

Balancing sports and studies

體育學業 兩相兼顧



I was admitted to CityU in September 2022 through the Student-Athlete Learning Support and Admission (SALSA) scheme. I am currently balancing playing for the Hong Kong table tennis team with my studies in the Department of Social and Behavioural Sciences.

I started playing table tennis when I was five. My mother encouraged me in this sport as my elder brother also played. I became fond of it and gained confidence after winning some competitions. I started training at the Shenzhen Nanshan Sports School when I was 11. The School's systematic training significantly enhanced my skills. I joined the Shandong Luneng table tennis club the following year.

I spent five years training at this club, meeting many outstanding coaches and athletes, before having the chance to play for the Hong Kong table tennis team after Mr Chan Kong-wah, head coach, contacted me in 2014. Soon after joining the team, I won the men's singles championship in a competition held in the Philippines, and I played at the 2016 Rio Olympics and the 2021 Tokyo Olympics.

Thanks to Dr Wong Choi-ki at CityU's Student Development Services (SDS), I applied for admission through the SALSA scheme, enrolling on courses on social issues, social services and introductory psychology.

I am grateful to the staff in the Physical Education Section at SDS for their enthusiastic support and I would like to thank my teachers for helping me with my studies. When I went overseas for competitions, they provided me with videos of lectures while Student Learning Advisors specially recruited by the Department helped other Year 1 student-athletes and me to balance our studies and training.

Discipline is essential for an athlete. I have gotten used to living and working with a group of people focused on intensive training. However, performance bottlenecks inevitably arise, but after returning to school, my studies help to relax me, especially before competitions.

University life is a brand-new experience for me, and it positively influences my knowledge, sports development and personal growth. As always, I strive to excel in both my studies and sports career. ▀

Anson Ho represented Hong Kong in the 2021 Tokyo Olympics. (Photo credit to ITTF)
何鈞傑代表香港參加2021年東京奧運。(照片來源：國際乒聯)



我是香港乒乓球代表隊現役成員，也是城大社會及行為科學系學生。自去年9月，我透過「學生運動員學習支援及入學計劃」(SALSA)加入城大。

我自五歲起已接觸乒乓球，當年兄長先開始玩，後來母親鼓勵我也參與。開始打球後不久，我對這項運動的興趣日增，加上在一些比賽中獲獎，於是更有信心繼續打下去了。在11歲時，我到深圳南山體校學習了一年。體校的系統性訓練，讓我的技術有所提升，同時有幸獲教練賞識，翌年加入山東魯能的乒乓球俱樂部。

山東魯能是國內著名的省隊，訓練嚴格，我在那裡待了五年，見識到不少優秀的教練和球員。2014年，陳江華先生（香港乒乓球代表隊總教練）與我聯繫，成為我加入港隊的契機。加入港隊後不久，我於菲律賓公開賽贏得單打冠軍，其後夥拍隊友參與不同國際賽事，包括2016年里約奧運和2021年東京奧運。

我從學生發展處黃彩琪博士處得知SALSA，經她的詳細介紹，我透過這項計劃入讀城大。因為我向來對心理學感興趣，故在本學年選讀了有關社會議題、社會服務及基本心理學的課程。

我感謝學生發展處體育部職員盡力提供多方面支援。社會及行為科學系的老師也友善親切，積極助我解決學習上的困難。例如當我到海外比賽、無法親身上課時，學系會提供課堂的錄像，讓我隨時可以重溫。學系更特別聘任學生學習顧問，協助與我同在今學年加入城大的其他學生運動員兼顧學習和訓練。

運動員的生活講求紀律，我長期過着集體生活，配合各種高強度訓練，以確保處於巔峰狀態，然而過程中總會遇上瓶頸期。重拾課本後，我覺得學習有助豐富和拓展思維，讓我在緊張高壓的比賽場外，多了冷靜思考的空間。

大學生活對我來說是新的體驗，相信長遠來說對我的知識、運動發展以至個人成長都有助益。我會一如既往盡力拼搏，期望在學術和事業兩方面都做出成績。 ▀



The academic and athletic potential of seven student-athletes admitted at the start of the 2022/23 academic year is fully supported.
在2022/23學年，城大取錄七位學生運動員，全力支持他們兼顧學業和發揮體育潛能。