In SRM, We Trust!

Dr. Del Wong's Interview

School's Daily Life

Students' Sharing
Dear Reader,

Welcome to the THEi SRM family! We’re so glad to have you joining us. We wish you enjoy every joyful moment in your university school life.

This is the first issue of SRM Magazine. It is a truly remarkable time for us, as we meet new classmates and teachers to share our joyful university life in THEi. The Sport and Recreation Management Magazine seeks to capture the energy and life of the THEi SRM through balanced, in-depth coverage of its faculty, and students. We are happy to share the news and announcements in a professional way with style.

Over the past two years, THEi SRM has made huge gains in terms of academic progress, students’ involvements in athletics, volunteering and on-campus clubs. We encourage students to broaden spectrum of knowledge and skills, and equip them with the necessary experience required by the sports and recreation industry. SRM programme Leader Dr. Del Wong’s interview on his visions and attitudes in teaching SRM students is also included.

The Campaign for THEi SRM marks a critical time in the school’s history as we seek to expand our capacity in learning and contributing to sport and recreational industry. We are pleased to have more of you - our classmates and teachers - to discuss the Campaign’s goals and progress. Thus, we can make the world a better place together.

Please remember, In SRM, We Trust!

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Dr. Del Wong completed his doctoral study in Exercise Physiology at the Faculty of Medicine, Norwegian University of Science and Technology. After that he was employed as assistant professor at Hong Kong Institute of Education (HKIEd) and THEi. He was the strength and conditioning coach for athletes at various competition levels including medalists of Olympic Games, World Championship, Asian Games, regional, and elite youth. Dr. Wong specializes in the development of muscular strength and power, agility, intermittent aerobic endurance, game-specific metabolic requirement, periodization, tapering, and monitoring of training load. In 2012, he received the Outstanding Young Investigator Award from NSCA. He loves playing FIFA and watching Football games.

(He will stay overnight and watch football match with students, so don’t forget to call him!!)

Dr. Jim Luk completed his doctoral study in Education at The Chinese University of Hong Kong. After that he was employed as lecturer at Hong Kong Institute of Education (HKIEd), The University of Hong Kong (HKU), Hong Kong Baptist University (HKBU) and THEi. Dr. Luk specializes in Sport biomechanics, Ergonomics and Strength and conditioning. He is the black belt in Taekwondo (so don’t hand in your homework late, otherwise …)
Mr. Indy Ho is a physiotherapy and ASCA Level 2 Strength and Conditioning coach. He was employed as Program Officer and Master Trainer in Asian Academy for Sports and Fitness Professionals. He provided trainings and lectures to many fitness coaches in Mainland China. Now he is one of the teaching fellow in THEi. Mr. Ho specializes in Strength and Conditioning, Sport Medicine, Sport Biomechanics and Kinesiology, Health and Fitness Exercise. He is a Dancing and Singing King (so CHECK OUT our SRM Facebook page to search the sound tracks!!)

Ms. Leon Shek completed her Master of Science in Sport Science at The University of Hong Kong. After that she was employed as Sports Marketing Executive in NIKE, Sport Officer in The Hong Kong Institute of Education (HKIEd) and The Hong Kong Institute of Vocational Education (IVE), and Executive in Hong Kong Tenpin Bowling Congress and Tai Po Sports Association. Now she is one of the teaching fellow in THEi. Ms. Shek specializes in Youth Sport Participation and Talent Identification. She loves aqua sports and outdoor activities. (She is the EXPERT in hiking and camping!!)

Dr. Goody Wang comes from Taiwan. He completed his doctoral study in Sport Management at The University of Texas in Austin. After that he was employed as one of the teaching fellow in THEi. Dr. Wang specializes in Sport and Culture, Sport Policy and Development, Sport Participation and Social Capital. He always finds the best way for student to learn and shares his Taiwanese culture with students (he will also plan your trip if you visit Taiwan!!)
Ms. Harmania Lo completed her Master of Social Science in Sports and Leisure Management at The Hong Kong Baptist University. She worked in several industries before joining academic field, such as property management, PR and marketing, tourism attraction and services. Ms. Lo is the new teacher in Thei. Her major areas of teaching including Human Resources Management, Philosophy and Sociology in Sports and Recreation, Business Management Fundamental, Event Planning & Management and Operation and Management in Clubhouse & Spa. Let's us spend more time to know more about her!

Ms. Janet Lee obtained her Master of Philosophy in public health and Bachelor of Sports Science and Leisure management degree both at The University of Hong Kong. Before joining THEi, she had diverse working experiences across commercial, academic and research projects in discipline of sports, health and rehabilitation. Her research interests are healthy aging through exercise, exercise and health promotion in groups and communities and promotion of mind-body exercise as preventive medicine, stress-reduction and rehabilitation.

Mr. Potin Low completed his Master of Sport Science and Master of Student Activities. Mr. Low is the new teacher in THEi. His major areas of teaching including Aqua Sports, Nutrition, Adventure and Individual & Team Sports. He is a very friendly and outgoing teacher, so don’t be shy to meet him and know more about his life!
Beep~~Are you ready for the new match?
記：可不可以向大家介紹一下你的專業領域？

Del：我的專業領域是研究足球的運動科學及運動專項的體能訓練（Strength and Conditioning），現在亦有跟其他大學在合作研究熱壓力 (Heat Stress)，例如地盤工人的降溫衣。我未來更會研究室外運動的球衣如何降溫，例如研究能夠儲熱的物料，幫助球員吸走身上的熱力而達到降溫效果。

記：是什麼令你有這麼大決心做到世界級的學者？

Del：我自小便開始思考：這個世界多了我或少了我有甚麼分別？好像沒分別啊！當然是在人類發展的層面來說。如果沒了 Del Wong 這個人出現是沒有分別，為甚麼我要出現呢？由小學開始就問自己為甚麼要生存多一天？生活和上學有甚麼用呢？我找不到答案，也解釋不到，然後，我去到中學便發現原來有新的途徑可以讓自己站在國際的舞台去演繹一些自己做不到而其他人做不到的事，而這些文章是可以流傳後世，影響著後人。由此發現自己存在於人類歷史的意義，並且嘗試去奮鬥去做一些事改變世界，為人類發展出一分力。

記：你來到 THEi 建立 SRM 有甚麼目標？

Del：我的學士和碩士學位都在香港完成，然後再到歐洲深造博士學位，在歐洲期間，我看到高水平的運動科學研究。但是，在這方面香港不算特別優秀，所以香港的運動發展一直給人的感覺都是「打下波，游下水」，但相反在英美等國家，運動科學都是熱門的，科學化及以知識為本的一科。我希望其他在香港各大院校的運動課程看見我做得好便受到刺激，可以一起進步，將整個香港的運動發展做好。
記：你對THEi SRM抱有很大的期望，不知你對SRM的同學有甚麼期望呢？

Del：「要爭氣」

「做的事要對得住自己，對得住你的時間」

同學們在中學的成績不好，可能是因為那些都是你不喜歡的科目，但來到SRM就代表你選了你喜歡的科目，再沒有藉口做得不好，所以必須要做好。加上這是你將來的職業，如果這時你仍然不努力「儲彈藥」，你在未來工作就不會突然很出色。又例如你平時練波馬馬虎虎，到你比賽也不會突然成為「得分王」，所以大家要爭氣，做該做的事，不要覺得無所事事就可以畢業。

記：有好多學生都覺得自己是因為DSE成績差才會來到THEi，當面對其他大學生時自信心會有點低，你有沒有說話想跟他們說？

Del：那要看自信心低是來自甚麼。如果自信心低是來自文憑試的成績，這有點無聊。因為文憑試只是考一次而已，等於你輸掉一場比賽，再對那隊球隊就怕？不能這樣想啊！如果你問名牌學校是否有優勢，沒錯他們一定有優勢；但是否新學校或不出名的學校一定差呢？那又不一定。當你的課程好或你做得好的時候，人們就不會在意你來自哪裡。大學畢業只是一個方法，不是唯一的方法。如果要證明你在運動上有真材實料，就跟他們打一場比賽；但如果要證明讀書比他們出色，你就要表現得更專業。例如現在你們二年級升三年級的同學在做實驗及收取血液樣本等等前線工作是比其他大學出色，這點是我可以十分肯定的。
相信很多同學都知道 Del 最喜歡的運動是足球，原來他是………………

他認為意大利足球技術成熟，戰術層面很有深度。每一個球員都很有技術而不會浪費力氣，他們會思考來令足球動，而不是人動，所謂「人會疲倦，足球不會疲倦」。踢足球就是要令足球動，即使現在的各球員身體素質跟體能也很好，但腦的運作不夠好，導致不明白戰術是怎樣的運作便亂跑亂踢。可見基礎紮實是很十分重要，技術好之後便要再想如何應用，就像你在課堂上或實驗室裏學到的理論如何應用在實際的環境。

給 SRM 同學的 Survival Tips……

放眼世界

踏實

踏足社會後要不忘

提攜後輩

止於至善

保持自己的熱情

(:小編後記:) 賽波？睇邊隊？
REPORTER
Interview & Writing articles
Requirements:
1. Good command of Chinese and English in both writing and speaking
2. Initiative & good communication skills
3. Work independently & well organized
4. Having previous experience will be priority choice

PHOTOGRAPHER
Photo shooting & Collection
Requirements:
1. Fluent in Photoshop and computer work
2. Initiative and good communication skills
3. Work independently & well organized
4. Having previous experience will be priority choice

DESIGNER
Cover page design, layout of booklet
Requirements:
1. Fluent in Photoshop, AI, Photo Impact, and computer work
2. Initiative & good communication skills
3. Work independently & well organized
4. Having previous experience will be priority choice

EDITOR
Organize all materials of the booklet
Requirements:
1. Strong sense of leadership and responsibility, detail-minded & self-motivated
2. Fluent in Microsoft Publisher
3. Good command of Chinese and English in both writing & speaking
4. Initiative & good organization and communication skills
5. Having previous experience will be priority choice

**If you want to join us, please send your contact information to theisrmnewsletter@gmail.com**
In THEi campus, there are numerous opportunities for students to obtain wonderful experiences and explore new things in SRM. There are inner-class, Laboratory Experiments and outer-class activities for students to explore!

School’s Daily Life

Inner-class Activities
Students have chances to experience different sports like Table Tennis, Basketball, Volleyball, Handball and Rugby during year 1. In year 2, Aqua Sports such as Swimming, Kayaking and Sailing will be learnt. These sports are in the module called Sports Skills Development.

There is a module called Adventure-based Recreation where students develop their personal skills with passion and excitement. Plus, they must work together through their journey. It requires your guts to overcome challenges and achieve each goal. Self-satisfaction will be gained.

There are other fantastic opportunities like site visits in different organization’s sports ground/centres and camps site, for example, Chai Wan Sports Centre, Joint Sports Centre, in the module called Facilities Management Sports & Recreation.
Laboratory Experiments
Experiments are necessary for students to consolidate their understanding of the concept learnt so as to apply it into real situations. Students have chances to use different equipment. SRM will guarantee that sufficient experiments materials will be provided for the students’ learning throughout your school years.

Other Activities
SRM also provides students various opportunities to join outer-class activities, like attending the conference and being volunteers in sports events like Asian Conference on Sport Science, Hong Kong Youth Football Fitness Seminar and volunteering in Hong Kong Jockey Club. Students are glad to have such valuable experiences in THEi.
今年因應學科要求，全部二年級的同學都參加了2014水陸兩項鐵人聯賽的義務工作。是次活動中，我的工作負責指示運動員正確方向，以確保比賽順利進行。透過參與義務工作不但能增加我對義工管理的知識，並且可以親身體會到擔當義工的責任以及運動員答謝幫忙的滿足和成功感。
I am so glad to be one of the NIKE campus ambassadors this year and also the representative of THEi.

I went to Tai Wan to join the “WERUNTPE” marathon with the NIKE team in June. It was so great to be one of the runners, and it was an unforgettable experience for me. I never thought that I could finish it and I was so happy to challenge myself in this race. Even though I was injured before the race, I didn’t think of giving up and all I did was go for it with no regrets.

Apart from the race, our team met Marie Purvis - the master trainer in NIKE. She taught us how to do exercises properly and talked about the attitude. “Anything is possible with hard work, persistence and dedication.” That’s what she said and I will never forget it. To get the best performance, we should not give up easily and we should work hard.

As a sports student, I think an athlete should not give up easily when facing challenges. Athlete should take all the challenges as tasks and overcome them.
Come & Join~
Be One of Us!!!
Tsing Yi IVE Sports Complex: THEi students can also enjoy the sports complex. There are many facilities, e.g., gym room, swimming pool and tennis court, etc.

CAMPUS TOUR! LET'S START~
Room703: Computer room with printers. Students can print studying materials by using their printing quotas.

CILL: CILL provides a platform for students learning English through joining workshops and reading newspaper. E-learning system is also provided. They can use Internet resources to improve English.

LRC: Students go to LRC can borrow books and book the meeting rooms for presentation rehearsal. There are 2-3 printers which is paid by Octopus system.

SDO: SDO provide services to all THEi students, E.g., booking basketball / badminton courts, lending laptops, organizing workshops, etc.

Human Performance Laboratory: Professional devices are provided for students learning Sports Science.

Sports Therapy Centre: This is specially for senior year students who are studying Sports Therapy and Sports Coaching. They practice sports massage inside.

Common Rooms on 2/F and 4/F: students can study in a quiet environment.