

# Combining competition with classroom

## 賽場與教室 雙軌並行



黃金寶  
Wong Kam-po



Former world champion cyclist Wong Kam-po and Hong Kong karate team member Lee Chun-ho have graduated from the Bachelor of Health Education (Honours) programme, and have been chosen to encourage young sportswomen and men to continue with their studies and their whole-person development.

### Showing determination

"I am honoured to be appointed," says Wong, who competed in the 2008 and 2012 Olympics. He began the programme in 2010, but put his studies to one side to pursue a career in cycling and take on the promotion work that comes with it, before returning to his degree programme.

"Reading is more difficult than riding a bike!" he laughs. But Wong admits it was worthwhile. The initiative provides comprehensive support for sportswomen and men, so that they can balance their studies with training.

EdUHK made a pledge to be an 'Elite Athlete Friendly University' in 2018 and launched the 'Elite Athlete Career Development Internship Programme' to fully support a dual career pathway. It has a special admission mechanism, curriculum scholarships and flexible academic arrangements. So far, 97 elite athletes have enrolled in different courses at the University.

As a father, Wong also uses his own learning experience as an example. "I hope this acts as a useful guide to my son, so that he understands the importance of studying hard and not giving up easily."

### Succeeding through optimism

Lee has also had to be determined for many reasons. The international karateka became the first local sportsman to test positive for coronavirus. "At one point, I found it hard to breathe and had no idea about my recovery and future sports career," he explains.

The practice of mindfulness he has learned from sport has helped him manage his emotions. "We cannot control the outcome or process, but we can choose how to perceive difficulties and the way we tackle them," Lee says.

Determined to follow his dreams, Lee is looking to run a karate centre in the future, aiming to promote a healthy lifestyle and good dietary habits

Two international sportsmen and EdUHK graduates have been appointed ambassadors to help promote the University's elite-athlete-friendly initiatives.

兩名世界級精英運動員兼教大畢業生獲委任為「精英運動員友好大學」大使。

among different generations, especially children and young adults. "Most importantly, I want to guide them to develop a positive attitude in the face of changes and difficulties throughout their lives. There's nothing you can't get through if you remain upbeat and persistent," he says. "I'm thankful for the opportunity to continue with my career in sport, while acquiring the academic knowledge and practical skills beneficial for my future development."

「亞洲車神」黃金寶及空手道港隊代表李振豪，均為教大健康教育榮譽學士課程畢業生。他們將以大使身分鼓勵一眾年輕運動員重返校園，推動他們的全人發展。

### 有志者事竟成

黃金寶先後於二零零八及二零一二年代表香港，出戰奧運。其實，他早於二零一零年已入讀本校，但為了兼顧單車比賽及運動推廣工作，一度要暫緩學業。對於今次獲教大委任，他說：「我深感榮幸！」

他笑言：「讀書比踩單車更難！」不過，他承認一切都是值得的。校方的倡議為運動員提供全面支援，使他們在學習和訓練之間取得平衡。

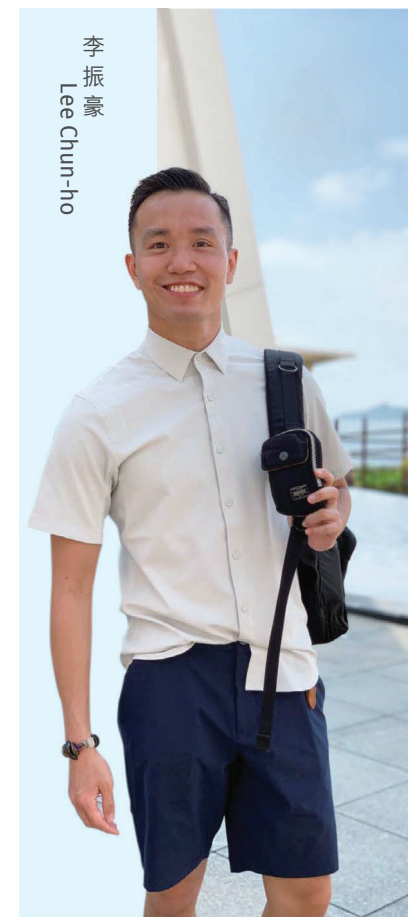
教大於二零一八年作出「精英運動員友好大學」承諾，開展「精英運動員職業發展實習計劃」，全方位支援運動員作雙軌發展，設立特別收生機制、課程獎學金及彈性學業安排。至今，教大已取錄九十七名精英運動員入讀不同課程。阿寶身為一子之父，希望能以自己經歷作身教。他說：「我希望自己的學習經歷可以成為孩子的榜樣，讓他們明白努力讀書，永不言棄的重要性。」

### 以樂觀取勝

另一位大使李振豪也展現了他的堅毅意志。他是香港空手道代表隊成員，卻不幸成為本港運動員中確診新冠肺炎的「第一人」。他憶述當時的心情：「我感到呼吸困難，無法確定自己能否康復，更不知道對我的職業運動生涯會造成怎樣的影響。」

可幸，過去通過運動訓練而學懂的正念練習，協助他穩定情緒。他說：「雖然我們無法控制事情的結果或過程，卻可以選擇怎樣面對逆境及解決事情。」

談及未來，李振豪已計劃開辦空手道學校，希望向不同世代，尤其兒童及年輕人，推廣健康生活方式及良好飲食習慣。他說：「我深盼能夠引領他們以積極正面的態度迎接種種轉變、克服重重難關。我相信，只要我們時常保持樂觀的心態，堅毅不屈，定能戰勝所有困境。」他又說：「我很高興有機會繼續從事體育事業，同時獲得有助我未來發展的學術知識和實用技能。」



李振豪  
Lee Chun-ho