



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

~ Seminar on "Sports Nutrition – Putting Theory into Practice" ~
「實踐運動營養學」講座

Different sports nutrition strategies will need to be developed in order to meet the need of different sports. In this seminar, the speaker will use different examples from various sports to illustrate the nutritional goals of athletes in training and competitions. Coaches will learn to plan sport-specific dietary strategy that can be deployed to improve the overall performance of athletes.

因應運動項目的本質需要有不同的營養策略。在這個講座中，講者將會引用例子，以說明不同項目的運動員於訓練及比賽時有不同的營養準備。教練們亦會學到針對其體育項目特質，計劃合適的飲食策略以提升運動員的表現。

Speaker 講者

Ms Susan Chung, R.D. (Canada)

Sports Nutritionist, Hong Kong Sports Institute

鍾素珊女士

香港體育學院運動營養師

Details 內容

Date 日期	27 October 2007 (Saturday) 2007年10月27日(星期六)
Time 講授時間	2:00pm – 2:15pm Registration 登記 2:15pm – 3:15pm 1 st session 第一節 3:15pm – 3:30pm Break 休息 3:30pm – 4:30pm 2 nd session 第二節
Venue 地點	Audio-Visual Room of Wu Kai Sha Youth Village, Hong Kong Sports Institute, 2 On Chun Street, Ma On Shan, Shatin, N.T. 新界沙田馬鞍山鞍駿街2號 香港體育學院 (烏溪沙青年新村 – 視聽室)
Capacity 人數	100 pax (first-come-first-served) 100位(先到先得)
Fee 費用	HK\$100 (Handouts and certificate included. Fee is non-refundable once enrolled.) 港幣一百元正(費用包括講義及出席證書。報名一經接納，恕不退款。)
Certificate 證書	Certificates of Attendance will be issued by the Hong Kong Coaching Committee 參加者將獲香港教練培訓委員會頒授出席證書
Medium of Instruction 講授語言	Cantonese 廣東話

Application 報名辦法

Please complete the attached enrollment form and send it together with:

參加者請填妥報名表格，並附上：

- 1) A crossed cheque of HK\$100.00 made payable to the 'Hong Kong Sports Institute Limited'; and
港幣一百元正之報名費(以劃線支票繳交，抬頭請寫：香港體育學院有限公司)；及
- 2) A stamped self-addressed envelope.
貼上足夠郵資之回郵信封

Address 地址：

Coach Education Department, Hong Kong Sports Institute, 2 On Chun Street, Ma On Shan, Shatin, N.T.
新界沙田馬鞍山鞍駿街2號 香港體育學院 教練培訓部 收

Enquiries 查詢電話 : 2681 6129 (Ms Fung 馮小姐)

Enrollment Deadline	12 October 2007
截止報名日期	2007年10月12日