

UPDATE 動向



18th Hongkong Bank Foundation Elite Coaches Seminar

第十八屆滙豐銀行慈善基金 精英教練員研討會

Hongkong Bank Foundation Elite Coaches Seminar

滙豐銀行慈善基金精英教練員研討會

Enhancing Recovery in Sports

The 18th Hongkong Bank Foundation Elite Coaches Seminar was held at the Shanghai University of Sport (SUS) on 11–13 September 2010. Jointly organised by the Hong Kong Coaching Committee (HKCC) and the All-China Sports Federation, this high-profile event brought together over 160 coaches from Hong Kong and China under the theme “Enhancing Recovery in Sports”.

Officiated by Professor Frank Fu, Chairman of the HKCC, and Jiang Zhi-xue, General Director of the Science and Education Department of the General Administration of Sport of China, the Seminar featured presentations by six coaches and sports medicine experts from the United States, Mainland China and Hong Kong, who shared their valuable experience with audience members.

運動恢復

第十八屆滙豐銀行慈善基金精英教練員研討會已於2010年9月11日至13日假上海體育學院舉行。這個備受矚目的研討會由香港教練培訓委員會及中華全國體育總會合辦，主題為「運動恢復」，吸引了超過160名香港及中國內地的教練參加。



研討會開幕禮由香港教練培訓委員會主席傅浩堅教授及中國國家體育總局科教司司長蔣志學主持。研討會邀請了六位來自美國、中國內地及香港的教練及運動醫學專家發表專題演講，與會眾分享箇中經驗。

在開幕禮致辭時，傅浩堅教授感謝中華全國體育總會的鼎力支持，使一年一度的研討會能夠移師上海舉行，造就一個加強香港與內地教練交流的機會。傅教授亦感謝滙豐銀行慈善基金多年來對教練培訓計劃的慷慨資助。

In Professor Fu's opening remarks, he thanked the support of the All-China Sports Federation in providing opportunities for this annual seminar to be held in Shanghai to maximise exchanges between Hong Kong and the Mainland coaches. Also, he appreciated the Hongkong Bank Foundation for their generous support over the years.



"The Seminar provides a good platform for exchanges on sport training and facilitates cooperation opportunities between coaches from Hong Kong and the Mainland," said Jiang in his speech. "Through detailed presentations of professional coaches and experts, coaches can obtain the latest training format, methods and techniques, and thus help improve their coaching standard."

The seminar certainly offered valuable insights for elite coaches. Respected speakers included Professor Yang Zeyi, Researcher of China's Anti-Doping Agency and member of preparation for Olympic expert group, the General Administration of Sport of China, talked on the subject "Sports Nutrition Intervention and Maximization of Training Efficiency". In his presentation, Professor Yang shared a number of success stories from the Olympics, looking at the tactical nutritional measures taken in preparation for the Games, the relationship between training and recovery from a scientific perspective, and the crucial role of sports nutrition in assisting athletes to recover from injury.



Dr Paul Wright, Head Athletics Coach of the Hong Kong Sports Institute (HKSI), presented on the subject "Periodization for Optimal Performance in Track Events". In this informative session, Dr Wright introduced the five primary principles of training – specificity, overload, recovery, adaptation, and progression – to illustrate the importance of periodization when building training plans. He also explained how periodization relates to the five primary principles of training within the context of Track and Field events.

Dr Raymond So, Sports Science & Medicine Coordinator of the HKSI, spoke on the topic "Enhancing Recovery for Elite Athletes in Physiological Aspects". With his extensive experience in training Hong Kong's elite athletes over 20 years, Dr So shared different active and passive recovery measures which could enhance recovery and performance.

Dr Sean McCann, Senior Sport Psychologist of the US Olympic Committee, who discussed on the subject "The Psychology of Recovery". With his 16-year experience as the Sport Psychologist for the US Olympic Team, Dr McCann explained the important role that psychological factors played in athlete recovery, and the interventions that could help athletes manage and reduce psychological stress while also enhancing recovery.

蔣志學司長表示：「研討會為香港和內地教練提供了一個良好的平台，加強雙方在體育培訓及設備方面的交流與合作機會。」他說：「透過資深教練和專家的專題講解，參加研討會的教練們可了解最新的運動訓練模式、方法和技術，有助提高訓練的水平。」

精英教練們從講者的演說中獲益良多，應邀的著名講者包括國家體育總局反興奮劑中心研究員及國家體育總局備戰奧運會專家組專職專家楊則宜教授，其演講題目為「運動營養干預與訓練效能最大化」。楊教授透過多個備戰奧運的成功範例，分析在準備奧運會的過程中所採用的策略性營養學手段、訓練與恢復在科學層面上的關係、運動營養在運動員傷患恢復期間的重要效能。



香港體育學院（體院）田徑總教練韋保羅博士以「如何透過田徑週期訓練締造佳績」為題，集中介紹田徑訓練的五項基本原則——針對性、超負荷、恢復、適應及漸進性，並顯示週期訓練對設計培訓計劃的重要性。此外，他又闡述週期訓練與田徑訓練五項基本原則的關係。



體院運動科學及醫學統籌主任蘇志雄博士就「提升精英運動員的生理恢復措施」，與眾教練分享他在香港精英運動員訓練工作超過20年的豐富經驗，講解如何透過多種主動及被動式的運動恢復方法，提升身體恢復的速度及運動表現。



美國奧林匹克委員會高級運動心理主任桑麥肯博士分享了「運動員之心理恢復」。桑麥肯博士為美國奧運會代表隊擔任運動心理主任16年，分享了心理因素在運動員恢復系統中的重要性，並闡釋如何在運動恢復期協助運動員應付心理壓力並促進恢復。



Internationally recognised acupuncture physician and physical therapist Dr Kerry D'Ambrogio elaborated on the topic "An Integrated Evaluation and Treatment Approach for the Injured Athlete". This informative presentation looked at evidence-based evaluation and treatment strategies that could help coaches determine the most suitable treatment programme for their athletes. He also outlined various types of manual and exercise therapies that could facilitate recovery in sports.

Speaking on the subject "Physical Training for Hurdlers", Sun Hai-ping, Deputy Chief Coach of the China National Athletics Team, shared his rich experience of how to train hurdlers especially taking Liu Xiang, the first Chinese men's athletics gold medallist at the 2004 Olympics, as a case study. He shared his experiences on how to overcome the constraints.

In addition to these thought-provoking presentations, participants enjoyed a series of local site visits, including the SUS, the Chinese Wushu Museum, sports training venues in the Oriental Land and the Zhujiqiao Ancient Town.

First held in 1993 and funded by the Hongkong Bank Foundation, the annual Elite Coaches Seminar aims to provide a platform for experts and coaching professionals in Hong Kong, Mainland China and across the region to exchange ideas.



國際認可手力及物理治療師岩布治奧博士的講題為「運動員的傷患綜合評估與治療」，他解釋臨床評估及治療策略如何幫助教練決定適合運動員的治療方案。此外，他又介紹採用不同的手法治療及練習，以達致運動恢復的成效。



中國國家田徑隊副總教練孫海平則以「跨欄運動員的身體訓練」為題，與眾教練分享訓練跨欄運動員的經驗。他特別以2004年奪得男子田徑奧運金牌的首位中國運動員劉翔作個案分析，並分享其克服傷患的經驗。

是次研討會除了精采的演講外，參加者亦安排在上海進行連串實地考察，參觀地點包括上海體育學院、中國武術博物館、東方綠洲訓練基地及朱家角古鎮。



The e-version of the proceedings of the 17th Hongkong Bank Foundation Elite Coaches Seminar – "Winning System for Elite Coaching" has been uploaded on the HKCC Website. Please browse www.hkcoaching.com/hk/publications.asp.



每年一度的精英教練員研討會於1993年首次舉辦，由滙豐銀行慈善基金資助，目的是促進香港、中國及海外的專家和教練專才交流與聯繫。

第十七屆滙豐銀行慈善基金精英教練員研討會 — 「優秀的精英訓練系統」論文集電子版經已上載本會網站。如欲下載，請瀏覽 www.hkcoaching.com/hk/publications.asp。

Hongkong Bank Foundation School Coach Accreditation Programme

滙豐銀行慈善基金學校教練評定計劃

Enriching the Quality of Coaching in Schools

提升學校教練專業質素

The Hongkong Bank Foundation School Coach Accreditation Programme (SCAP) continues to grow from strength to strength. A total of 126 teachers from 106 primary and secondary schools in Hong Kong completed a nine-day intensive course from 14 to 29 July 2010 and were recognised for their commitment to sport education.

The presentation ceremony, officiated by Professor Frank Fu, Chairman of HKCC was held at the HKSI on 29 July 2010. Nine Outstanding Awards in the Sports-General Theory and Sports-Specific Theory were presented to the participants in recognition of their enthusiasm and dedication to school sport.

In Professor Fu's opening remarks, he appreciated the support from the Hongkong Bank Foundation (HBF), the Hong Kong Badminton Association, the Hong Kong Basketball Association, the Hong Kong Squash and the Hong Kong Table Tennis Association. He also mentioned that most of the potential athletes were identified in schools and thus school coaches played an important role to provide appropriate advice and techniques to younger generation for their sports development.

Teresa Au, Head of Corporate Sustainability Asia Pacific Region of The Hongkong and Shanghai Banking Corporation Limited, said, "With the remarkable success achieved by Hong Kong athletes in Major Games in recent years, a sporting culture has taken a strong root in schools and the wider community. There is an increasing demand for school coaches. We will continue to work closely with the HKCC, National Sports Associations (NSAs) and schools to enhance the accreditation programme so as to train more qualified accredited school coaches."



滙豐銀行慈善基金學校教練評定計劃繼續得到各界的支持，在2010年7月14日至29日期間，共有126名中、小學教師完成了為期九天的緊湊課程及訓練，獲頒發證書以嘉許他們對運動培訓的熱忱。

證書頒發儀式於2010年7月29日在體院舉行，由香港教練培訓委員會主席傅浩堅教授主持。九名在運動通論和專項運動課程

表現出色的學員獲頒傑出表現獎，以嘉許他們對學校體育的熱誠與努力。

傅教授在致詞時特別感謝滙豐銀行慈善基金的支持，以及香港羽毛球總會、香港籃球總會、香港壁球總會與香港乒乓球總會的協助。他提及很多具潛質的運動員都是在校園中被發掘，因此學校教練的重要性不容忽視，他們可以在體育發展方面向年輕一輩給予適當的意見及技術指導。



香港上海滙豐銀行亞太區企業可持續發展總監區佩兒表示：「近年，香港運動員在大型運動會屢創佳績，運動文化已在學界以至社會紮根，因此對學校教練的需求不斷增加。滙豐會繼續與香港教練培訓委員會、體育總會和學校緊密合作，加強計劃的內容，培訓更多合資格的認可學校教練。」

During the ceremony, Professor Fu and representatives of various NSAs furnished a small tree with nutrients symbolising their encouragement to all participants to keep nurturing their students not only for the contributions to school but also for the sports development in Hong Kong.

Feedback from participating teachers was excellent, with many saying that the programme had not only updated their knowledge of training techniques and sports theories, but had also inspired them with a new enthusiasm for sports coaching.

The SCAP was launched in 1998 to enhance the coaching standard of school teachers through formal training and accreditation, especially non-PE teachers who work with sports teams and co-curricular activities in primary and secondary schools. It comprises two parts, namely Sports-General Theory, and Sports-Specific Theory and Practical. Participants who achieve an 80% attendance rate will be presented with an attendance certificate. Those who have passed the examinations in both parts and completed a voluntary 30-hour practicum on the respective sports within one year will be awarded a School Coach Certificate.

在儀式上，傅浩堅教授及各體育總會代表特地為幼樹苗注入養份，喻意希望所有參加課程的學校教練在未來能夠積極培育年輕運動員，不但能夠回饋學校，亦對本地體育發展作出貢獻。

各老師對本課程的反應十分熱烈，紛紛表示此課程不單加深了他們在訓練技巧及體育理論的知識，更啟發了他們對運動培訓的熱誠。

滙豐銀行慈善基金學校教練評定計劃自1998年開始舉辦，旨在透過正統的訓練及評定系統進一步提升學校教練的質素，特別是負責校隊及聯課活動的非體育科老師。計劃內容涵蓋運動通論和專項運動課程（理論及技術）兩個部份。參加者的出席率達百分之八十，方獲頒發出席證書。此外，參加者必須在兩個部份的考試中取得合格，然後於一年內在任教學校以義務形式完成30小時的相關運動專項訓練工作，便可獲發學校教練證書。

過去12年，香港教練培訓計劃曾舉辦涉及10個運動項目的課程，包括田徑、羽毛球、籃球、足球、手球、健美體操、壁球、乒乓球、網球和排球，接受培訓的老師至今已超過2,000位。本計劃獲得滙豐銀行慈善基金資助，由香港教練培訓委員會及體育總會攜手合辦，一直獲得各體育總會、校長及老師的大力支持。



In the last 12 years, the SCAP had organised courses in ten sports – athletics, badminton, basketball, football, handball, sports aerobics, squash, table tennis, tennis and volleyball – and trained over 2,000 teachers. The programme, which is funded by the Hongkong Bank Foundation and jointly offered by the HKCC and NSAs, enjoys broad support from NSAs, school heads and teachers.



The following participating teachers were awarded 得獎老師如下：

2009 Christmas Class 2009 聖誕假期班		
Best in Sports-General Theory Award 運動通論課程成績優異獎		
Thong Chi-wai 唐志偉		CNEC Christian College 中華傳道會安柱中學
Best Performance Award 專項運動課最佳表現獎		
Football 足球	Lee Ka-sing, Danny 李嘉升	Sham Shui Po Government Primary School 深水埗官立小學
Tennis 網球	Fung On 馮安	HKSYC & IA Chan Nam Chong Memorial School 香港四邑商工總會陳南昌紀念學校
Volleyball 排球	Chiu Lam-kong 趙霖光	Clementi Secondary School 金文泰中學
2010 Summer Class 2010 暑期班		
Best in Sports-General Theory Award 運動通論課程成績優異獎		
Wong Pik-shan 黃碧珊		Buddhist Ho Nam Kam College 佛教何南金中學
Best Performance Award 專項運動課最佳表現獎		
Badminton 羽毛球	Wong Ka-cheung, James 王家祥	Fresh Fish Traders' School 鮮魚行學校
Basketball 籃球	Fung Chi-tat 馮志達	SKH Chu Yan Primary School 聖公會主恩小學
Squash 壁球	Law Kam-chuen 羅錦泉	Lai Chack Middle School 麗澤中學
Table Tennis 乒乓球	Ying Kong-tei 邢港地	Islamic Dharwood Pau Memorial Primary School 伊斯蘭鮑伯濤紀念小學

Hongkong Bank Foundation Continuing Coach Education Programme 滙豐銀行慈善基金教練延續培訓計劃

Understanding the Role of Sports Vision Training

運動視覺訓練的重要性



Around 150 coaches attended a seminar on 13 August 2010 entitled "Sports Vision Training and Sports Performance". This seminar was conducted by Ms Ronnie Huang, Senior Optometrist from the School of Optometry of the Hong Kong Polytechnic University. During her presentation, she explained how proper sports vision training could strengthen athletes' vision skills and directly improve their performance. The participants were impressed by this valuable presentation. Most of them agreed that it had broadened their understanding and given them a new edge for future training programmes.

約150名教練出席了於2010年8月13日舉辦，由香港理工大學眼科視光學院高級眼科視光師黃樣治主講的「運動視覺訓練與運動表現」講座。黃女士闡述適當的運動視覺訓練如何能提升運動員的視覺功能，從而直接改善運動員的表現。這次講座令參加者獲益良多，拓闊他們對運動視覺訓練的認識，對日後制定運動員的訓練計劃大有裨益。



Hongkong Bank Foundation Coach Recognition Programme

滙豐銀行慈善基金教練獎勵計劃



Nominations for 2010 Hongkong Bank Foundation Coaching Awards Open

Organised by the HKCC since 1993, the annual Hongkong Bank Foundation Coaching Awards (Awards) now opens for nomination for 2010. NSAs, Community Sports Clubs, District Sports Associations and sports organisations are encouraged to nominate their coaches and show gratitude to them for their tirelessly efforts behind the scene. The Awards programme recognise coaches' contribution to sports from grassroots to elite level on a territory-wide basis. Nomination will be closed on 7 January 2011. The Awards result will be announced at the Presentation Ceremony in April 2011.

The six categories are expected to be keenly contested. They are:

Coach of the Year Awards – for coaches who have best demonstrated their ability to improve the performance of an individual or a team at the international level in 2010.

Coaching Excellence Awards – for coaches who have led an athlete or a team to the 4-point level or above in 2010 according to the Hongkong Bank Foundation Coaching Awards "Evaluation Criteria".

Best Team Sport Coach Award – for the individual who has led the team to an outstanding achievement in 2010 according to the Hongkong Bank Foundation Coaching Awards "Evaluation Criteria".

Distinguished Services Award for Coaching – for the individual who is adjudged to have made an outstanding contribution to coaching at the national and international levels for a minimum period of ten years. Coaches will be awarded only once every other ten years.

Coach Education Award – for the individual who is adjudged to have made an outstanding contribution to coach education for not less than five consecutive years prior to 2010. Coaches will be awarded only once every other five years.

Community Coach Recognition Awards – for coaches possessing valid coaching certificates and are adjudged to have made a special contribution to the coaching of athletes or teams within the community for not less than three consecutive years prior to 2010. Multi-sports organizations can submit up to two nominations for two different sporting events. Coaches will be awarded only once every other three years.

Detailed selection criteria can be found at the "2010 Hongkong Bank Foundation Coaching Awards" Nomination Booklet, or the HKCC website at www.hkcoaching.com and the HKSI website at www.hksi.org.hk.

2010滙豐銀行慈善基金優秀教練選舉接受提名

「2010滙豐銀行慈善基金優秀教練選舉」，由即日起至2011年1月7日期間接受提名。這項有意義的選舉由香港教練培訓委員會自1993年開始舉辦，歡迎各體育總會、社區體育會、地區體育會及體育機構提名其教練競逐殊榮，以表達他們對這群幕後英雄長年默默耕耘的敬意。此全面嘉許基層以至精英教練的盛事，獲獎教練名單將於2011年4月舉行的頒獎禮上公佈。

選舉設有六組獎項以供競逐：

全年最佳教練獎 — 頒發在2010年帶領運動員或隊伍在國際賽事中表現有顯著進步的教練。

精英教練獎 — 頒發在2010年帶領運動員或隊伍按滙豐銀行慈善基金優秀教練選舉「評核準則」內達到四分或以上成績的教練。

最佳隊際運動教練獎 — 頒發在2010年帶領運動隊伍按滙豐銀行慈善基金優秀教練選舉「評核準則」內獲得優異成績的教練。

傑出貢獻獎 — 表揚在過去十年內，對培訓本地精英及香港代表隊有傑出貢獻的人士。每位教練只可每隔十年獲獎一次。

最佳教練培訓工作者獎 — 頒發給在過去五年對教練培訓工作有傑出貢獻的人士。每位教練只可每隔五年獲獎一次。

社區優秀教練獎 — 頒發對培訓社區運動員或隊伍有特別貢獻的教練。獲提名的教練必須連續服務有關社區最少三年，並具備有效教練證書。多項運動的機構最多可提名兩位教練，但被提名者必須分屬不同運動項目。每位教練只可每隔三年獲獎一次。

有關詳情，請參閱「2010滙豐銀行慈善基金優秀教練選舉」提名章程，或瀏覽香港教練培訓委員會網頁 www.hkcoaching.com 及體院網頁 www.hksi.org.hk。



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 January – June 2011 English Class will be commenced in February

2011年1月至6月課程時間表 英語平日班將於二月開課

The schedule of the Sports-General Theory (Part A) Course from January to June 2011 is now available. A weekday English class (10-1113E1) will also be offered between February and March 2011. Coaches could enroll through their respective National Sports Associations (NSAs). Please browse the HKCC website at www.hkcoaching.com for enrolment details.

2011年1月至6月運動通論（甲部）課程時間表已經公布，英語平日班（10-1113E1）將於2011年2月至3月份舉行，有興趣的教練請透過所屬體育總會儘早報名。報名詳情請瀏覽 www.hkcoaching.com。

Level 1 – 3 Sports-General Theory Courses 第一至三級運動通論課程 January – June 2011 2011年1月至6月

Course code 課程編號	Course 課程	Date 日期		Venue 上課地點
2011				
10-1111C1	Level 1 (Cantonese) — Weekday course ³ 第一級（廣東話） — 平日班 ³	January 一月 February 二月 March 三月 April 四月	3, 10, 17, 24 14, 21, 28 7, 14, 21, 28 4, <u>11</u>	HKSI, Fotan 火炭香港體育學院
10-1112C1	Level 1 (Cantonese) — Weekend course 第一級（廣東話） — 週末班	January 一月 February 二月	8, 9, 15, 16, 22, 23, 29, 30 <u>12</u>	
10-1113E1	Level 1 (English) — Weekday course ⁴ 第一級（英語） — 平日班 ⁴	February 二月 March 三月	16, 18, 23, 25 2, 4, 9, 11, 16, 18, 23, 25, <u>30</u>	
10-1111C3	Level 3 (Cantonese) — Weekend course 第三級（廣東話） — 週末班	February 二月 March 三月	13, 19, 20, 26, 27 5, 6, 12, 13, 19, 20, 26, <u>27</u>	
10-1122C2	Level 2 (Cantonese) — Weekday course ² 第二級（廣東話） — 平日班 ²	March 三月 April 四月	1, 3, 8, 10, 15, 17, 22, 24, 29, 31 7, 12, 14, 19, <u>21</u>	
11-1211C1	Level 1 (Cantonese) — Weekend course 第一級（廣東話） — 週末班	April 四月 May 五月	9, 10, 16 7, 8, 14, 15, 21, <u>28</u>	
11-1222C1	Level 1 (Cantonese) — Weekday course ² 第一級（廣東話） — 平日班 ²	April 四月 May 五月 June 六月	28 3, 5, 12, 17, 19, 24, 26, 31 2, 7, <u>14</u>	
11-1233C1	Level 1 (Cantonese) — Weekend course 第一級（廣東話） — 週末班	May 五月 June 六月 July 七月	29 11, 12, 18, 19, 25, 26 3, <u>9</u>	
11-1244C1	Level 1 (Cantonese) — Weekday course ¹ 第一級（廣東話） — 平日班 ¹	May 五月 June 六月	16, 18, 20, 23, 25, 27, 30 1, 3, 8, 10, <u>17</u>	
11-1255C1	Level 1 (Cantonese) — Weekday course ² 第一級（廣東話） — 平日班 ²	June 六月 July 七月 August 八月	16, 21, 23, 28 5, 7, 12, 14, 19, 21, 26 <u>2</u>	

The schedule and venue are subject to modification if necessary. 課程日期及上課地點在需要情況下會作出修改

Remarks:

1. Time: Weekday course¹ (Monday, Wednesday & Friday) : 7:00pm — 10:00pm
 Weekday course² (Tuesday & Thursday) : 7:00pm — 10:00pm
 Weekday course³ (Monday) : 7:00pm — 10:00pm
 Weekday course⁴ (Wednesday & Friday) : 7:00pm — 10:00pm
 Weekend course (Saturday & Sunday) : 2:00pm — 8:00pm

2. Examination: Dates with underlined

備註:

1. 上課時間: 平日班¹ (星期一、三及五) : 晚上七時至十時
 平日班² (星期二及四) : 晚上七時至十時
 平日班³ (星期一) : 晚上七時至十時
 平日班⁴ (星期三及五) : 晚上七時至十時
 週末班 (星期六及日) : 下午二時至晚上八時

2. 考試日期: 劃有底線之日期

Hongkong Bank Foundation Accredited Coach Renewal Scheme

滙豐銀行慈善基金認可教練續領計劃

ACT NOW! 2006 Accredited Coaches to Replace Their Certificates by 31 Dec 2010

Under the Accredited Coach Renewal Scheme, coaches are required to replace their Sports-General Theory Certificate, Coach Accreditation Card and Coach logbook, in order to maintain the validity of an "accredited coach" status. Coaches accredited in 2006 will need to replace their certificates by 31 December 2010. For coaches accredited from 1 January 2007 to 31 August 2008, please replace the new certificates from 1 March to 30 April 2011. All old Sports General Theory Certificates will become invalid after the respective replacement periods. For details, please visit the HKCC website at www.hkcoaching.com.



2006年度取得認可資格的教練請盡快換證

按認可教練續領計劃，教練需換領運動通論證書、認可教練證及教練記錄冊，以維持其「認可教練」資格的有效性。於2006年取得認可資格的教練，請於2010年12月31日前換領新證。而於2007年1月1日至2008年8月31日期間取得認可資格的教練，請於2011年3月1日至4月30日換領新證。所有舊的「運動通論證書」將於指定換領期後無效。詳情請瀏覽香港教練培訓委員會網頁 www.hkcoaching.com。

Highlight 簡報

Beijing Sport University 2005 Graduation and New Classes' First Assembly

北京體育大學2005班畢業典禮暨開學典禮

The 2005 Class Graduation Ceremony and New Classes' First Assembly for the Bachelor of Education in Sports Training Programme, organised by the Beijing Sport University (BSU) and administrated by the HKSI in Hong Kong, was held at the HKSI on 9 October 2010. The Ceremony was officiated by Professor Ma Bing, Director of the Adult Education Department of BSU with Professor Frank Fu, Chairman of the HKCC to witness the success of the 23 graduates of the 2005 Class.



由北京體育大學(北體大)開辦、體院負責行政工作的「運動訓練教育學士學位課程」於2010年10月9日舉行了2005級畢業典禮暨新學期開學典禮。典禮由北體大成人教育學院院長馬冰教授聯同香港教練培訓委員會主席傅浩堅教授一起主持，見證了23名2005級北體大畢業生順利完成學位課程。

Nine students (six from the Class of 2005 and three from the Class of 2008) also received the Hongkong Bank Foundation Scholarships in recognition of their outstanding performance in the 2009/10 academic year. The scholarships, which amounted to HK\$35,000, were presented to the students by Kathy Wong, Secretary, Advisory Committee of the Hongkong Bank Foundation (HBF). HBF has been offering over HK\$0.34 million scholarships to students of the BSU Programme since 2000.

九位學員(六位2005級及三位2008級學員)獲頒滙豐銀行慈善基金獎學金，以表揚他們在2009/10學年取得優異成績。滙豐銀行慈善基金諮詢委員會秘書黃彬頒發合共三萬五千港元的獎學金予得獎學員。滙豐銀行慈善基金自2000年起，向北體大課程表現優秀的學員提供了超過三十四萬港元的獎學金。

List of Recipients for the Hongkong Bank Foundation Scholarships

滙豐銀行慈善基金獎學金得獎名單

Scholarships 獎學金	Recipients of Class 2005 2005級得獎者	Recipients of Class 2008 2008級得獎者
HK\$6,000 港幣六千元	Chung Wai-kwok, Eric 鍾懷國	Hui Wai-man 許偉文
HK\$5,000 港幣五千元	Ng Kuen-fung 吳權峰	Leung Wing-kai 梁永皆
HK\$4,000 港幣四千元	Wan Kam-ming 溫金明	Chung Chun-wa 鍾鎮華
HK\$3,000 港幣三千元	Lau Kam-chung 劉錦聰	
HK\$1,500 港幣一千五百元	Ho Siu-lun 何兆麟	
HK\$500 港幣五百元	Li Ka-wo 李家禾	



THE HONG KONG COACHING COMMITTEE

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

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
香港體育學院
聯合組成的委員會

Funded by
資助機構

: The Hongkong Bank Foundation 
: 滙豐銀行慈善基金

Website 網址 : www.hkcoaching.com
Enquiry 查詢電話 : 2681 6289
Fax 傳真 : 2692 1940

