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Presidential Message



It is my greatest pleasure to start serving the Hong Kong Association of Sports Medicine and Sports Science as the President when it celebrates the 20th anniversary.

The new Council starts its services from May 10, 2008. Besides the old friends and colleagues who have been serving HKASMSS for long, we also have some new faces joining the Council – Dr Tai-Wai Wong, Dr Parco Siu and Dr Clare Yu. In addition, we have a new Commission Group of 5 colleagues, from different disciplines of sports medicine & sports science, adding significant new energy and workforce to facilitate our works. In the coming two years of presidency, I shall try my very best to lead the Council to serve our members, to promote and advance the practice, education and research of medicine and science in relation to sports and exercise.

Growing from the well established network from previous presidents in promotion of our activities to different disciplines in Hong Kong, we are working on to establish more close collaboration with other local, regional and international organizations in the field of Sport Medicine & Sports Science, in order to promote our work, status and social recognition in Hong Kong and abroad. Besides, we are also actively promoting membership among the local undergraduate and postgraduate students who are studying in local sport-related programs. This starts from

Editorial

It is my great honor to serve as the editor of the HKASMSS newsletter. I would also like to thank the co-editors, Miss Bell Chung and Miss Vikki Chu, for their efforts in editing and formatting the newsletter. The newsletter starts at the time we celebrate the 20th anniversary of HKASMSS in year 2008, and will get regularly published as an online PDF version on our webpage (<http://www.hkasmss.org.hk/>).

In this first issue, we have Dr Trisha Leahy, the Chief Executive of Hong Kong Sports Institute, to share her opinion on the topic "Sexual abuse and harassment to the elite athletes". We also have Dr Lobo Louie to introduce his recent participation in the Olympics program in RTHK. Finally, we have Miss Phoebe Cheuk, Sports Physiotherapist from Hong Kong Sports Institute, to share her experience while participating in the 2008 Beijing Olympics Games.

We also summarized some information about sport-related studying opportunities, career aspects in Hong

the 2nd HKASMSS Student Conference on Sport Medicine, Rehabilitation and Exercise Science, which is going to take place on the 1st November 2008, in conjunction with the celebration of our 20th anniversary. This conference aims to promote research activities and exchange of knowledge and ideas among all generations in the field. Apart from the honor to have many reputed experts in the field to deliver keynote lectures, we are delighted to have many participants from local and regional institutes and universities, including 24 free paper podium presentations from our fellow students of different colleges and universities in Hong Kong.

We aim to encourage interaction with our fellow members and keep all of you updated with any recent activities of Sports Medicine & Sports Science in Hong Kong and worldwide. The inauguration of this HKASMSS Newsletter, and our newly renovated webpage (<http://www.hkasmss.org.hk/>), serve as the key channels to keep all of us updated, and to bring all of us to learn and advance together. I would like to particularly thank our commission member, Dr Daniel Fong, the chief editor of this newsletter, and the other two co-editors, Miss Bell Chung and Miss Vikki Chu, for their tremendous effort to make this happen.

Please join us as a member, and promoting to those who love sports to join us, and keep regularly visiting our webpage and participate in our activities!

Dr Patrick Shu-Hang Yung
President,
Hong Kong Association of
Sports Medicine and Sports Science

Kong, and information about local and international seminars and conferences.

We welcome submission of article to the newsletter from our member. Please feel free to contact me at dfong@ort.cuhk.edu.hk.

Thanks!

Daniel Tik-Pui Fong
Editor,
HKASMSS Newsletter



(From left to the right:
Miss Bell Chung, Dr Daniel Fong, Miss Vikki Chu)

Beijing Olympic 2008

Phoebe Cheuk, MSPT (Curtin U), BSc PT (HKPU)
Sports Physiotherapist, Hong Kong Sports Institute



*Beijing Olympic 2008 Opening ceremony
with HK cyclist Mr Wong Kam-po*

When you got the privilege to walk into the 'Bird Nest' alongside with some of the best Hong Kong athletes during the opening ceremony, you could feel that you were part of something big. The spotlights, the cheering and the passionate atmosphere could be felt everywhere. You would know how lucky you were to be able to participate in the opening ceremony when some athletes could not afford to do so as they needed to compete on the next day. This is truly a once in a life time experience -- the hair on the back of my head electrified at the same time when I marched onto the stadium ground as one of the HK delegates.

I am a sports physiotherapist working in the Hong Kong Sports Institute. I travel with the Hong Kong team fairly often for training and competitions, for example the Doha Asian game and World championship. For the Beijing Olympic game, my journey started on a very windy day - 6 Aug 2008 which number 8 typhoon signal was hoisted. I departed Hong Kong with our saber fencer Chow Tse Ki and her coach. We had to sit inside the plane and waited for a 'green light' on the runway for more than an hour. We were worried as there were only 2 days for the fencer to practice at the competition venue before the actual competition day, and we did not want any delay for sure. Luckily, apart from the bumpy ride, we finally reached Beijing safely.

Once we landed on the arrival hall, we were all surrounded by reporters and their camera flash kept going for quite sometime. The fencer was captured by the reporters and some interviews were done on site. Actually, there were more reporters waiting outside of the arrival hall. It took us 45 minutes before we could squeeze through and met the volunteers who were not only very helpful in transporting

us to the Olympic village, but also in assisting us to solve our problems encountered during this game.

The Hong Kong headquarter was situated at block D4 ground floor. In Beijing, we had 29 athletes participated in 9 events and there were 2 physiotherapists (5 medical officials in total) including myself worked there. A normal day started from 9 am and finished at around 10pm for 7 days a week. However, there were many days when the athletes needed our service after 10pm because their game finished late that evening. Whenever there was an on-field request, our medical team would need to decide who would be the most appropriate person to provide the service the day before and if there would be any difficulties in logistic arrangement. Apart from headquarter and medical officials, I met a lot of new faces during this Olympics game. Therefore, the ability to work long hours and the temperament to work closely with various personalities, the capacity to work under often stressful conditions and the desire to work as part of a team are all essential as a sports physiotherapist.

Like many other major games, there are always a lot of ups and downs. Some athletes had achieved their personal best result for the Olympic qualification, just to name a few like cyclist and fencer (Jamie Wong -world ranking 6, CY Chow -world ranking 16). Therefore, they came to Beijing with a higher goal, higher expectation and higher stress level during this game. There were many nights when I saw the excitement, tension or disappointment masked on our athlete's faces. The positive spirit was high when officials sat in front of the television at the Hong Kong headquarter to cheer for the athletes. When an athlete competes, dedicated supporters play a very encouraging role. There is nothing more important for an athlete than to be confident.

There were other nights when the table tennis players finished their games at 10pm, they still sat attentively around the television to watch who their potential opponent could be. I also remembered the deep



Beijing Olympic 2008 Closing Ceremony, from left to the right: HK rower Mr Law Hiu-fung, triathlete Miss Tania Mak, sports physiotherapist Dr Simon Yeung.

disappointment when our fencers lost their game. As a sports physiotherapist, we could play multi roles within a sports team. Although we are the musculoskeletal expert, the psychosocial support that we give to the athletes and to the team does have its impact, particularly when I have traveled and worked with some of the athletes for the last 4 years.

In this Olympic game, there were other difficulties encountered behind the scene. There was a time when a coach could not access to a venue just minutes before the start of the competition. Since I was the only person at that time with the athlete, I had to find a way to help out the situation. Fortunately, with the help from the Beijing officials and volunteers, the problem was solved. The athlete was able to compete at her best effort with the coaching she needed the most.

It is definitely an honour as a supporting medical official for our athletes and the whole Olympic experience can last for a lifetime. Although we did not bring any medals back home this time, with the combined effort from all the hard working officials and volunteers, I believe we already helped our athletes to compete at their best effort in this major game. There are many other individuals who had given their support to our athletes for the Olympic game. Therefore, I would like to give my deep appreciation to all our supportive staffs from the Hong Kong Sports Institute, especially to our sports physiotherapy colleagues who are a really good team of people in doing all the back ups while I was in Beijing.

與香港電台合作 推廣運動醫學和科學常識



上排左起：雷雄德博士， 滑浪風帆運動員何智豪先生、 陳慧琪小姐及陳敬然先生
下排：徐嘉樂先生



左起：輪椅劍擊運動員余翠怡小姐，雷雄德博士

受到京奧熱潮的衝擊，本學會務求進一步宣傳及推廣「運動醫學」和「運動科學」知識給予普羅大眾，促進全民的健康，過去多次與香港電台合作，於北京奧運前，由會長容樹恆醫生領導，派出一眾幹事會成員，包括何溥仁醫生及蘇志雄幹事等，義務擔任香港電台醫學節目「精靈一點」之嘉賓主持，介紹各類運動項目的科學訓練、科學選材、藥檢工作、預防創傷及護理等。並即場接受聽眾來電詢問，解答有關對運動的疑問，深受市民歡迎。

此外，於京奧賽事期間，副會長雷雄德博士為香港電台擔任奧運節目主持，並設立運動通識環節，讓聽眾了解運動科學之基礎原理。每逢星期六晚上七至八時，雷博士也為港台體育雜誌式節目「十項全能」，以運動學者身份義務擔任主持，過往曾邀請學會內多位成員出席，共同推廣運動醫學和科學常識。

歡迎各位瀏覽香港電台網頁，重溫幹事會成員主持之「精靈一點」電台節目，內容簡述如下：

八月五日 容樹恆醫生及方迪培博士
介紹本會，以及本會未來之發展與及本地/國外團體之合作計劃

八月十二日 蘇志雄先生及黃平山醫生
簡介香港體育學院為精英運動員提供的培訓與醫療技術支援

八月十九日 黃大偉醫生、衛向安醫生及容樹恆醫生
支援大型體育比賽及活動的經驗之談

八月二十六日 鍾惠文先生及容樹恆醫生
傷殘運動員 - 運動創傷及其復康計劃
總結運動醫學及科學與北京奧運的關係及未來的發展方向

AGM Invited Lecture (10 May 2008)

Biopsychosocial Sports Systems and The Role of Scientific Support Personnel as Gatekeepers of Athlete Welfare

Trisha Leahy PhD
Chief Executive
Hong Kong Sports Institute

Organized competitive sport forms a social institution in many countries which specifically addresses Articles 31 and 29 of the UN Convention on the Rights of the Child - the directives that respectively, every child has the right to play and that children's talents, mental and physical abilities be developed to their fullest potential. High performance sport systems, often funded by governments, have become more prevalent in recent years as countries compete to develop athletic giftedness and perform successfully on the world stage of elite sport. What is now recognized within high performance sport systems is that individual success at the elite level is a function of the complex interplay of multiple factors. Apart from individual talent, and expert coaching to facilitate that talent, the development of athletic giftedness to its fullest potential requires a comprehensive support infrastructure based on the biopsychosocial paradigm. Indeed many of our international elite sports support systems are underpinned by this biopsychosocial framework with centralized, integrated support systems targeting all aspects of each athlete's medical and physiological, psychological, social support and welfare needs.

In recent years with research producing more and more science based evidence, the elite sport sector has produced increasingly sophisticated interventions to enhance coaching methods, training systems, rehabilitation, injury prevention and therefore, athletes' performances. These developments have, however, appeared to be primarily based along the biological-psychological spectrum of the model to the exclusion of any significant engagement with the social spectrum and the possible impact and integration of socio-cultural, systemic factors in athletes development and performance. In other words, in competitive sport we now have a sound scientific base to monitor individual health and performance parameters. Systemic health and performance parameters have been less visible in our performance related research. It is these systemic parameters which now require our attention if we are to effectively use the biopsychosocial framework as our operating model of high performance service delivery.

Sport, as a permitted social institution with social responsibility, requires thoughtful stewardship to ensure that socially responsible, or ethical directions are consistently taken and that the rights of young athletes are not being violated. No individual within the institution of sport can be considered exempt from this social responsibility. This includes members of the scientific support team who work directly with the athletes and coaches and are therefore, in a key position to be able to monitor the maintenance of a safe sporting environment for athletes. I am using the word 'safety' here, to refer to both psychologically and physically healthy environments. Lack of psychological safety can occur where the sporting environment is marked by abusive, threatening, or humiliating coaching styles, uncontested peer bullying and harassment. Psychological



abuse not only significantly increases the immediate stress on athletes, but has also been found to be associated with long-term psychological harm. Lack of physical safety can occur where extreme physical activities are used as a punishment for errors or failure to perform, the use of age-inappropriate training regimens, and where hazing rituals are normed and implicitly tolerated. Sexual abuse of young athletes has also been documented in many countries with some research reporting long-term posttraumatic stress symptomatology.

The documentation of these various forms of harm to athletes has led to a more critical analysis of the sporting environment itself as a socio-cultural system, and its impact on young people. At the highest level of elite sport, the International Olympic Committee (IOC) has recently issued a Consensus Statement regarding sexual harassment and abuse in sport. The IOC has stated that its aim is to improve the health and protection of all athletes through the promotion of effective preventative policy and to increase awareness of these problems among the athlete's entourage. UNICEF has now taken up the issue under its mandate, defined by the Convention on the Rights of the Child, of preventing violence against children, which it defines as those under the age of eighteen.

These issues raise questions about the role and preparedness of scientific support staff to be able to effectively function as gatekeepers to ensure systemic safety for all athletes.

Using a sports injury analogy, members of the multi-disciplinary scientific support team can effectively use their positions within the athletes entourage to contribute to the prevention of "systemic injuries" and to advocate for appropriate child and youth protection policies within the sports system. However, it is only if we maximise the resources of the multi-disciplinary team and empower each individual within it through appropriate ethical guidelines and ethical competency training that the scientific, medical and welfare support system will be able to provide an environment in which the promotion of health, welfare and performance of athletes across the entire spectrum of the biopsychosocial model is possible.

Past Activities

5th World Congress of Sports Trauma & 6th Asia-Pacific Orthopaedic Society for Sports Medicine Meeting 2008

This event was co-organized by CUHK-WHO Collaborating Centre for Sports Medicine and Health Promotion, Department of Orthopaedics and Traumatology, the Chinese University of Hong Kong, Hong Kong Orthopaedic Association-Sports Medicine Chapter (HKOA-SMC) and Hong Kong Association of Sports Medicine and Sports Science (HKASMSS) on April 11-13, 2008.

Annual General Meeting



The Annual General Meeting chaired by President (2006-2008) Dr James Lam, was held on May 10, 2008, at Prince of Wales Hospital. Dr Trisha Leahy, the Chief Executive of Hong Kong Sports Institute, was invited to deliver a lecture on "Sexual abuse and harassment to the elite athletes". A new council is also elected. Dr Patrick Yung will serve as the president for 2008-2010. In addition, a new Advisor Board and a Commission Group are also formed.

Workshop "Questions arise from Olympics"



The Hong Kong Association of Sports Medicine and Sports Science, CUHK-WHO Collaborating Centre for Sports Medicine and Health Promotion had run a workshop "Questions arise from Olympics" on 25th July 2008. There were over 30 people with various expertise attended the workshop.

The first lecture "How to find the born gold medalist?" was delivered by Mr. Raymond So who is a well known expert in sports science. His talk raised hot discussion on the method of choosing young athlete in Hong

Kong and China. Miss Mimi Sham gave a lecture "Is there any remedy for winning?" which let the audience know the dietary requirement and preparation in elite athlete. During the discussion, ex-triathlon athlete Mr Derwin Chan had shared his own experience in dietary preparation and difficulties. Finally, Dr Eric Ho had talked about the methods to prevent overuse injury after intensive training.

Run to Beijing Project



Run to Beijing is a fund raising ultra-marathon event for 5.12 Sichuan catastrophes. 4 runners (Mr KK Chan, Mr WK Wong, Mr CK Wong & Mr KK Law) were committed to run one marathon (42.195 km) per day from Hong Kong to Beijing through 5 provinces. The whole events last for 55 days and the total running distance was 2500 km.

CUHK-WHO Collaborating Centre for Sports Medicine and Health Promotion, Hong Kong Association of Sports Medicine and Sports Science and Hong Kong Sports Institute were invited to provide medical support, physiotherapy support and sport scientific supports for run to Beijing program. The pre-event basic medical check-up was arranged on 02 June 2008 by Dr Gary Mak (Sports Cardiologist) from Hong Kong Association of Sports Medicine and Sports Science. A series of pre-event sport physiological assessments were conducted on 04 June 2008 with the support from Hong Kong Sports Institute. All of the assessments were leaded by Mr. Raymond So, the sports physiologist in Hong Kong Sports Institute. Pre-event musculoskeletal screening was conducted on 04 June 2008.

The HKASMSS also co-organized and supported the following conferences.

1. Sports Medicine And Rehabilitation Therapy (SMART) 2008 Convention, Aug 16, 2008, Hong Kong

<http://www.cuhk.edu.hk/whoctr/smart08>

2. International Convention on Science Education and Medicine in Sports (Pre-Olympic Conference), Aug 1-5, 2008, Guangzhou

<http://www.icsemis2008.org>

Upcoming Events

International Conference on Childhood Obesity: Evidence and Practice from Exercise Science (ICCO2008)

International Conference on Childhood Obesity will be held at the Department of Sports Science and Physical Education, Faculty of Education of The Chinese University of Hong Kong, Hong Kong SAR from 13th to 16th November, 2008.

Please visit the website of the conference at <http://www.cuhk.edu.hk/spe/obesity2008/>

1st OCA Sport Congress

The first Olympic Council of Asia Sport Congress will be held in Kuwait from 12-14th March 2009. The Olympic Movement which is a blend of culture, art and science, has fans galore in the ancient Asia continent. Over the years, the Asian members of the Olympic family have launched activities of various forms to materialize the Olympic ideals, and now the 1st OCA Sport Congress shall doubtless prove to be one amongst the bests in the OCA activities.

Please visit the website of the conference at <http://www.ocasia.org/Congress.asp>

6th European Sports Medicine Congress

The 6th EFSMA European Sports Medicine Congress will be held in Antalya, Turkey, during Oct 11-14, 2009. This Congress will provide a high quality scientific environment for the presentation of new research and exchange of information by all disciplines related to sports and medicine.

Please visit the website of the conference at <http://www.efsm2009.org>

12th Asian Federation of Sports Medicine Congress

The 12th Asian Federation of Sports Medicine Congress will be held on 3rd-6th December, 2009 at Amritsar, Punjab, India. This is going to be a mega event with well designed pre-congress workshops and courses. The Congress will bring together eminent international sports medicine consultants to set the pace for integrated approach towards sports medicine, and health. This congress will focus on life style diseases which have gained epidemic proportions.

Please visit the website of the conference at <http://www.afsm2009.com>

Study Opportunity in Sports Medicine and Sports Science

The aim of HKASMSS is to promote and advance the practice, education and research of medicine and science in relation to sports and exercise. Here we summarized a list of study opportunities in various levels, from certificate/

diploma to postgraduate level. The association encourages our members and colleagues to enroll in suitable programs to enrich knowledge and gain experience.

Department of Rehabilitation Sciences The Hong Kong Polytechnic University

Undergraduate Degree

Bachelor of Science (Honours) in Physiotherapy

Postgraduate Degree

MSc in Manipulative Physiotherapy
MSc in Physiotherapy
MSc in Sports Physiotherapy
MSc in Rehabilitation Sciences
Research Degree Students (MPhil/PhD)

Department of Physical Education Hong Kong Baptist University

Undergraduate Degree

B.A. (Hons) in Physical Education & Recreation Management
Self-financed Degrees and Certificate
Associate Degree Foundation Course
Associate of Science in Sport and Recreation Studies

Postgraduate Degree

Master of Social Sciences in Sport and Leisure Management
M.Phil. - Sports Sciences (Research Program)
Ph.D. - Sports Sciences (Research Program)

Department of Orthopaedics and Traumatology The Chinese University of Hong Kong

Postgraduate Degree

MPhil in Orthopaedics and Traumatology (Sports Medicine)
PhD in Orthopaedics and Traumatology (Sports Medicine)
MSc in Sports Science and Health Sciences
Postgraduate Diploma in Sports Science and Health Sciences

Hong Kong Sports Institute

Undergraduate Degree

B. Ed. Programme in Sports Training

**Institute of Human Performance
The University of Hong Kong**

Undergraduate Degree
BSc in Exercise and Health

Postgraduate Degree
M.Phil
Ph.D

**Department of Sports Science and Physical Education
The Chinese University of Hong Kong**

Undergraduate Degree
Bachelor of Education (Physical Education and Sports Science)

Postgraduate Degree
MPhil (Sports Science and Physical Education)
MEd (Sports Science and Physical Education)
Master of Arts (Sports Studies)
Master of Science (Exercise Science)
Postgraduate Diploma (Education)
Postgraduate Diploma (Exercise Science and Physical Education)
Ph.D (Education - Sports Science and P.E.)

Hong Kong Institute of Vocational Education (IVE)

Chai Wan School-Department of Hotel, Service and Tourism Studies

Higher Diploma in Leisure Studies
Diploma in Sports Management and Training Science
Higher Diploma in Sport Technology and Facility

Haking Wong School- Department of Hotel, Service and Tourism Studies

HD in Leisure Management

HKU School of Professional And Continuing Education (SPACE)

Undergraduate Degree

Bachelor of Arts (Honours) in Work Based Learning Studies (Recreation and Sports Management)
Bachelor of Science (Honours) in Work Based Learning Studies (Fitness and Exercise)
Bachelor of Arts (Honours) in Work Based Learning Studies (Sport Event and Entertainment Management)

Postgraduate Degree

Master of Arts in Sport and Recreation Management
Master of Physical Education and Sport Training
Master of Sports Administration
Graduate Certificate in Sport and Recreation Management (Fast Track)
Graduate Certificate in Sport and Recreation Management Operations (Fast Track)
Higher Diploma in Sport and Recreation Management (Foundation Programme)
Advanced Diploma in Recreation and Sports Management
Advanced Diploma in Sport Coaching and Performance
Advanced Diploma in Sport Injury Management
Advanced Certificate in Sport Event and Entertainment Management
Certificate in Sport and Recreation Studies
Foundation Certificate in Event Management
Advanced Diploma in Fitness and Exercise Studies

Council Members 2008-2010

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