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Although the Hong Kong Sports Institute has fully integrated with the Hong Kong Sports Development Board (HKSDB) in 1998, its major role remains unchanged - to provide an environment in which athletic talents can be identified, nurtured and developed. The Institute offers the elite athletes a holistic Elite Training Programme (ETP) by which, the essential elements such as coaching, sports science, sports medicine, fitness and conditioning, career development and education support can be integrated and channelled effectively to athletes.

There are totally 13 Sports being selected as Focus Sports, with 300 athletes, supported at the Institute. The outstanding achievements of the athletes trained at the Institute, especially a gold medal of Windsurfing from the 1996 Olympic Games and 5 gold, 6 silver and 6 bronze medals from the 1998 Asian Games have well reflected the work of the Institute in achieving sports excellence for Hong Kong. The Director of Elite Training Group of HKSDB heads the ETP at the Institute. The Director has responsibility for supervising the coaching and technical services to the athletes as well as facilitating the partnership with the respective National Sports Association in Hong Kong.