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Editorial

I would like to express my heartfelt thanks to Miss Jessica Lam, who has contributed a lot in editing the newsletter from Issue #2 to #6. With Jessica's effort, the newsletter has attracted a lot of readership locally from professional sports scientists to recreational sport lovers. I would like to introduce Mr Ying-Ki Fung and Miss Ranee Chan, who joined the editorial team and will help editing the newsletter from now on.

Mr Ying-Ki Fung was the world champion of wheelchair fencing. He has won 5 gold medals in Paralympics Games in 2000 and 2004. Besides his elite sport performance, he also did well in academic – he gained his bachelor degree in Physical Education from Hong Kong Baptist University, and his master degree in Sports Biomechanics from National Taiwan Normal University, and is currently pursuing his doctoral degree in Sports Medicine in The Chinese University of Hong Kong. Miss Ranee Chan is a

Project coordinator in my research team. She will handle the editing and administrative work for the newsletter.

I hope that you will like reading the HKASMSS newsletter. Please feel free to distribute the newsletter to everyone who likes sports. All current and past issues are available at our website (<http://www.hkasmss.org.hk>). Thanks!

Dr Daniel Fong
Editor
HKASMSS
Newsletter



Introduction to our new Council Member and Commission Members

This is the election year of HKASMSS. On Apr 17, 2010, a new council was elected during the AGM at Hong Kong Sports Institute. In addition to having all the former council members to continue their dedicated work to HKASMSS, we are also very pleased to welcome Dr. Daniel Fong, who has served as a Commission Member and Newsletter Editor for the Association over the past two years, to join the Council.



Dr. Daniel Fong

Dr. Daniel Fong is a Research Assistant Professor at the Department of Orthopaedics and Traumatology of The Chinese University of Hong Kong, and the Director of Sport Performance and Biomechanics Laboratory. Daniel's main research interest is the design of an intelligent sprain-free sport shoe. He is a fellow of the International Society of Biomechanics in Sports, and is also serving in the board of directors.

In addition, we established a Commission Group of 8 colleagues from different disciplines of sports medicine and sports science. We are very glad to have four new faces joining our commission group- Mr. Charles Chu, Dr. Peggy Cheung, Dr. Cindy Sit and Mr. Ying-ki Fung. Their various expertises in different disciplines of sports medicine and sports science must add significant new energy to the Association.



Mr. Charles Chu

Mr. Charles Chu is the Head of Competition Events Division of 2009 East Asian Games (Hong Kong) Limited. Prior to joining the present organization, he has held various positions in the field of recreation and sports in the HKSAR Government. His last posting with HKSAR Government was the Chief Leisure Manager (Sport Policy Review).



Dr. Cindy Sit

Dr. Cindy Sit is an Assistant Professor at the Institute of Human Performance, The University of Hong Kong. Her main research areas are physical activity patterns and participation motivation of children and youth with and without disabilities, particularly their motivational orientations and profiles. Other research interests are gender and disability issues relating to physical education and physical activity participation. Dr. Sit is currently a Board Member and Newsletter Editor of International Federation of Adapted Physical Activity (IFAPA).



Dr. Peggy Cheung

Dr. Peggy Cheung is an Assistant Professor in the Department of Health and Physical Education, The Hong Kong Institute of Education. She earned her master degree in The Chinese University of Hong Kong and her doctoral degree in Hong Kong Baptist University. Her research interest is in the area of children's physical activity. Peggy is a certified ACSM health and fitness instructor and an international brevet judge in Aerobic Gymnastics, FIG.



Mr. Ying-ki Fung

Mr. Ying-Ki is a world champion in wheelchair fencing who won three gold medals in Summer Paralympics 2000 in Sydney, and 2 gold medals in 2004 in Athens. Besides being an elite athlete, Ying-Ki is also devoted in sports study. He gained his bachelor degree in physical education and recreational management from Hong Kong Baptist University in 2004, and his master degree in sport biomechanics from National Taiwan Normal University in 2009. He is currently a doctoral student in The Chinese University of Hong Kong, working on disabled sport biomechanics.

Summary of HKASMSS President Report 2009-2010

Annual General Meeting 2009-2010 was successfully held at Hong Kong Sports Institute on April 17, 2010 (Saturday). The president, Dr. Patrick Yung, and the Honorary Treasurer, Dr. John Wong, presented the annual report and financial report respectively.

With the 2008 Olympic Games and the 2009 East Asian Games held in China and Hong Kong, the concern on sports and the demand on sports medicine have been growing rapidly in these few years, especially among our Chinese compatriots. Our role in advancing the sports medicine and sport sciences in Hong Kong and in the region is indisputable.

The president report is summarized as follows. For the full report, please refer to our website at www.hkasmss.org.hk.

With intensive participation in external activities, we now have 59 Ordinary Members, 4 Associate Members, and 77 student members as at April 14, 2010!

Academic Development Programs

Co-organized by the HKASMSS, SMART Convention 2009 was held on Sep 19, 2009. To ride on the festivity of the 2009 HK East Asian Games festivity, the association organized a series of public lectures. The Event Physician Course was successfully held at the Postgraduate Education Centre, Prince of Wales Hospital on the same day. Prof. Gabriel Ng, Dr. Gary Mak, Dr. Jonathan Wai, Dr. John Wong, Dr. Wong Tai Wai, and Dr. Eric Ho, were invited to deliver presentations and practical sessions for a total of 60 participants, including doctors, physiotherapists and nurses.

Community Programs



The association has utilized the expertise of the committee and members to provide community services in several aspects. Medical support and physiotherapy support were provided to the 2nd Hong Kong Games (HKG) held during April and May 2009. The four HKG events that we supported were Badminton, Table-tennis, Tennis and Swimming. A total of 7 physicians and 39 physiotherapists have been recruited. The services provided by them covered 16 venues and about 162 sessions for the HKG.

Besides, we were invited by several organizations to hold



seminars. The Hong Kong Police Force - Commercial Crime Bureau has invited us to hold two seminars on Apr 30, 2009 and May 15, 2009. Our President, Dr. Patrick Yung and one of our commission members, Dr. Daniel Fong have conducted lectures on the current local sports medicine and clinical services, research activities, and preventive measures of sports injury.

We also ran a workshop for Microsoft (HK) Limited on "Hiking Injuries and Nutrition" on May 15, 2009. Dr. Patrick Yung and another commission member, Miss Karly Chan presented "Prevention of injuries in hiking" and "Sports nutrition, sports drinks and supplement in hiking" respectively. On May 31, 2009, a PHM Day was held. Dr. Patrick Yung and Dr. Lobo Louie has presented lectures on "Commonly encountered sports



injuries, how to deal with that?" and "Scientific preparation for distance running" respectively.

The Hong Kong Housing Society has invited HKASMSS to organize health talks for the elderly with the theme of "Sports for Elderly". A total of four talks were held during May to September 2009 in the Hong Kong Housing Society Elderly Resources Centre in Yau Ma Tei. Dr. Simon Leung, Dr. Billy Law, Mr. Billy So and Mr. Raymond So have represented the association to deliver talks and demonstrations of exercises.



HKASMSS also supported the event "Fitness for all in support of EAG" organized by The Leisure and Cultural Services Department on August 8, 2009. We held a series of activities such as bone density test for elderly in Yuen Long, Tai Wo Hau, Shatin, Lam Tin, Shek Kip Mei, and Western District.



Moreover, Dr. Patrick Yung, Dr. Raymond So, Prof. Daniel Fong, and Miss Karly Chan have written articles for SMART Convention 2009 for Next Magazine during July to September 2009. Besides, HKASMSS was invited to write a special column in Apple Daily Health Session starting from Jan 2010. Different members have written articles for this column. 12 issues have been published as at Apr 1, 2010.

SF&OC Activity

On Mar 11, 2010, HKASMSS was invited to join the 2010 SF&OC Spring Dinner.

International Exposure

The President, Dr. Patrick Yung, on behalf of HKASMSS, attended the FIMS Executive Committee Meeting in Cairo (Egypt) on May 22, 2009 and Thessaloniki (Greece) on Nov 21, 2009. He also attended the Council of Delegate of Asian Federation of Sports Medicine (AFMS) in Amritsar (India) on Dec 5, 2009.

Publications

2 issues of the official journal, The Journal of Exercise Science and Fitness, have been published in the year of 2009-2010. And 4 issues of the tri-monthly HKASMSS newsletter were published on May 4, 2009, Aug 3, 2009, Nov 2, 2009 and 1 Feb, 2010 respectively.

Webpages

The website of HKASMSS (www.hkasmss.org.hk) is being maintained by Prof. Daniel Fong. News and events about the group are regularly updated. He also maintains the interest group in Facebook with Dr. Lobo Louie. The number of members of this group has grown rapidly to 812 people. News and updates about the association were published on the group page to reach more audiences and increase visibility of the association.

振藩截拳道之旅 (二)

原本截拳道 vs 截拳道概念

黃師父告訴我，他教的振藩截拳道，以前曾有人用“原始截拳道”(Original Jeet Kune Do)的名稱。他對此中文翻譯的名稱很有意見，他認為“原始”的稱呼代表“並未完全”，仍處於初步狀態，李小龍的截拳道應被稱為“原本截拳道”。他認為真正的武術在於人“原本”就有，“原本”亦代表“本來面貌”，因此“香港振藩截拳道總會”就決定學員在未取得正式認可資格前，可稱他們所練的為“原本截拳道”，而不是“原始截拳道”。

至於所謂“截拳道概念”(Jeet Kune Do Concept)，與“原本截拳道”所行的是相反路線，無法協調。其原因為何？因為一種看法認為“截拳道概念”是要接觸並學習各種武藝，去尋找武藝的真意；另一種看法認為截拳道還未完成，截拳道概念只能指出方向，學員自己才是完成者；再一種看法認為李小龍在70年代去世前所發展的武學已不合時宜，21世紀未必可用，需要不斷地更新，加入新原素，近年加入的“巴西柔術”(Brazilian Jiu-Jitsu / Gracie Jiu-Jitsu)就是一個好例子。

“原本截拳道”要擺脫一切傳統武藝的束縛，免受任何一種武藝的限制，因此反對再向傳統武藝方向走，“原本截拳道”就是認為武藝在於人“原本”就有。所有人的構造都是兩手兩腳，因為構造一樣，一定有些方法是天生的，例如跑步等，這是發明不到的。因此截拳道修習者應放下執著，用人最“原本”搏鬥的方法，就是拳與腳，截拳道建基於前手前腳，其他踢打都由此變出。李小龍形容截拳道最後只得一拳一腳。“原本截拳道”認為，無論有多少種方法，希望追求的只有一種最完美的方法，因此追求的方法是走向越來越簡單，走的是一個“至簡之路”。“截拳道概念”行的是相反路線，就是走向越來越複雜之路，同“原本截拳道”南轅北轍。

李小龍已完成他的截拳道體系，他做得到的，我們應當也做得得到。其實李小龍也教給一定數目的弟子，問題是他的弟子如何領會。“截拳道”與李小龍本人是分不開的，加上別的東西就已經不再是“截拳道”。李小龍也有用武器，在電影《龍爭虎鬥》裡，他赤手空拳入地牢，武器不是自己帶去的，而是隨手抓到甚麼都可變成武器。武器不可能會隨身就有，限制一定用哪種武器就不是“截拳道”，因此“截拳道”並不鼓勵任何特定形式的武器。

在《死亡遊戲之旅》的劇本對白中，李小龍用“魚杆”對“魔杖”來教訓伊魯山度，兩支杖太硬，沒有魚杆靈活，“截拳道”應像魚杆。這並不是小看魔杖，而是它並不是“截拳道”的武器。同樣地李小龍所用的“雙節棍”(Two Sections Staffs)與伊魯山度所用的Nunchaku，外表雖然一樣，但卻產生兩種不同的效果。Nunchaku是流球空手道的武器；“雙節棍”(Two Sections Staffs)是由中國三節棍所演變而來的武器。

截拳道的誕生

很多人認為截拳道是誕生於1967年7月，而地點在美國。我則認為截拳道是李小龍1965年在香港半年期間所誕生的。

2000年4月美國“振藩截拳道核心”在美國拉斯維加斯舉辦大型紀念活動(Dragon Expo)期間，李小龍遺孀李蓮達女士曾公開說過，截拳道是由一場比武而引發的，當時她是在場的。1964年12月李小龍接受了一位黃澤民武師的挑戰，結果最後雖然李小龍



勝了，但他對比武結果很不滿意，從那時開始，李小龍就開始研究一種新的武術系統，務求在最短時間能結束打鬥。

1965年2月1日，李小龍的兒子李國豪(Brandon Lee)在美國出生。1965年2月4日，李小龍前往洛杉磯在“二十世紀福氏公司”試鏡。1965年2月8日，李小龍的父親李海泉在香港逝世，他需要回港奔喪。在港這段期間，他寫了五封重要的信件給他兩名主要弟子：

1. 給木村武之的信(1965年2月)

“My mind is made up to start a system of my own – I mean a system of totality, embracing all but guided with simplicity. It will concentrate on the root of things – rhythm, timing, distance – and embrace the five ways of attack.”

內容提及他要發展一種屬於自己的武術系統，並且是一種完整的系統，它包括所有理論但主要以“簡單化”為主。它會集中在武術的根本——節奏、時間、距離及“五種攻擊法”。

2. 給木村武之的信(1965年5月28日)

“I am working on my transformation of simplicity to yet another more free-flowing movements of no limit limitation.”

內容提及他在研究一種從簡單改變為另一種走向更自由及無限制的動作。

3. 給木村武之的信(1965年6月7日)

“Talking about method, my style has (now been) formed, but (I’ ll) have to see you personally to explain (it).”

內容提及他的武術體系已經完成，但他必須親自說明。

4. 給嚴鏡海的信(1965年7月29日)

“I hope to get as many other chop sueys as possible to formulate my style, which I’ ve been working on nearly everyday as I’ ve nothing else to do.”

內容提及他需要收集很多“雜碎”來協助完成他的武術系統，他幾乎每一天都在做研究，因他無所事事。

(註：“雜碎”是外國唐人街的一種中國式炒雜菜，很多人認為“雜碎”是胡亂地把雜菜抄在一起便是，其實並不是這樣，“雜碎”是把不同的蔬菜巧妙地放在一起，而變成了另一種新的菜式。)

5. 給嚴鏡海的信(1965年7月31日)

“I’ m having a gung fu system drawn up – this system is a combination of chiefly Wing Chun, fencing and boxing.”

內容提及他正在建立一套武術系統，此系統主要由詠春拳、西洋劍及西洋拳所組成。

李小龍亦曾在美國黑帶雜誌發表過以下一段話：

“In case you have missed the recent news, Bruce Lee’ s Jeet Kune Do – of which he is the founder – has been elected and accepted into the “Black Belt Hall of Fame” in America. This marks the first time a recently developed form of martial art is nationally accepted. No, Jeet Kune Do is not thousands, or even hundreds of years old. It was started around 1965 by a dedicated and intensified man called Bruce Lee.”

這段話清楚說明“截拳道”誕生的日期是1965年，而這段時間，李小龍主要在香港，所以我理由相信“截拳道”的正式誕生地是在香港而不是美國。

截拳道的標誌

2005年10月，李愷師傅在香港主持振藩截拳道修習班時，提出了李小龍的截拳道標誌與傳統的太極標誌是倒轉的，他認為這是無心之失。

我卻認為李小龍並沒有弄錯，他是有意“反傳統”(Non-classical)的。傳統的太極圖魚形圖案順時針方向是由“小而大再到小”，代表“陰陽互變”的原理。而李小龍截拳道的標誌卻是“大而小再變大”。

李小龍認為出拳就好比射箭，越遠將越無力。一般人認為發拳必需“先上馬”，“再轉腰”，“腰到肩”，“肩到肘”，“肘到

手”，打出去的力量才最大，但如果與目標有距離時，力量便會轉小，這是“小而大再到小”的原理。

截拳道發拳是“先出手”(力由肩發)，“再上馬”(力由地起)，“再轉腰”(腰馬合一)擊中對方後，前腳才踏(重量轉移)，所產生的效果是“大而小再變大”，就好像箭在射中目標前，突然加速，才擊中目標，這也是截拳道“寸勁”的發力原理。截拳道發勁的口訣是：「力從地起，形諸於手，傳於敵人，回返於地。」李小龍截拳道的標誌把這個口訣充份地表達了出來。

陸地
一個截拳道的追尋者

Sports Medicine, Sports Science, and the Athletes 運動醫學、運動科學、運動員

今年剛好是我出道的第十個年頭。由香港室內排球青年軍代表轉為沙灘排球代表，這年再回到室內場地，代表香港室內排球出戰東亞運動會。在十年之間，運動醫學和我的關係越來越密切。

運動員受傷是非常等閒的事，小時候教練已經教導我如何保護自己，可是長期密集式訓練下，受傷在所難免。五年前發現左膝勞損，骨膜之間磨擦出現水腫，每次練習後都感到痛楚，要敷冰及定期做物理治療才能減低痛症，那是我第一次真正接觸運動醫學。



零八年我在美國北卡羅來納州大學打排球的一年最能感受到運動醫學對運動員的重要性。

在美國大學打球，與職業球手沒有兩樣，每天放學後都要練習，比賽的密度亦很高。當時隊中每一個球員都有不同程度的傷患，為了可以保持狀態，不被傷患影響表現，球員每天練習前要進行針對性的熱身運動，練習後要接受康復治療。當時我的手腕及肩膀亦受了傷，全靠物理治療師的幫助才令我可以在受傷期間繼續接受訓練，並慢慢康復起來。



回港後第一個國際賽就是上年十二月代表香港參加東亞運動會，我十分重視這次比賽，說到底是第一次以主隊身份參與大型運動會，表現不容有失。可是在半年訓練期間要兼顧練習及學業令我忙得不可開交，我面對最大的兩個困難是：一，如何在高密度訓練下減少受傷的機會；二，如何在休息不足的情況下保持狀態。

第一個問題關係到體能訓練，一般體能較好的運動員都能夠應付強度高的訓練，而不易受傷。體能訓練並不是一日兩日便見效的，體能訓練可是要有長期的計劃及因應個人需要作出調整。可是現時香港女子排球隊是業餘隊伍，又不是精英運動，沒有足夠的資源安排有系統的體能訓練，以致臨近比賽時我們隊中仍有多名傷兵。

業餘隊伍引伸的就是第二個問題，隊中有學生亦有已在社會工作的球員，我們同樣要面對生活的壓力，放工放學後還要練習，每天如是，工作量比別人多，休息的時間卻很少。記得東亞比賽期間是我學校的考試週，試問在考試的壓力下，如何有最佳狀態迎戰？這些都是業餘球員的無奈，雖然如此，我在參與東亞期間感受到越來越多的支援。很多熱心的醫生、物理治療師、體能教練，不計酬勞在東亞期間為我們服務，令我們可以在比賽場上有更好的發揮，在此深表感激。



在美國讀書期間看到當地運動科學相當普遍，例如會常用電腦分析動作、利用數據分析對手等等。這告訴我們運動醫學及科學與運動員的表現有莫大的關係。上年暑假有機會到中文大學的運動表現及力學實驗室工作，喜見香港的運動醫學及科學發展迅速，並不遜色於其他國家，相信不久將來香港的運動亦能引入更多科學化研究，令香港運動員表現更進一步。

在香港做運動員從來不是容易的事，但困難並不等於沒有機會，我相信在艱難的環境下，香港的運動員會培養出比別人更堅強的意志及決心。加上現時香港運動醫學開始普及，我們應該好好地利用這一點優勢，努力發展體育事業。

謝穎紅小姐
香港室內排球及沙灘排球隊代表

「股災」

最近聽到有一個朋友講到「股災」，心裡突然閃了一下，心裡想著「怎麼會？最近股市好像不錯」，後來才恍然大悟，因為這位朋友是我輪椅劍擊的隊友，他指的「股災」是下肢癱瘓的輪椅運動員因為下肢沒有感覺，臀部因長時間持久受到壓迫所造成之壓瘡(Pressure sore)。

其實壓瘡對於一般醫療人員來說其實一點都不會陌生，因為這只是一種普遍出現在癱瘓坐輪椅及需要長期臥床的病人身上的問題。而且因為壓瘡傷口所造成之軟組織細胞缺氧而壞死及病人死亡個案，在醫護界也是屢見不鮮。

可是我相信要把壓瘡說成一種sport injury恐怕也並不是每一位教練、治療師或研究員會注意到的問題。下肢癱瘓的輪椅運動員因為下肢沒有感覺，本身已經是壓瘡的高危族群，再加上長時間激烈訓練，臀部壓力沒辦法舒緩，最終只會導致皮膚潰瘍甚至需要動手術處理。以香港輪椅劍擊隊為例，在去年就有個別運動員因為壓瘡需要動手術處理，最後需要停止訓練半年休養。

而事實上壓瘡早在國外已有文獻記載這是輪椅運動員常見的問題(McCormack, 1991)，可是到目前為止也沒有一種有效方法去預防。如果站在醫療人員角度，他們可能會建議運動員使用一些氣墊座墊，可是在實際運動情況使用氣墊座墊只會降低坐立穩定性跟運動表現，在考量運動表現情況下運動員一般都不會採用。現在運動員唯一控制「股災」的辦法亦只有靠本身的自我監控，定時舒緩坐壓及自我檢查。所以預防「股災」最好的方法也就是量力而為。



McCormack, D. A. R., Reid, D. C., Steadward, R. D., & Syrotaik, D. G. (1991). Injury profiles in wheelchair athletes: Results of a retrospective survey. *Clinical Journal of Sport Medicine*, 1(1), 35-40.



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長跑訓練與健康生活

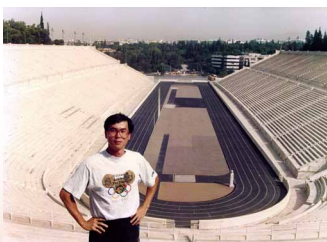
近十年間，香港政府不斷提倡健康生活模式，市民大眾逐漸注意到做運動的重要性。在眾多運動項目當中，以長跑運動最為普及。因為長跑所需的器材簡單輕便，亦不需要特別場地，可以配合香港市民繁忙的生活。亦隨著長跑運動的普及，大眾開始對長跑訓練與健康的知識有所需求。其實，長跑訓練就如其他運動項目一樣，必須有正確的訓練方法，循序漸進才能達到最理想的成果。如想利用長跑來保持健康，必先要認識及了解長跑訓練方法，對長跑愛好者或運動員都有一定的指標作用，確保長跑者在鍛鍊身體或提高競技成績的同時能顧及安全和效率。



時下有很多父母都會帶同其子女一起進行長跑運動。從人體生理學的角度來看，長跑訓練未必適合年紀太輕的兒童，原因是兒童的身體結構未能接受這種強度的練習，兒童的訓練與成人長跑者有很大的區別。故了解兒童的生長和運動技能的敏感期是極之重要，對某些家長強迫子女作非常大的運動量訓練，實在潛在一定的危險成份。例如，家長切勿為了提升兒童的長跑表現，而要求兒童作太多與重量訓練相關的項目，特別是健身室裡的重重量訓練槓鈴。對兒童的訓練，要以心肺功能及運動技能為主，並培養其對長跑運動的興趣。

在技術層面，很多長跑愛好者的跑步姿勢都存在問題，但苦無頭緒只靠自己摸索亂跑一道便算。結果跑起來不見得輕鬆，亦可能因此而受傷，最後退出長跑運動的行列。練習長跑一定要循序漸進，切勿未學行先學走。筆者在此向大家提供小小心得，訓練要從跑步的基本功做起，步行然後緩步跑，接著才是帶點速度的長跑。基礎長跑訓練離不開均速慢跑，待掌握好跑步技術，才進入下一階段的速度耐力訓練。循序漸進的訓練原則就是這個道理。

長跑的訓練系統當中包括科學化的元素，以跑步的分解動作作練習，重點在於下肢的有力方法和全身的配合；至於能量供應系統方面，長跑主要是帶氧運動，所以平時應以長時間的耐力性練習為主。再而考慮其他影響長跑訓練的因素。例如運動設備及用具，跑步鞋的選擇，訓練場地的地面軟硬程度，高溫及潮濕的天氣，如何補充體力和營養素，最後還要好好計劃比賽日子的來臨。



以上種種，只不過是非常簡單地介紹長跑訓練的資料。長跑訓練要注意的東西實在不少，筆者鼓勵大家可以在互聯網及書本上多看有關長跑訓練的資料，參加社區體育會舉辦的長跑訓練班，在有系統的長跑訓練下，保持身體健康及養成健康生活模式

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Past Activities

SF&OC Spring Dinner

The HKASMSS council was honored to be invited to attend the annual SF&OC Spring Dinner cum Bank of China Hong Kong Sports Stars Awards 2010 Presentation Ceremony on March 11, 2010. 6 of our Council Members, including Dr. Patrick Yung, Dr. Lobo Louie, Dr. Raymond So, Dr. Jonathan Wai, Mr. Wai-Man Chung and Dr. Daniel Fong; 3 of our members, including Mr. Mak-Ham Lam, Mr. Justin Lee and Mr. Ying-Ki Fung; and 3 secretariat staff including Miss Bell Chung, Miss Jessica Lam and Miss Rane Chan attended it.



HKSI International Scientific Symposium (ISS)



Co-organized by HKASMSS, the annual International Scientific Symposium (ISS) organized by the Hong Kong Sports Institute (HKSI) was successfully held at the Jubilee Room of HKSI on 16-17 Apr 2010. The theme for this year is Biomechanics and skill acquisition in sports: performance enhancement and injury prevention. The 2-day symposium has attracted over 200 local and international sports scientists, sports administrators, coaches and athletes to attend.



One of our Honorary Advisor, Prof. Kai-Ming Chan has presented "Sports biomechanics - a dual dimension of innovation". Our new council member for 2010-2012, Dr. Daniel Fong also delivered a presentation on "biomechanics for preventing sport injury".

HKASMSS Annual General Meeting 2010

The Annual General Meeting chaired by the President (2009-2010) Dr. Patrick Yung, was held on April 17, 2010, at the Jubilee Room of Hong Kong Sports Institute. Mr. Charles Chu, the head (Competition Events) of 2009 East Asian Games (Hong Kong) Limited, was invited to deliver a speech on "Preparation of the Competition Events of the 2009 East Asian Games", which was well-received by the AGM attendants.



In the meeting, the motion of membership category revision and membership fee adjustment were carried with immediate effect. A new council was also elected.

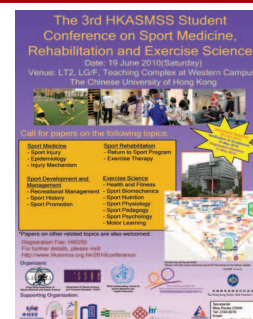
We are glad to have Dr. Patrick Yung to continue to serve as the President of the Association. On behalf of the Council, he also appointed a new commission group of eight members and welcomed four new faces to join the group, namely, Mr. Charles Chu, Dr. Cindy Sit, Dr. Peggy Cheung, and Mr. Ying-Ki Fung. With various expertises in the Council and new addition of energy in the Commission group, the Association will continue to succeed in promoting and advancing the practice, education and research of sports medicine and sports science.



Upcoming Events

The 3rd HKASMSS Student Conference

The 3rd HKASMSS Student Conference on Sport Medicine, Rehabilitation and Exercise Science will be held on June 19, 2010 (Sat) at the Chinese University of Hong Kong. It is an excellent platform for both postgraduate and undergraduate students working in sports medicine, rehabilitation and exercise science research to share their research ideas, to gain experience in delivering presentation, and exposure to the local community in sports. In addition, we have invited two speakers from Loughborough University, UK to deliver keynote lectures. All are welcome to attend. Please find registration method on www.hkasmss.org.hk/2010conference.



Exercise is Medicine

Invited by Physical Fitness Association of Hong Kong (HKPFA), HKASMSS is glad to be a co-organizer in the Hong Kong "Exercise is Medicine" project. "Exercise is Medicine" is a global initiative focused on encouraging primary care physicians and other health care providers to include exercise when designing treatment plans for patients. The concept of "Exercise is Medicine" will be introduced to professionals and the public in the Annual Public Seminar of the Hong Kong Sports Festival, which will be held on May 8, 2010 from 3pm to 5:30pm at The Chiang Chen Studio Theatre, The Hong Kong Polytechnic University. An inauguration of the Hong Kong "Exercise is Medicine" initiative will also take place during this special occasion.

本會獲蘋果日報的邀請，自本年一月起為其健康與醫療版撰寫運動大字典專欄，逢星期一刊登。以下是本年二月至四月已刊登的文章。完整剪報可到本會網站 www.hkasmss.org.hk 觀看。

2010年2月8日

2010年3月8日



運動大字典

帶氧運動減心血管病


缺乏體育運動是造成心血管病的主要因 臟病的風險：

據世界衛生組織的研究顯示，運動的人與吸煙、患有高血壓或士均有心血管病的風險。城市之而來的是市民大眾工作及休閒變，全球各地人士的運動量均有50歲以上人士運動量的減幅尤甚。

提升新陳代謝助

不同程度的運動可導致休息優化肌肉及塑造身形和訓練心肺功能。帶氧運動能延年益壽，顯示進行恒常的帶氧運動可減低血壓、中風、骨質疏鬆症、二胖症、結腸癌、乳腺癌及抑鬱運動有快步跑、緩步跑、騎自行車恒常的帶氧運動可從以下行

撰文：香港運動醫學及科學學會



運動大字典


筋腱受傷康復速度慢

香港運動員於去年東亞運動會中的出色表現盡喝采和歡呼。運動員的比賽成績是取決於各種因素，除技術水平、應付比賽壓力的心理素質和臨場的戰術運用外，傷患亦是大多數運動員要面對的問題，如何在受傷之後得到最快和最有效的治療，每每成為運動員能否繼續比賽及勝負的關鍵。

較簡單，第一周針對止痛消炎，第二及第三周協助運動員恢復活動功能，之後便利用各種輔助運動來強化肌力。但筋腱或韌帶受傷，因其血液供應量較少，所以康復的速度較慢，其中尤以膝關節的前十字韌帶最難自然癒合。這韌帶一旦受傷多數需要進行手術移植，及後需接受數個月的物理治療。在整個過程中，除了要讓植入的新組織盡快穩固起來，以發揮其機械保護功能外，更加重要的是要訓練下肢的神經本能感覺，使運動員不會因為失去原本的韌帶神經刺激而使關節反應遲鈍。

2010年3月15日

2010年3月22日



運動大字典


運動飲料

運動不僅消耗人體內的能源儲備，運動時大量出汗也可引致體液流失，包括水份和電解質。礦物質。如不及時補充，理功能失調。

輕度脫水(體重負增加，影響運動會出現嚴重的口渴，血壓可能下降等現象，會出現惡心、食慾喪失、疲勞、對健康有嚴重影響。大量出汗後如單水，加上尿液增加，應補充電解質，運動

一般來說，運動的鈉(40 mEq)，不...良好。其中的醣...適量的醣可...料的吸收...助機

2010年3月22日



運動大字典

傷殘運動起源二戰後

傷殘運動的興起源於第二次世界大戰後，康復醫學的急速發展。由於戰後的歐美國家湧現了大量的傷殘軍人，要讓這些人士重新融入社會，傷殘運動便成為其中一種最出挑戰性及有效的康復手段。1984年，倫敦奧運會開幕那天，英國舉行了史上第一次的輪椅賽車。1960年，第一屆的傷殘人士奧運會(簡稱「殘奧」)正式緊隨羅馬奧運而舉行，及後更成為世上第二大的綜合運動項目。

成績不遜健全運動員

經過四十多年的發展，殘奧的參加人數已由1960年的400多人大大提升至08年北京殘奧的4,000多人。參與的國家亦由當年的23個增至08年的200個。殘障類別方面，參與的殘疾人士亦由當初單一的脊椎損傷，加入了不同類別如截肢、視障、腦癱等。

運動水平方面，現時參與傷殘奧運的選手大多接受專業及科學化的訓練，他們所做出的成績絕不比健全運動員遜色。像南非的雙膝蓋以下截肢選手，他就以11秒16完成100米賽車，比現今的世界紀錄略慢2秒。另一方面，運動場上亦可看到不少嚴重傷殘如四肢發育不全、畸形或深度癱瘓的人士，他們積極參與並成功完成游泳、田徑及硬地滾球等賽事。除了不同的傷殘奧運項目，不少殘疾人士亦參與其他運動項目如擊石、潛水以及跳降傘等。不管傷殘運動員所參與的是哪一種運動項目或賽事，他們所表現的，不僅是克服了身體上種種的殘障，更令人佩服的是他們所發揮的堅毅鬥志以及無限潛能。

撰文：香港運動醫學及科學學會委員 鍾楚文先生

2010年4月19日



運動大字典

打籃球不一定能增高


長高，其...以為在少年可以把骨...學數據的。如我們的...遺傳基因所決定，後天能夠改變的其實不多。

身高受基因遺傳影響

電視上見所，NBA的職業籃球員每個都很高大。其實在職業籃球運動比賽中，身材高大的選手較容易取得優勢，當然成為球隊教練揀選的先決條件。事實上，過往也有一些身材矮小的NBA球員，例如早年的鷹隊球員Webb，他更曾贏得入樽賽的冠軍，其身高只有5呎7吋。

綜合的科學顯示：人體的身

2010年4月19日




運動大字典

預防運動創傷——三項鐵人賽篇

奧運標準距離的三項鐵人賽要求參賽者外游泳1.5公里，再騎40公里單車，最後完成10公里步。很多人以為這項具挑戰性的運動會比較容易出現運動創傷，但只要良好安全意識，三項鐵人賽並不容易受傷。肌肉勞損初

2010年4月12日




運動大字典

天氣太熱太冷不宜遠足

遠足在香港是一個非常受歡迎的活動，不少機構在每年秋冬舉行各類型行山比賽。可是，每年仍有不少人在遠足活動中遇意外，所以

40℃或以上。患者會感到暈眩、頭痛、惡心、心跳加速，肌肉抽筋，甚至不省人事。若大家在遠足時發現有人中暑，請馬上求救，蛇都非常怕人，所以要避免蛇咬，應沿有維修的小徑行走，並穿著長褲和合適的行山鞋，若不幸遇見蛇，要保持鎮定，讓牠逃走；如被

2010年4月26日



運動大字典

跑步腹痛與盲腸炎無關

現代運動生理學發現，當人食飽後身體的消化系統需要大量的血份和血液，進行消化過程。這時候，如果身體同時間又進行劇烈運動，腿部肌肉同樣急需大量的氧氣及血液，去維持跑步的動作，便容易造成胃部等消化器官出現嚴重缺血情況，身體為了作出自我保護，會把部份血液回流至消化系統，腹部便會發出疼痛的警號，務求使跑步的速度下降，增加血液回流至主體軀幹，這就是腹痛的主要原因。

疼痛因消化器官缺血

綜觀研究的資料，這說法根本沒有科學理據。由於上一代普遍缺乏科學常識，一旦腹痛就會誤以為是盲腸炎。

2010年4月26日

New Membership Category and Membership Fee

As from Apr 17, 2010, HKASMSS membership category and membership fees are revised as below:

Categories	Benefits	Fees
Ordinary member#	Receiving free Journal of Exercise Science & Fitness (2 issues per year) Discount on courses and conferences organized by the Association One vote at any General meeting	HKD250 per annum
Associate member *	Receiving free Journal of Exercise Science & Fitness (2 issues per year) Discount on courses and conferences organized by the Association	HKD 150 per annum
Student member ^	Discount on courses and conferences organized by the Association	HKD 50 per annum

Ordinary members must possess recognize degree or its equivalence in sports science or sports medicine.

* Associate members must be current practitioners in a field related to sports science, sports medicine, or related fields, and be processed and approved by the executive council.

^ Student Members must be undergraduate or postgraduate students in a field related to sports science, sports medicine, or related fields.

To apply for a HKASMSS membership, please visit our website (www.hkasmss.org.hk) for application details.

Let's Join the HKASMSS Facebook Group!!!

A facebook group named after the Association was launched at the year-end of 2008. It provides a platform for sharing knowledge, news and ideas of sports related fields. News about sports medicine, sports science and the association are regularly updated there. Now we have more than 800 members in the group now. Let's join us to foster the development of sports medicine and sports science.



URL: <http://www.facebook.com/group.php?gid=91893755612>

Council Members 2010-2012

Honorary Advisor:

Prof KM Chan (陳啓明教授)
Dr York Chow (周一嶽醫生)
Prof Youlian Hong (洪友廉教授)

Council Member:

Dr Daniel Fong (方迪培博士)
Dr Gary Mak (麥耀光醫生)
Ms Mimi Sham (岑楊毓湄女士)
Dr Parco Siu (蕭明輝博士)
Dr Tai-Wai Wong (黃大偉醫生)
Prof Stephen Wong (王香生教授)
Dr Clare Yu (余頌華博士)

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Miss Karly Chan (陳靄允小姐)
Dr Peggy Chueng (張佩儀博士)
Mr Charles Chu (朱福榮先生)
Mr Wai-Man Chung (鍾惠文先生)
Mr Ying-Ki Fung (馮英騏先生)
Dr Eric Ho (何鴻仁醫生)
Dr Cindy Sit (薛慧萍博士)
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