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## 2018 International NUSF Conference – 13 International Representatives Attended to Share Experiences to Facilitate Exchange



Kao Chin-Hsung(5th from left), Director-General of the Sports Administration, took a group photograph with the VIPs and students.

On November 20, Chinese Taipei University Sports Federation (CTUSF) held the 2018 International NUSF Conference at Paul Cardinal Shan Medical Building of Fu Jen Catholic University, to promote international exchange and ensure government agencies and universities/colleges in Taiwan have a better understanding of the system and operation of the national university sports federations (NUSFs) around the world. Ten Representatives from NUSFs of Japan, South Korea, Malaysia, Nepal, USA, Turkey, Poland, New Zealand, Australia and our nation were in attendance, as well as three continental university sports federation representatives from Europe, South America and Asia.

The Director-General of Sports Administration (SA), Kao Chin-Hsung, attended the conference and welcomed the representatives. The CTUSF also welcomed the participation of interested students and provided on-site machine translation devices so the students could

gain a more comprehensive understanding of sports related operations at NUSFs around the world.

At the start of the eight-hour conference, CTUSF detailed its experience organizing the four national university/college league competitions, the National Intercollegiate Athletic Games and the 2017 Taipei Universiade. This presentation was followed by the representatives from Malaysia and Nepal who showcased cultural differences in mainstream sporting events, while the Japanese representative discussed the need for detailed planning in terms of athlete careers and related systems.

The Secretary-General of European University Sports Association, Pecovnik Matjaz, discussed current developments and trends in European university sports, with a focus on free learning and enjoying sport. The introduction from FISU America made a notable impression, in as much as whereas most other countries are dependent on government funding and subsidies, the US was able to send nearly 500 athletes to the Taipei Universiade despite having no public funding or profit-making resources. Donna Spethman, General Manager of the UniSport Australia, presented a lively briefing in which she encouraged students to ask questions and even provided an iconic Australian boomerang as an incentive.

During the intermission, students took the opportunity to engage in discussions with the representatives on subjects such as eSports, athlete post-career planning, international volunteers etc. which served to enhance the level of professional exchange between our nation and other countries. The representatives from South Korea and Japan also invited our students to become sports volunteers in their respective countries.

This was the first time our nation invited the representatives of NUSFs and continental university sports federations to a conference. The attendance of these international representatives is not only a testament to the positive results of our long-term fostering of ties with different countries, it also successfully established a platform for professional exchange and a bridge that will facilitate future international exchange between NUSFs and interested students.

## International Children's Games 50<sup>th</sup> Anniversary in Taiwan – ICG Executive Committee Members Visited Taiwan and Attended the Exchange Forum



Ye Ding-Peng (center left), Chief Secretary of the Sports Administration, took a group photograph with ICG President, Torsten Rasch (center right), and other guests at the opening of the forum.

The delegation of the International Children's Games (ICG) Executive Committee, invited by the Sports Administration (SA), Ministry of Education, visited Taiwan from December 6-12, 2018. An exchange forum and banquet titled "ICG 50th Anniversary in Taiwan", was held at the Howard Plaza Hotel Taipei on December 10, and was attended by city/county government representatives, scholars, and experts, to exchange ideas and experiences relating to the organization of the Games.

In concert with important developmental trends in the international sporting world and policy planning by the SA in recent years, notable figures from international sports organizations and sports officials from different countries were invited to Taiwan in order to strengthen our efforts to establish an international sport exchange platform and to enhance our position and influence in international sports organizations. To mark the 50th anniversary of the establishment of the ICG, the SA invited the delegation of ICG Executive Committee members to visit Taiwan, including President Torsten Rasch, Vice President Igor Topole, Vice

President David Gilbert, Secretary General Richard Smith and Treasurer Wolfgang Glenz. An exchange forum was also organized where experiences in organizing the Games were discussed and shared in a congenial atmosphere, including the 35th and 50th ICG which were held in Taipei City and New Taipei City in 2002 and 2016 respectively.

The ICG is an official sporting event recognized by the International Olympic Committee (IOC) with city as its participating unit. The ICG organizes an annual three-day summer games at which the athletes aged 12-15 mainly take part in IOC-recognized individual sports, though the organizers can also select other additional sport disciplines. The 2018 ICG was held in Tel Aviv, Israel, with about 1,500 athletes from 76 cities, 29 countries participated, including three teams of our own, namely Taipei City, New Taipei City and Taoyuan City, which collectively won 9 gold, 18 silver and 17 bronze medals.

At the forum, ICG President Torsten Rasch shared hosting and bidding information on future Games, with the Games in 2019 and 2020 to be held by Ufa, Russia and Kecskemet, Hungary respectively. The registration fee for participation of member cities is 500 euros and non-members 750 euros. The application for bidding to host the Games costs 500 euros and applicant cities must have participated at least once in the Games prior to bidding. Moreover, before submitting documents expressing willingness to host the Games, members of the ICG Executive Committee must be invited to the applicant city to review its suitability and all application documents be submitted a minimum of three years before the Games.

The forum ended with great success and the SA plans to invite members of other international sports organizations, officials from sports related departments in various countries, renowned international experts and academics to policy related forums in the future, as a way of expanding our nation's international sports exchanges. For more information on the International Children's Games, please visit the official ICG website at: <http://international-childrens-games.org/icg/>.

## Sports Administration Achieved Successful Results on the Implementation of the "2018 Women on the Move" Program



2018 Women on the Move – New Immigrant Sisters Achievements Meeting

In concert with the New Southbound Policy, the Sports Administration (SA), Ministry of Education held a series of activities related to the "2018 Women on the Move – Promoting Exercise Among New Immigrant Women Program". A total of 16 activities were organized in the six municipalities where the new immigrant population is largest, including family football, family physical fitness, yoga, aerobic parties and other events designed to attract new immigrant women.

The last series of events organized this year was the "Empowerment Seminar and Sports Experience Achievements Meeting" held on December 8. In addition to inviting representative of new immigrant women to discuss what they learned from participating in activities throughout the year, enterprise owners from the leisure sport industry and course teachers were also invited to share their experiences. The objective was to convey the appeal of sporting activity and encourage women to make exercising an integral part of life. On the day

of the event, representatives from city/county governments were also in attendance, sharing their experiences of holding a diversity of exercise promotion and physical fitness activities, with the goal of extending such events at the local level and using them to create more opportunities for cultural exchange between new immigrants and develop a new immigrant friendly sport/exercise environment.

In recent years, the SA has focused on promoting sport-for-all related works and last year the number of women engaging in regular sporting activity exceeded 30 percent for the first time, closing the gap on the number of men who exercise regularly. This year the Sport Status Survey showed that 30.4% of women exercise regularly, maintaining a level of about 30%. Furthermore, the number of working women who engage in regular exercise, whether white collar, blue collar or professional technical personnel, has increased from 2017. In the past, work and family responsibilities meant such women rarely took part in sporting activity, whereas this year's survey shows the number rose 3-5% from last year. Clearly, the efforts of the SA and city/county governments, to encourage women to engage in more sporting activities, have been successful in recent years.

## 2018 Sports Elite Awards Ceremony



Group photograph with Minister of Education Yeh Jiunn-Rong, Sports Administration Director-General Kao Chin-Hsung, VIP guests, Outstanding Awards recipients and award winners.



The 2018 Sports Elite Awards was held on December 12, 2018. Winners were selected in the morning by committee members and six awards announced and presented at an awards ceremony in the afternoon. The Best Male Athlete Award was awarded to Lee Chih-Kai, Best Female Athlete Award to Tai Tzu-Ying, Best Coach Award to Lin Yu-Hsin, Best Sports Team Award to the 2018 Asian Games 10 Meter Air Rifle Mixed Team, Best New Athlete Award to Tseng Chun-Hsin, Best Sportsmanship Award to Tang Chia-Hung. Together with the Lifetime Achievement Award winner Kuo Chung-Hsing and Special Award winner Kuo Sheng, who were announced at an earlier press conference, a total of eight awards were presented.

The competition for the Best Male and Female Athlete Awards was particularly fierce this year, with all nominees performing outstandingly at the 2018 Asian Games. Of these, the competitive spirit of some athletes saw them nominated for the Best Sportsmanship Award. Particularly outstanding performances were also seen at international sports events by the winners of the Best New Athlete and Best Sports Team Award categories. Such excellence is more often than not the results of the hard work of those nominated in the Best Coach category. The ceremony was attended by Vice President Chen Chien-Jen, who offered words of encouragement and presented the Lifetime Achievement Award and Special Award.

This year marked the 20<sup>th</sup> anniversary of the Sports Elite Awards, the ceremony not only involved the winners of various categories, but also brought together past winners in a celebratory film thanking the organizers. It was noted that not only have the awards encouraged many sportspeople over the years, they have also showcased the excellent performances of athletes and coaches, in an effort to boost public interest in sport and thereby provide top athletes and coaches with the public support their hard work and dedication deserves.

## The Sports Administration and John Tung Foundation Promote "Fun Sport – Five Ways to Relieve Stress" – Achieving Exercise Benefits in Three Minutes



The Sports Administration and John Tung Foundation promote "Fun Sport – Five Ways to Relieve Stress"

The Sports Administration (SA) and John Tung Foundation jointly devised the innovative on-campus regular exercising program "Fun Sport 150 – Happy and Energetic" to encourage students to engage in more sporting activities. This offers instruction on how to relieve the stress through sporting activity and exercise, and also involved the filming of a "Fun Sport -Five Ways to Relieve Stress" instructional film by celebrity spokesperson, Plungon. The program teaches students how to elevate their heart rate and a series of exercises that can be completed in a few minutes. A press conference was held at Taipei Municipal YongChun Elementary School where SA Deputy Director General Wang Shui-Wen detailed that, with the aim to encourage students to develop regular exercising habit, the SA has promoted regular exercising related programs in schools since 2009 and resulted in the increase of the number of students exercising 150 minutes a week, other than in physical education classes, from 18% in 2013 to 89% in 2018.

Research conducted overseas indicates that a lack of physical exercise in youth can impact

mental health in later life. Detailing her experience with the Fun Sport – Five Ways to Relieve Stress Every Day and "Fun Sport 150 – Happy and Energetic" on-campus stress relieving programs, the principal of Taipei Municipal YongChun Elementary School, Huang Shu-Ju, indicated that the development of these fun sporting programs led to a great increase in students' participation in sporting activities. For example, over the past few years, Taipei Municipal YongChun Elementary School has promoted tchoukball and rhythmic gymnastics, and children now engage in sport activities in the playground or sports field during recess. During recess, all the kids at the school dance to popular songs and the increase in physical activity has led to a clear improvement in students' focus in class. Professor Hsu Chin-Hsing from the Department of Recreation Sports and Health Promotion at National Pingtung University of Science and Technology, who led the team that devised the "Fun Sport – Five Ways to Relieve Stress" program, explains that the amount of time engaged in sporting activity does not have to be long or intense to be effective. Any increase in physical activeness promotes physical and mental health. For example, "Fun Sport – Five Ways to Relieve Stress" is simple and easy to learn, including a series of moves such as bouncing up and down and moving the arms in a punching movement, side kicks, sprinting and jumping that gradually get the body moving and warmed up, achieving the same effect as engaging in sporting activity in less than three minutes. He reminds students not to use "no time to exercise" as an excuse, using the time in the morning, recess and after school to exercise and develop the habit of regular exercising and stress relief helps with emotional stability and elevates emotionally resilience.

## 2018 年國際大專體總研討會 13 位代表來臺經驗分享促交流

為促進國際交流，使我國政府機關與大專校院更了解各國大專體總制度與運作實例，中華民國大專院校體育總會特別規劃 2018 年國際大專體總研討會，並於 11 月 20 日於輔仁大學國璽樓舉行，邀請日本、韓國、馬來西亞、尼泊爾、美國、土耳其、波蘭、紐西蘭、澳洲和我國等 10 國大專體總，另外還有 3 位洲際總會代表，包含歐洲、南美洲、亞洲大學運動總會共同參與。

活動當天教育部體育署署長高俊雄也親臨現場，歡迎各國代表的到來，除此之外，大專體總也開放有興趣的學生一同參與，現場亦提供口譯機，協助學生更了解各國大專體總的運作。

八小時的課程，由我國大專院校體育總會率先登場，從國內四大大專聯賽、全國大專校院運動會到 2017 年臺北世大運，精彩的賽事串連帶出我國大專體總豐富的賽事舉辦經驗。緊接著由馬來西亞及尼泊爾以不同於他國的主流項目，帶出文化的不同，日本則提出在選手生涯及制度上完整的規劃。

歐洲大學運動總會秘書長 Pecovnik Matjaz 以自由學習和享受運動為主題，介紹歐洲現今大學體育的發展概況與趨勢。接著美國大專體總的介紹更是令人印象深刻，有別於其他國家大多仰賴政府的資金補助，在無任何經費及營利資源下，美國於臺北世大運期間仍可送出近 500 位選手來臺參與賽事，令全場為之驚艷。澳洲大專體總經理 Donna Spethman 則是以較活潑的方式簡報，為激勵在場學生勇於發問，甚至拿出澳洲特產迴力鏢作為獎勵。

參與本次研討會的學生也於中場休息時，把握機會與各國代表積極交流，舉凡電競、選手退役生涯規劃及國際志工等問題，各國代表無不傾囊相授，無形中也促進我國與各國間的專業交流，韓國及澳洲代表更直接邀請現場學生到澳洲及韓國擔任體育志工。

本屆研討會為我國首次邀請各國大專體總及洲際代表來臺授課，13 位代表的來訪不僅見證了我國長期與各國交流的成果，也成功建立專業交流平台，為各大專體總及有興趣學生搭起未來國際交流的橋樑。

## 國際少年運動會（ICG）50 週年在臺灣 ICG 執委訪臺辦理交流座談

國際少年運動會（International Children's Game, ICG）執委參訪團應教育部體育署邀請，於本（107）年 12 月 6 日至 12 日訪臺交流，並於 10 日在台北福華大飯店舉行「ICG 50 週年回顧與展望」交流座談暨餐會，邀請我地方縣市政府代表及學者專家共同參與，進行交流及賽事主辦經驗分享。

配合近年國際體壇重要發展趨勢及本署重要政策規劃，邀請國際體育組織重要人士、各國體育部門官員等訪臺交流，以強化我國建構國際體育運動交流平臺，提升我國在國際體育運動組織之地位與影響力。今年適逢 ICG 50 週年，本署特邀請 ICG 執委參訪團乙行 5 人，包含會長 Torsten Rasch、副會長 Igor Topole、David Gilbert、秘書長 Richard Smith 及財務長 Wolfgang Glenz 來臺交流，並辦理座談會分享相關經驗，而我臺北市及新北市曾於 2002 年及 2016 年分別舉辦第 35 屆及 50 屆 ICG，本次亦於會中分享

相關經驗，座談會雙方討論熱烈，氣氛融洽。

ICG 是以城市為組團參賽單位，亦是國際奧會（IOC）所承認的正式賽會，其中夏季 ICG 每年舉辦，賽期規劃為三日，參賽對象為 12 至 15 歲青少年選手，競賽項目又以國際奧會所承認單項運動為主，亦可選辦其他運動種類。2018 年賽事由以色列特拉維夫主辦，共有 29 國 76 個城市派選手參加，全球共有約 1,500 位選手參賽，我國有臺北市、新北市及桃園市組隊參賽，獲得 9 金 18 銀 17 銅好成績。

ICG 會長 Torsten Rasch 於座談會中亦分享未來賽事舉辦及申辦的相關資訊，其中 2019 年及 2020 賽事將分別由俄羅斯烏法（Ufa）及匈牙利凱奇凱梅特（Kecskemet）主辦，會員城市參賽報名費用為 500 歐元，非會員城市為 750 歐元。另外本項賽事申辦費用為 500 歐元，申辦城市須於提出申辦前至少組團參加過一次賽事，並於提出申辦意願書前邀請 ICG 執委會成員至申辦城市進行實地訪察，且至少於賽會預定舉行之三年前提出正式申辦文件。

當日交流座談會圓滿落幕，未來教育部體育署仍將持續邀請其他國際體育組織、各國體育部門代表及國際知名專家學者來臺與會，進行政策對話，拓展我國際體育交流。有關 ICG 相關資訊，請逕洽官方網站查詢，網址：<http://international-childrens-games.org/icg/>。

## 教育部體育署辦理「107 年 Women 動起來」計畫成果豐碩

教育部體育署配合「新南向政策」，規劃辦理「107 年 Women 動起來—新住民女性運動活力推廣計畫」設計系列活動，以新住民人口數居多的六都為首，辦理 16 場活動，包括：親子足球、親子體適能、瑜伽、有氧派對等特色場次，吸引新住民女性參與。

本年度最後一場系列活動「增能講座暨運動體驗成果分享會」於 12 月 8 日舉行，除邀請新住民女性代表來暢談參與 107 年系列活動心得，也邀請休閒運動產業負責人及參與課程之教師，共同分享自身經驗，傳達運動魅力，鼓勵女性朋友可以努力達到運動與生活相結合的目標。分享會當日也請各縣市政府代表蒞臨現場相互交流，交換各縣市辦理多元化之運動增能及體驗活動之經驗，進而深入在地延續辦理，透過活動帶來新住民間多元文化交流機會，建立友善新住民之運動環境。

近幾年教育部體育署致力於落實各項全民運動推廣工作，女性規律運動人口比例在去年首度突破 30%，與男性規律運動人口比例亦趨接近。今年運動現況調查結果，女性運動規律人口比例為 30.4% 可見，女性運動規律人口仍維持在三成之穩定比例。再者，從職業別分析，白領、藍領及專業技術人員之職業婦女規律運動人口比例均較 106 年來得高。這些職業婦女過去因工作與家庭關係鮮少從事運動參與，今年調查發現均較去年高出約 3%–5%，可見，體育署及各縣市政府近年在促進女性參與運動專案推動上已見成效。

## 107 年體育運動精英獎頒獎典禮

107 年體育運動精英獎於 107 年 12 月 12 日上午由委員透過決選會議評選出得獎人，並於當日下午的頒獎典禮揭曉並頒發 6 大獎項，獲得最佳男運動員獎為李智凱、最佳女運動員獎得主為戴資穎、最佳教練獎得主為林育信、最佳運動團隊獎得主為 2018 年亞洲運動會中華射擊 10 公尺空氣步槍混合團體、最佳新秀運動員獎得主為曾俊欣及最佳運動精神獎得主為唐嘉鴻，連同於前次記者會公布的終身成就獎得主郭中興及特別獎得主郭昇，共頒發 8 個獎項。

今年的最佳女運動員及男運動員獎競爭相當激烈，每一位入圍者都在今年的亞洲運動會上有著相當優異的成績，其中也有選手，因奮戰的精神更入圍了運動精神獎，其他像是最佳新秀運動員、最佳運動團隊也都在今年的國際賽事有非常亮眼的成績，而他們傑出的表現，也都是入圍教練們平日辛苦指導的成果。陳副總統建仁更親臨會場，致詞勗勉並頒發終身成就獎及特別獎。

今年適逢體育運動精英獎 20 週年，除現場頒發今年各獎項的得獎人外，更邀請歷年得獎人共同錄製祝賀影片，感謝精英獎 20 年來給許多體育人鼓勵外，更是一個里程碑，期盼運動員及教練們的精采表現，能吸引越來越多的民眾關心運動，支持運動，成為運動員及教練們辛苦打拼最大的支柱。

## 體育署與董氏基金會推「樂動紓壓 5 招」，每三分鐘就達運動效果

為吸引學生多運動，教育部體育署與董氏基金會合作創新校園規律運動方案－「樂動 150，樂此不疲」校園運動紓壓宣導計畫，並邀請浩角翔起代言拍攝「樂動紓壓 5 招」影片，教學生如何在短短幾分鐘，達成提升心率及全身伸展運動，並於永春國小舉辦發布宣導記者會，教育部體育署王水文副署長說明，體育署從 2009 年開始推廣校園規律運動方案至今，學生除體育課外時間，每周運動 150 分鐘的達成率從 2013 年 18% 提升到 2018 年的 89%，讓每一位學生都能養成規律運動的習慣。

國外研究顯示，青少年時期缺乏體能活動會影響其心理健康直至成人，樂動紓壓 5 招 Every Day！「樂動 150，樂此不疲」校園運動紓壓宣導計畫的臺北市立永春國小校長黃淑茹表示，趣味運動方案的確大大提升學童參與運動的比例，例如永春國小這幾年特別推廣巧固球及韻律體操，下課時間不論大操場或小運動場都可以看到孩子們自主運動，大課間時全校同學也會一起跳流行歌曲，孩子們運動頻率增加，上課專注力也明顯提升。而率領團隊設計「樂動紓壓 5 招」的屏東科技大學休閒運動健康系教授徐錦興說明，運動的時間與強度不一定要很長、很強才會有效，只要正確增加身體活動量就能促進身心健康，像是「樂動紓壓 5 招」以好記、易上手的功夫動作招式，從輕微跳動出拳、側踢，至全身性快速跑動跳躍，讓身體漸進式達到活動及緩和，整套招式不到三分鐘的時間就能有效達到運動效果，他提醒同學們，別再以沒時間運動為藉口，利用晨間、課間、課後等零碎時間「練功」，養成規律運動及紓壓的習慣，有助穩定情緒、提升情緒韌性。

## Sport Terms

## 運動詞彙

Physical Fitness

體適能

International Children's Games (ICG)

國際少年運動會