-sum, a Mathematics and Information Technology teacher at Tak Sun Secondary School.

學校教練透過評定計劃提升水平

香港教練培訓委員會已於今年7月21日至31日舉辦了「滙豐銀行慈善基金學校教練評定計劃」，為全港老師提供自我增值的機會，提升教學技巧及增加對運動項目的認識。課程由香港教練培訓委員會主辦、滙豐銀行慈善基金贊助，吸引了140多間學校的200多位老師參加有關羽毛球、手球和排球的工作坊。

香港教練培訓委員會主席郭志樑先生於計劃的結業典禮上，向151位剛完成連續8日課程的老師表示：「我們很重視學校教練，因為他們除了在學校擔當著教學以外的教練工作，也同時協助在基層推廣體育運動。」香港教練培訓委員會希望藉此計劃提升學校教練的質素，並為他們提供獲取「認可教練」資格的機會。此計劃自1998年舉辦以來，一直獲得香港學界體育聯會、各體育總會、校長和教師大力支持。

此課程特別之處，是為非體育科老師提供一個全面及正規訓練，讓他們有機會獲取認可學校教練資格。其中在德信中學任教數學及電腦科的王志深老師表示：「透過此計劃，我學會更多組織方法及教練技巧，相信對學校的排球隊將有所裨益。」





*Ms Winnie Shiu (fifth from left, back row) presents the "Outstanding Awards" to the six teachers.
邵亦敏女士（後排左五）頒發「最佳表現獎」給予六位表現出色的老師。*

An assessment on teachers' performance was also incorporated in the SCAP. Teachers have to pass theoretical and practical examinations before fulfilling their 30-hour practicum at school to get the accredited school coach qualification. So, how did the teachers perform? Tutors from respective NSAs commented that despite the teachers' unfamiliarity with the sports, they were enthusiastic and committed to the Programme and it was amazing to see how well the novice could play after the eight training days.

To recognise the excellent performance of the teachers during the training period, "Outstanding Awards" were presented at the graduation ceremony. The following six teachers were nominated by their respective tutors and received their awards from Ms Winnie Shiu, Assistant Manager Community Relations of The Hongkong and Shanghai Banking Corporation Limited at the ceremony.

Best in Sports General Theory Award

Ms Chung Wing-sze, Rosaryhill School

Best Performance Awards in Badminton

Ms Chan Kit-man, Ling Liang Church Sau Tak Primary School

Mr Hung Chi-wah, Chiu Lut Sau Memorial Secondary School

Best Performance Award in Handball

Ms Ng Wing-ye, China Holiness College

Best Performance Awards in Volleyball

Ms Leung Hoi-sze, Ho Lap Primary School

Mr Wong Chi-sum, Tak Sun Secondary School

評核亦是計劃內重要的一環。老師須通過理論及實習考試，並在任教學校義務完成30小時專項運動訓練工作，方可獲取認可學校教練資格。老師在專項訓練中，到底表現如何？有關體育總會的導師均表示，參與的老師在開始時對專項訓練的認識有參差，但憑著對運動的熱誠及抱負，他們在短短的8天內有極大的進步。

表現出色的老師更由導師提名最佳表現獎，獎項已由香港上海滙豐銀行有限公司社區關係副經理邵亦敏女士在結業典禮上頒發。6名成績突出的老師包括：

運動通論課成績優異獎

鍾詠思老師 - 玫瑰崗學校

羽毛球課程最佳表現獎

陳潔雯老師 - 靈糧堂秀德小學

洪志華老師 - 趙聿修紀念中學

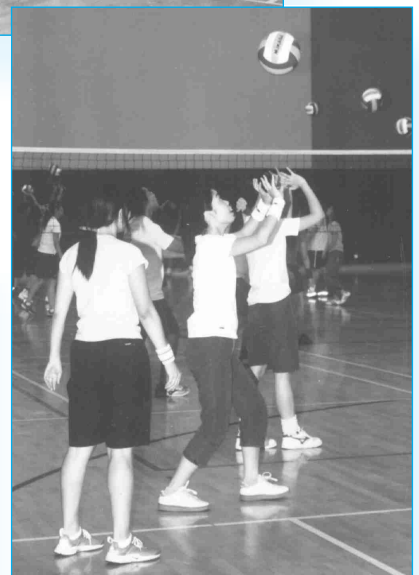
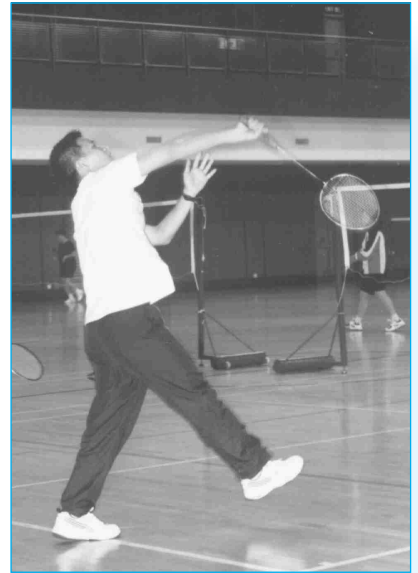
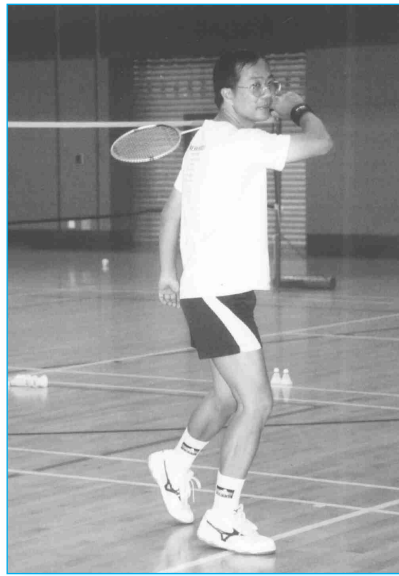
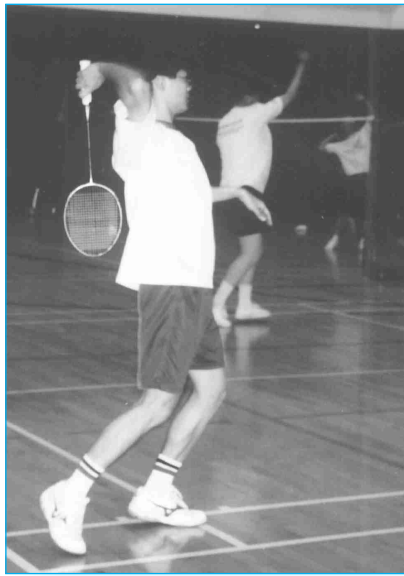
手球課程最佳表現獎

伍詠儀老師 - 中聖書院

排球課程最佳表現獎

梁凱施老師 - 可立小學

王志深老師 - 德信中學





11th Hongkong Bank Foundation Elite Coaches Seminar cum Coaching Directors Forum

第十一屆滙豐銀行慈善基金 精英教練員研討會暨 教練總監論壇

● Nutrition in Exercise and Sports

How does food nutrition help athletes to reach optimal performance and to restore their energy after fierce competitions? What is the difference between sports nutritional supplements and ordinary supplements? Renowned speakers from China, Hong Kong and the United States will share their views and expertise in the area of "Nutrition in Exercise and Sports" with local coaches and delegates from other Asian countries at this year's Hongkong Bank Foundation Elite Coaches Seminar cum Coaching Directors Forum (Seminar). Topics of the Seminar include:

- **"Sports Nutrition for Peak Performance"**
 - presented by Ms Suzanne Eberle, MS, RD, Consultant of University of Portland Athletic Department, United States
- **"Application of Nutritional Supplements"**
 - presented by Professor Xie Minhao, Dean of Sport Science College, Beijing Sport University, China
- **"Importance of Recovery Nutrition"**
 - presented by Ms Susan Chung, Sports Nutritionist, Hong Kong Sports Development Board, Hong Kong
- **"Efficacy of the Chinese Medicine to Elite Athletes"**
 - presented by Professor Ma Yuhe, Medicine Professor, Research Institute of Sports Medicine, China

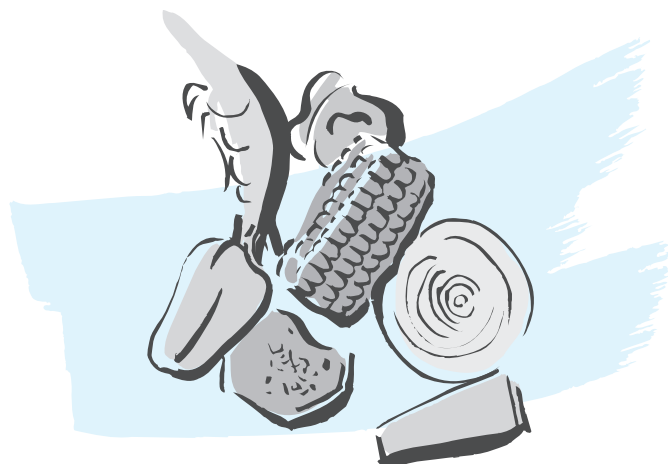
This annual international Seminar, jointly organised by the HKCC and the All-China Sports Federation, will be held from 12 to 13 December 2003 at Sports House. In the Seminar, one can learn more about nutritional applications and its effects on athletes' performance. Visit the HKCC website at www.hkcoaching.com for enrolment details.

● 運動營養學

攝取適當的營養對運動員有何幫助及於比賽後怎樣恢復體力？運動營養品與普通營養品有什麼不同的地方？「第十一屆滙豐銀行慈善基金精英教練員研討會暨教練總監論壇」（研討會）將邀請來自中國、香港及美國的資深講者來港與本地教練及來自亞洲各國的參加者分享他們對「運動營養學」的見解及專業意見。是次研討會的演講題目包括：

- **「如何利用運動營養達致最佳表現」**
 - 主講者：運動營養師、美國波特蘭大學運動部顧問
Suzanne Eberle 女士
- **「常見運動營養品及其應用」**
 - 主講者：北京體育大學運動人體科學院院長
謝敏豪教授
- **「恢復營養的重要性」**
 - 主講者：香港康體發展局運動營養主任
鍾素珊女士
- **「中醫藥對競技運動員之幫助及療效」**
 - 主講者：北京運動醫學研究所副研究員
馬玉河副教授

這個一年一度的國際性研討會由香港教練培訓委員會及中華全國體育總會聯合主辦，將於2003年12月12及13日在體育大樓舉行。如想多了解營養應用及其對運動員成績和表現的影響，請瀏覽香港教練培訓委員會網頁www.hkcoaching.com索取有關研討會的報名詳情。





Hongkong Bank Foundation Coach Accreditation Programme

滙豐銀行慈善基金 教練級別評定計劃

Course schedule for the first quarter of 2004

The course schedule for the Sports-General Theory Courses (Level 1 and 2) from January to March 2004 is now available. Interested coaches can enroll for the course through their respective NSAs.

2004年第一季課程時間表

2004年1月至3月份的運動通論課程（第一及第二級別）的時間表現已公布。對課程有興趣的教練可向所屬的體育總會報名。

Course code 課程編號	Course 課程	Date 日期
1C1	Level 1 第一級 (weekday course 平日班)	January 一月 5, 7, 9, 12, 14, 16, 19, 26
2C1	Level 1 第一級 (weekday course 平日班)	January 一月 30 February 二月 2, 4, 6, 9, 11, 13, 20
3C1	Level 1 第一級 (weekend course 週末班)	January 一月 31 February 二月 1, 7, 8, 14, 21
1C2	Level 2 第二級 (weekday course 平日班)	February 二月 23, 25, 27 March 三月 1, 3, 5, 8, 10, 12, 15, 22

Medium of instructions 講授語言: Cantonese 廣東話

Venue 地點: Jubilee Room, Hong Kong Sports Institute
香港體育學院銀禧廳

Weekday course 平日班: 7:00 - 10:00pm 晚上7時 - 10時

Weekend course 週末班: 2:00 - 8:00pm 下午2時 - 8時

Hongkong Bank Foundation Continuing Coach Education Programme

滙豐銀行慈善基金 教練延續培訓計劃

"Prevention of Sudden Death in Exercise" Seminar

Sudden death in exercise might happen to a young, apparently healthy individual without any symptoms. The underlying cardiovascular disease is considered to be the contributory factor and early identification of the disease can prevent sudden death. At the "Prevention of Sudden Death in Exercise" Seminar, held at Sports House on 27 September 2003, Dr Gary Mak, Honorary Consultant of the Hong Kong Sports Development Board (HKSDB), introduced the pathology and the effect of exercise on the risk of sudden death, the identification of athletes at risk and the role of coaches in the prevention to over 115 coaches.

「運動猝死之預防」講座

運動猝死可能發生在一個健康的年輕人身上而事前並沒有任何先兆，這往往是由於一些心臟血管毛病所引致，及早發現其實可減低突然死亡的機會。9月27日在體育大樓舉行的「運動猝死之預防」的講座中，主講嘉賓香港康體發展局（康體局）顧問醫生麥耀光醫生向超過115名教練講解因運動引致突然死亡的原因，以及教練如何辨悉有潛在危險的運動員及預防方法。



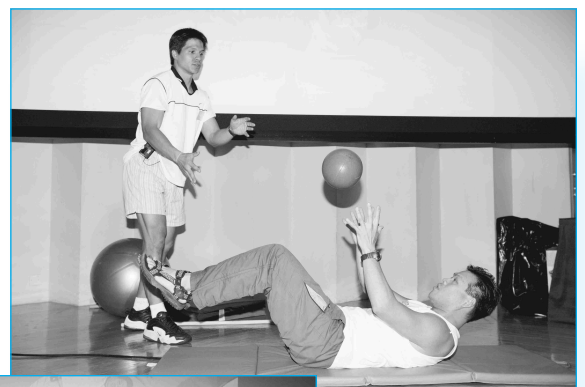
● "Strength and Conditioning - Training the Core" Seminar

Many coaches recognize that a strong and stable trunk in sports is essential for running, jumping, twisting, changing directions, punching, and kicking, etc. In spite of this, training of the trunk is often neglected for athletes. In the "Training the Core to Enhance Sports Performance" Seminar, held at Sports House on 8 November 2003, Mr Michael Tse, Strength and Conditioning Manager of the HKSDB, shared with more than 140 coaches on the core training programme and the importance of abdominal musculature and its biomechanical relationship to the entire kinetic chain, in particular as it applies to maintenance of good posture, prevention of lower back injuries, and sports performance enhancement.



● 「體適能之軀幹核心訓練」講座

很多教練認同跑步、跳躍、扭動、轉向、擊打及踢腿等動作都需要有強而穩定的身軀支持。但當訓練運動員時，軀幹核心訓練往往會被忽略。11月8日在體育大樓舉行的「體適能之軀幹核心訓練」講座中，康體局體適能經理謝家德先生向超過140教練解釋鍛鍊腰腹肌肉的重要性，並且從生物機動學的層面講解它與整個動力鍊的相互關係，特別是如何將這些訓練應用於保持良好體態、預防下背傷患以及提升運動表現等方面。





Beijing Sport University Bachelor of Education in Sports Training

北京體育大學運動訓練 教育學士學位課程

Hongkong Bank Foundation Scholarships

The First Assembly of the Beijing Sport University's (BSU) 2003 - 2004 Bachelor of Education in Sports Training Programme was held at the Hong Kong Sports Institute on 16 October 2003. Ms Kathy Wong, Secretary of Advisory Committee of the Hongkong Bank Foundation presented scholarships to the following 12 students who had attained outstanding academic performance in the 2002-2003 school year:

滙豐銀行慈善基金獎學金

2003至2004年度的北京體育大學（北體大）運動訓練教育學士學位課程開學典禮已於2003年10月16日在香港體育學院舉行。當天，滙豐銀行慈善基金諮詢委員會秘書黃彬女士頒發了「滙豐銀行慈善基金獎學金」給以下12位於2002 - 2003學年成績優異的同學：

滙豐銀行慈善基金獎學金 The Hongkong Bank Foundation Scholarships	得獎者 Recipients
港幣六千元 HK\$6,000.00	曾照祥先生 及 孔志超先生 Mr Tsang Chiu-cheung and Mr Hung Chi-chiu
港幣五千元 HK\$5,000.00	毛偉銘先生 及 吳嘉煒先生 Mr Mo Wai-ming and Mr Ng Ka-wai
港幣四千元 HK\$4,000.00	何能新先生 及 張國忠先生 Mr Ho Ngan-san and Mr Cheung Kwok-chung
港幣三千元 HK\$3,000.00	王進芬女士 及 王道梅女士 Ms Wong Chun-fan and Ms Wong To-mui
港幣一千五百元 HK\$1,500.00	莊振飄先生 及 王泳筠女士 Mr Chong Chun-piu and Ms Wong Wing-kwan
港幣五百元 HK\$500.00	許于信先生 及 姜淑兒女士 Mr Hui Yu-shun and Ms Keung Shuk-yi

Officiating guests and Hongkong Bank Foundation scholarship recipients.
一眾主禮嘉賓及「滙豐銀行慈善基金獎學金」得主。



Students introduce the BSU's programme to Ms Kathy Wong.
黃彬女士跟北體大學生們了解課程內容。





Thanks Coach Scheme

教練獎勵計劃

Community Recognition to Coaches

We can express our thanks and appreciation to our special ones at occasions such as Teacher's Day, Mother's Day and Father's Day. But how about coaches? How can we honour our coaches who work tirelessly and selflessly behind the scenes? Introduced in 2000, the Thanks Coach Scheme is one of the recognition programmes in recognising the hard work, effort and dedication contributed by the coaches, particularly at the grassroots and community levels. The HKCC has encouraged and provided subvention to NSAs for staging their own awards presentations since its introduction. If you would also like to honour the coaches who have made outstanding achievements and contributions to sports, check with your respective NSA for the nomination details of the Thanks Coach Scheme.

表揚社區教練

大家可以透過一些特別的節日，例如教師日、母親節、父親節，向老師、母親、父親衷心致謝。至於教練，我們又可以怎樣去表揚這群在體壇上默默耕耘的幕後功臣？有見及此，香港教練培訓委員會於2000年首次推行教練獎勵計劃，此計劃是教練獎勵計劃其中一環，於每年向轄下體育總會提供資助，希望透過獎勵計劃，表揚及嘉許社區及基層教練在體育工作所付出的貢獻。如果你亦希望表揚這群優秀教練對運動所作出的努力及貢獻，請向所屬的體育總會查詢有關教練獎勵計劃的詳情。

THE HONG KONG COACHING COMMITTEE

is a joint committee of the
Sports Federation and Olympic Committee of Hong Kong, China
and

Hong Kong Sports Development Board

香港教練培訓委員會

是由

中國香港體育協會暨奧林匹克委員會

及

香港康體發展局

聯合組成的委員會

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