

第二十七屆
賽馬會精英教練員研討會
27th Jockey Club Elite
Coaches Conference



SATURDAY
26.10.2019
0900 - 1800

截止報名日期
Enrol before
13.10.2019

主題 THEME :

運動營養
SPORTS NUTRITION

地點 VENUE :

香港體育學院演講廳
LECTURE THEATRE
HONG KONG SPORTS INSTITUTE

講者與講題 Speakers and Topics

潘德翹先生
Mr. Pun Tak-kiu, Gabriel

嚴格控制體重之女性運動員
Strict Weight Control and
Female Athletes

安楠博士
Dr. An Nan

運動員常見營養問題及
營養管理對策
Common Nutritional Issues
of Athletes and Related
Measures

謝敏豪博士
Dr. Xie Min-hao

國家隊備戰奧運營養保障
- 歷史與現狀
Nutritional Guides of
National Team in preparing
for Olympics – Past
and Present

如何透過運動營養
提升表現
Enhancing Performance
through Sports Nutrition

素食運動員之
飲食安排
Diet for Vegetarian
Athletes

講者介紹 Speakers' Profiles



謝敏豪博士
Dr. Xie Min-hao

國家體育總局運動醫學研究所所長（體育醫院院長）
Director of the National Institute of Sports Medicine (Sports Medicine Hospital), General Administration of Sport of China

博士、教授、註冊營養師、國家體育總局運動醫學研究所所長（體育醫院院長）。中國體育科學學會副理事長，中華醫學會運動醫療分會常委，亞洲運動醫學聯合會（AFSM）候任主席，亞奧理事會醫學委員會委員。2016年里約奧運會中國體育代表團首席醫官。主要從事運動機體調控與營養干預研究，主持完成國家科技支撐課題三項、國家自然基金課題二項；獲國家科技進步二等獎一項、教育部科技進步二等獎一項，指導博士生獲北京優秀博士論文。主編《運動生物化學》、《運動內分泌學》、《耐力訓練監控與營養》等。

Doctor, Professor, Registered Dietitian, Director of the National Institute of Sports Medicine (Sports Medicine Hospital). Vice Chairman of the China Sport Science Society, Committee of the Chinese Society of Sports Medicine of the Chinese Medical Association, President Elect of the Asian Federation of Sports Medicine, Medical Committee of the Olympic Council of Asia, and the Chief Medical Officer of the Chinese Delegation of the 2016 Olympics.

Dr. Xie is mainly engaged in the research of body regulation and nutrition intervention for exercise stress, and has presided various national projects in his expert areas. Dr. Xie also won the State Science and Technology Progress Award (Second Class) and the Science & Technology Progress Award (Second Class) under the Ministry of Education. With his guidance, his doctoral students have been awarded Excellent Doctoral Dissertations in Beijing. Dr. Xie is also the Chief Editor of a number of publications including "Sports Biochemistry", "Sports Endocrinology" and "Monitoring of Endurance Training and Nutrition".



安楠博士
Dr. An Nan

國家體育總局運動醫學研究所營養中心主任
Officer of the Sports Nutrition Research Center, National Institute of Sports Medicine, General Administration of Sport of China

臨床醫學學士、運動人體科學博士、研究員、國家體育總局運動醫學研究所運動營養研究中心主任，曾任國家體育總局體育科學研究所運動生物科學研究中心科研人員、運動醫學研究所健康促進中心副主任，先後於國家皮划艇隊、摔跤隊、女足、田徑隊擔任科研人員；2004年亞洲杯、2007年女足世界盃賽事醫務官、亞足聯註冊醫務官。目前主要工作為運動營養促進健康、國家隊運動員營養保障、運動員機能代謝與運動營養食品的基礎與實踐研究，國家體育總局重點研究領域課題、國家體育總局備戰2020奧運會及2022冬奧會營養科技保障專項負責人。

Bachelor of Clinical Medicine, Doctor of Sports Human Science, Researcher, Officer of the Sports Nutrition Research Center, National Institute of Sports Medicine. Former Researcher of Exercise Biology Research Center of China Institute of Sport Science, Deputy Officer of the Health Promotion Center of the National Institute of Sports Medicine.

Dr. An has worked with the national canoeing team, wrestling team, women's football team and track & field team as a researcher, and was the medical officer during the 2004 Asian Cup and the 2007 Women's World Cup, and the Registered Medical Officer of the Asian Football Confederation. Dr. An is currently working on the areas of sports nutrition for health and providing sports nutrition services to national team athletes. Her current research area includes athletes' metabolism, application of sports nutrition and the key research topics of the General Administration of Sport of China. Dr. An is in charge of the nutrition support for the national team in preparing for the 2020 Olympics and 2022 Winter Olympics.

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潘德翹先生

Mr. Pun Tak Kiu, Gabriel

香港體育學院運動營養主任

Sports Nutrition Officer, Hong Kong Sports Institute

澳大利亞昆士蘭科技大學營養與飲食榮譽學士、香港中文大學運動醫學及健康科學碩士、認可執業營養師和體能訓練專家。潘先生服務於不同臨床領域和本地體育總會，亦曾任香港足球總會和香港演藝學院運動營養客席講師。他目前在香港體育學院的職務是為三項鐵人、保齡球、滑浪風帆及帆船的香港運動員提供運動營養專業意見。

Equipped with the Bachelor of Nutrition & Dietetics (Hons) (Queensland University of Technology, Australia) and Master of Sports Medicine and Health Science (The Chinese University of Hong Kong), Gabriel is an Accredited Practising Dietitian and a Certified Strength and Conditioning Specialist, and has been practising in various clinical settings and local sports associations. He has also been the guest sports nutrition lecturer for the Hong Kong Football Association and the Hong Kong Academy of Performing Arts. His current role at the Hong Kong Sports Institute is to provide sports nutrition service to Hong Kong athletes in triathlon, tenpin bowling, windsurfing and sailing.

講授語言 Language Medium	普通話及英語（設有即時傳譯） Putonghua and English (Simultaneous interpretation will be provided)
證書 Certificate	凡出席整個研討會的參加者將獲主辦單位發出出席證書 Certificate of Attendance will be issued for participants attending all sessions of the conference
教練延續培訓時數 Continuing Coach Education Hours Earning	香港教練培訓委員會認可教練延續培訓時數為5小時 The Hong Kong Coaching Committee will grant 5 hours of Continuing Coach Education Activity for accredited coaches
查詢 Enquiries	852 - 2681 6493 阮小姐 852 - 2681 6493 Miss Javan Yuen
備註 Remarks	<ul style="list-style-type: none">● 主辦機構將在活動期間進行攝錄，其授權機構或贊助團體可使用、分發及/或複製有關資料，照片或錄影，以作推廣用途。 The Organiser will arrange video recording during the conference and its authorized agents and the programme sponsor(s) may use, distribute and/or reproduce related materials for promotional purposes.● 有關活動的內容及講題次序在需要情況下會作出修改。 The Organiser reserves the right to modify the conference's contents and presentation order (or any part thereof) without any notice.● 報名一經接納，不得更改、取消或將名額轉讓他人，所繳費用亦恕不退回。 Once the enrolment has been accepted, enrolment fee is neither refundable nor transferable.● 有關的個人資料只會用於與是次報名有關的用途。 Personal data provided will be confined to processing application only.

報名表格 Enrolment Form

名額有限、先到先得 on a first come first served basis

個人資料 Personal Information

(請於□內加√/please insert√in□)

姓名 Name: (中文) (English)

性別 Gender: 男 M 女 F 聯絡電話 Contact Number:

電郵地址(請以大楷填寫) Email Address (please fill in BLOCK LETTERS):

將以電郵提供確認通知 Confirmation will be delivered by email

認可級別 Accredited Highest HKCAP Level *: 1 / 2 / 3

認可教練號碼 Accredited Coach Number : AC -

所屬總會/學校/團體 Affiliated NSA / School / Organisation *:

費用(不包括午膳) \$250 認可級別教練 HKCC Accredited Coach

Fee (Lunch not Included) \$300 其他 Others

報名方法 Enrolment method

請把填妥之申請表格連同劃線支票郵寄至以下地址:

香港新界沙田源禾路二十五號香港體育學院教練培訓部

Please send the completed enrolment form with a crossed cheque to the below address :

Coach Education Department, Hong Kong Sports institute, 25 Yuen Wo Road, Sha Tin, New Territories, Hong Kong

支票號碼 Cheque No.: _____ 發出銀行 Issuing Bank: _____

抬頭請註明“香港體育學院有限公司”

Cheque payable to " Hong Kong Sports Institute Limited "

*請刪去不適用之項目 Please delete as appropriate

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如對上述聲明有任何問題，可用電子郵件方式聯絡本部。(電子郵件地址：ceddept@hksi.org.hk)