

All-round Education Fosters Achievements in Sports

Seeing physical well-being as an integral part of all-round development, HKCC has always strongly encouraged students to engage themselves in sports activities to balance their minds, bodies and souls.

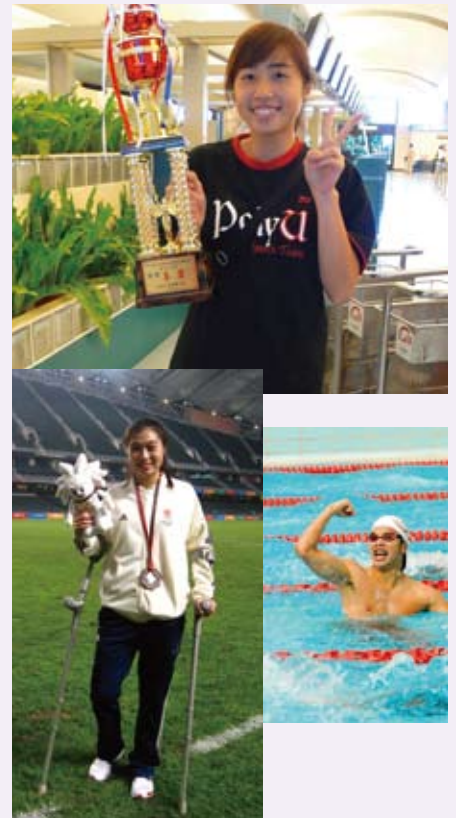
Our on-campus sports facilities include two multi-purpose halls, two performing arts rehearsal rooms and a fitness centre. In addition, under HKCC Students' Union there are about 10 affiliated clubs and societies which organise different kinds of sports activities. From table tennis to volleyball, from taekwondo to Ving Tsun, students can easily find the ones that suit their interests best.

Over the years, many HKCC students have turned their interests in sports into a gateway for personal achievement. They have performed remarkably well at inter-collegiate and even international levels in various sports events ranging from

basketball, football, volleyball, rowing, swimming to judo, martial arts and taekwondo.

For instance, in March 2010, 16 HKCC students and graduates took home top prizes, and two won the championship in the annual inter-university taekwondo competition. Also, three of our students and graduates broke five records of The University Sports Federation of Hong Kong at the Annual Aquatic Meeting of 2009/10 Inter-Universities Sports Competition held on 25 October 2009. At the East Asian Game 2009, four of our students and alumni represented Hong Kong and demonstrated their best personal performance.

To achieve whole-person education, mind and physique go hand in hand.



全人教育締造傑出運動成就

健康體魄是全人發展中重要的一環，香港專上學院一直鼓勵同學們參加體育活動，以達致身、心、靈的平衡。

學院備有兩個多用途會堂、兩個演藝綵排室及一個健身室供同學使用，而香港專上學院學生會現有 10個體育屬會，包括乒乓球、跆拳道、詠春及排球等，讓學生按個人興趣參加，鍛鍊體魄。

歷年來，不少香港專上學院的同學將自己的運動嗜好，提升至個人的傑出成就，在不少校際甚至國際比賽中，屢創佳績，當中包括籃球、足球、柔道、武術、划艇、游泳、跆拳道、排球等項目。

例如在今年三月，學院16位同學和畢業生參加年度大專跆拳道比賽，各自勇奪三甲獎牌，當中兩位更分別榮登冠軍寶座。此外，三位同學和畢業生於去年10月25日參加2009/10年度校際游泳比賽，刷新香港大專體育協會五項紀錄。而在2009年東亞運動會，四位同學和校友代表香港與其他運動健兒競賽，展示個人佳績。

要達致全人教育，必須鼓勵同學在磨練智力之餘，亦要注重鍛鍊身體。

