

July / ISSUE 80

體育署 | 2019
電子報

Sports Administration
Newsletter



教育部體育署
Sports Administration,
Ministry of Education Taiwan, ROC

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Integrating College Resources, Improving Water Safety in Remote Rural Areas



2019 Water Experience Pool and Water Safety Teaching Implementation Program University Service Teams and children involved in Touring Teaching

The Sports Administration encourages students to enjoy and be comfortable in water from a young age, using participation in water safety activities to ensure as many as possible learn how to swim and life-saving techniques, so that swimming is a safe and enjoyable pastime for everyone. On this occasion, some parents said their children were so excited about attending swimming classes they got out of bed on their own to get ready, without the prompting usually needed on school days. In addition, the children were full of smiles throughout the classes, an indication of how much they enjoyed learning to swim. Before classes, parents worried their children would be too scared of the water to swim, but the opposite was the case. University Service Teams offer classes that are fun and exciting. They teach children to overcome their fear of water and afterwards many nag their parents to go swimming every day.

Six teaching programs were held from June-July 25, 2019 at Laihui Elementary School in Yunlin County, Da-Tong Elementary School in Yilan County, Wumei Elementary School in Miaoli County, Jiang Jun Primary School in Penghu County, Koushe Elementary School in Pingtung County and Municipal Pindeng Elementary School in Taichung City. Because all of these schools are



located in remote locations, it is difficult for them to arrange the transport needed to take students to a nearby swimming pool. As such, students and teachers alike very much looked forward to a visit from the University Service Teams of the Water Experience Pool and Water Safety Touring Program. This allows students to familiarize themselves with water while also learning life-saving skills in a safe environment, with the help of swimming coaches. After the classes, parents and students lined up to talk to members of the service team and provided much positive feedback about the activity. They also thanked the Sports Administration and the colleges for their assistance of teaching children in remote areas on how to swim and life-saving skills.

Many colleges across the country have water related departments, water sports equipment, and expert teachers. In order to promote cooperation between these institutions and the local community while also embracing the social responsibility of universities, the Sports Administration asked Tamkang University, National Changhua University of Education and the University of Taipei to organize trial "Local Swimming Teaching Center" programs, integrating college resources and dispatch University Service Teams to hold water safety programs in remote elementary schools.

In 2019, a total of 10 water experience and water safety touring programs have been held. These involved sharing resources with the wider community and applicant local elementary schools invited students from other local schools to attend the classes so as many as possible benefited from the program. Indeed, the water experience pool even visited one of Taiwan's offshore islands. "Swimming classes are great fun. I really want to go to another one," said Kao Yi-ting, a pupil at Jiang Jun Primary School in Penghu County. This school is located in Wangan Rural Township where most residents are fishermen. With no swimming pools,

lack of expert teachers and the fact that,coastal areas are often impacted by the weather and tides, the island is an unsafe place to learn swimming. This year, after discussions between the school and parents an application was filed to the Sports Administration for a visit by the water safety touring teaching service and water experience pool, to provide children with a safe environment to learn swimming. Community school alumni and parents assisted with the transportation of the pool by land, air and sea from Taiwan. The program attracted a lot of school alumni wanting to learn more and many praised the event, not only for the friendly teaching environment it fostered, but also because it provided children from underprivileged families, single parent families, children looked after by grandparents and families unable to teach their children how to swim, with an invaluable opportunity to learn an important skill.

Taiwan participated in the 2019 Napoli Summer Universiade



Sports Administration Director-General Kao Chin-Hsung led the Taiwan delegation into the stadium for the opening ceremony of the 2019 Napoli Summer Universiade.

Taiwan delegation dispatched a team comprising of 131 athletes in 12 sports to take part. The opening ceremony was held at 9pm Italy time on July 3. Sports Administration Director-General Kao Chin-Hsung led the Taiwan delegation around the stadium and it received a warm welcome from the crowd. Men's volleyball team captain Wu Tsung-hsuan was the flag bearer for the opening ceremony, led by Sports Administration Director General Kao Chin-Hsung as he entered Studio San Paolo. This time the Taiwan delegation bagged nine gold, 13 silver and 10 bronze, bettering the results at any previous overseas Universiade.



Exercise is the Best Way to Stay Healthy - The Ministry of Education and Ministry of Health and Welfare Combine to Encourage Seniors to Engage in Exercise for Better Health



Ministry of Education and Ministry of Health and Welfare held the Happy Aging Seniors' Exercise for Health Press Conference

With those services that immediately concern silver citizens at its heart, the Ministry of Education (MOE) and the Ministry of Health and Welfare (MOHW) will align to roll out their "Seniors' Health Through Exercise Program" in 2019. The project aims to send health and fitness professionals into aging communities to assist seniors with gaining better health through proper exercise and fitness instruction. The "Happy Aging Seniors' Exercise for Health" press event held on July 12, 2019 was attended by both Minister Pan Wen-chung and Minister Chen Shih-chung of the MOE and MOHW respectively, where they encouraged more silver citizens to seek healthier and better lives through participating in these fitness activities.



Silver citizens within the population will only continue to grow in the near future, intimating that as the nation is now an aging society, encouraging this demographic into getting more exercise for health is an increasingly pressing issue. Representatives from the Sports Administration, MOE and the Health Promotion Administration, MOHW met to discuss approaches for how to best to allocate specialized personnel within localized settings and focus them on motivating elders to enroll in the physical activity plan (the Seniors' Health Through Exercise Program). The talks also revolved around combining their resources to realize these aims, for physical activity health professionals to assist elders within residential communities to enjoy increased health through exercise and fitness instruction.

The MOHW, in light of the challenge of an aging population, will set the ball rolling via a multi-directional remodeling of the health system, aimed at ensuring continuity of care, from



the community all the way through to the hospitals. In addition to actively promoting Long-Term Care Plan 2.0, and through an inter-departmental collaboration with the MOE, it intends to employ a more forward-looking strategy in the prevention and delay of loss of function for elders by uniting local health clinics (centers) and

hospitals etc., to provision residential community health and chronic care networks, along with elderly-friendly health care institutions and the creation of senior-friendly neighborhoods and towns so as to provide health promotion services to the elderly and thereby build a healthier elderly-friendly society.

The Sport i Taiwan program that the Sports Administration, is advocating, sees 22 towns and counties cooperating to further national fitness. "Silver Citizens Exercise Lohas Program" is one such program, which organizes tailor-made activities for silver citizens that reflect the regional community which they live in with the goal of improving the regularity of their exercising habits; the "Residential Fitness Promotion Program" provides physical assessment and testing, and holds fitness classes for silver citizens to help raise their health and fitness. It also supports and advises local government on how to set up Exercise Instruction and Counseling Groups to circulate throughout their districts. These groups would combine and allow access to the Senior Citizen Active Learning Centers, the Senior Citizen Learning Camps, Sport Hot Zones, Community Care Centers and Senior Citizens Activity Centers by inserting national fitness instructors and exercise and health specialized instructors directly into the residential communities; bringing fitness opportunities closer to where the elderly actually reside and guiding them in enjoying exercise correctly.

The two ministries have further integrated their resources to facilitate a more convenient means of accessing information on exercise and fitness for seniors by creating the Map to Fitness for Silver Citizens and Silver Citizens Fitness Instruction Zone in the Sport i Taiwan LINE (@isports) where they can get all the information needed on the various activities. The two ministries plan on continuing their joint efforts with the Seniors' Health Through Exercise Program in the future by expanding the program and organizing fitness and health instructors along with associated resources and then delivering them into residential communities nationwide. Fostering active aging and extending silver citizens more comprehensive care, and ultimately building happier lives for our seniors through exercise and fitness.



Solution to Disputes Between Fitness Trainers and Clients Sports Administration Formulates Fitness Trainer Service Standardized Contract Draft



Sports Administration Director-General Kao Chin-Hsung explain how the Sports Administration has formulated regulations to protect consumers in response to the fitness trend.

Fitness training is becoming increasingly popular in Taiwan and the fitness industry is also increasingly diverse in terms of types of operation. As well as going to a gym, more and more people are employing fitness trainers and many disputes between trainers and clients have arisen in recent years. Figures from the Consumer Protection Department, Executive Yuan show that 2012-2018 gym consumer disputes continued to increase and totaled 7394 cases. The main reasons for consumer complaint are that trainer classes are excessively promoted leading to difficulty in the purchased classes in the time limit and consumers are unable to reclaim their money when a trainer resigns.

In order to guide the fitness industry and protect consumer rights and interests, under the principle of equality and mutual benefit, the Sports Administration has formulated the draft of "Matters Which Shall or Shall Not Be Stipulated in Standardized Contract for Fitness



Trainers" authorized by Paragraph 1 of Article 17 of the Consumer Protection Act. The draft stipulates that when a consumer and a gym trainer sign a contract, there should be a contract review period of at least three days, the types and time limits of service should be stipulated, if a trainer's classes are changed the consumer should be notified within the time agreed in the contract

and, if the consumer is not notified, the consumer can demand that the operator provide a make-up class at a designated time or compensation. If the consumer has accumulated the trainer service contract volume (including different trainers of a single operator) of more than average 5 classes per week , or the trainer designated by both sides is unable to provide service according to the contract, or the operator changes location without the consumer's agreement, or a trainer's service is suspended for a year or more, the consumer can terminate the agreement.

In addition, operators often use special offers to attract consumers to continually buy classes for different exercises, causing the consumer to incur excessively high expense before enjoying the service. With the risk been borne by the consumer, this is a situation that does not meet the intention of consumer protection. To build a sound contract fulfillment environment, the Sport Administration also requires in the draft that operators use 50% of the money paid in advanced for fitness courses to provide contract performance guarantee.

SPIN Accelerator Taiwan 2nd Cycle Demo Day - Displaying Boundless Potential of Taiwan Sports Innovation



Sports Administration Chief Secretary Yeh Ding-peng (4th from right), HYPE VP Strategy Zvika Popper (3rd from right), Dr. Hank Huang, Director, Center of Industry Accelerator and Patent Strategy (IAPS), National Chiao Tung University (3rd from left) and the top 2 teams of this cycle of SPIN Accelerator Taiwan pictured together

SPIN Accelerator Taiwan, created by the Sports Administration for Taiwan sport industry through introducing international resources, held its 2nd Cycle Demo Day at the Sports Administration on July 17 in which the results of the training provided to startup teams were showcased. In the end, MeetAgile and Singular Wings Medical won the favor of the judges and were both named the Most Outstanding Teams of this cycle.

The Sports Administration commissioned IAPS and HYPE to jointly establish SPIN Accelerator Taiwan in 2018. The aim was to utilize the technology network of IAPS and its experience of nurturing almost 100 startup teams to help the participating teams of this project to carry out technological integration combining Taiwan's advantage in the technology, manufacturing and service industry to open up new development areas and potential in order to speed up linking with international network resources, and take our innovative elements



into the international community to bring more possibilities to our sports innovation. The outstanding teams of the first training cycle have already raised more than NT\$10 million through participating in various domestic and international related startup events and meetings.

Nine domestic and overseas startup teams with potential were recruited for the 2nd cycle of SPIN Accelerator Taiwan; they included Germany's Fassoo which offers sports brand optimization services, UK's Armony which has developed wearable wireless intercom devices, Dronefighter which designs flying competition courses and event marketing, MeetAgile which has developed a sports competition analysis App, Golface which has developed an integrated golf management App, LUDO which provides online fitness teaching, JianLing which has developed a smart movement sensor platform, LongGood which provides health management integration systems, and Singular Wings Medical which has developed wearable devices that monitor physiological signals and offer instant detection.

All nine startup teams that attended the training courses did their best to impress with their products and services at the Demo Day and displayed the rich fruits of participation in this program. The Most Outstanding of this cycle Teams won the chance to attend the ASPN meeting and HYPE global sports innovation events in the future, to allow the world to see Taiwan sports innovation capability and raise our international profile.

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LINE TODAY

整合大專資源 深入偏鄉擴展水域安全

體育署鼓勵學生們從小就親水、近水，藉由參與更多安全的水域活動，來培養游泳、自救、甚至救人的能力，讓游泳成為一件開心快樂的事。本次就有學生家長表示，小孩們每天都很期待上游泳課，平常上學叫不醒，這次完全不用叫就自己醒來，全程上課都笑容滿面，就知道她們多喜歡游泳課程。甚至上課前很擔心孩子怕水會不敢游，結果完全相反，大專服務隊有趣又生動的課程，讓孩子克服恐懼，每天都唸著想上游泳課呢。

今（108）年 6 月至 7 月 25 日已辦理 6 場次，分別為雲林縣來惠國小、宜蘭縣大同國小、苗栗縣烏眉國小、澎湖縣將軍國小、屏東縣口社國小及臺中市平等國小。因為學校皆位處極偏地區，校方要帶學生至鄰近游泳池上課的交通實為不易，因此學校師生都很期待大專服務隊親水體驗池巡迴教學活動，讓學生在安全的水域及教練帶領下，除了認識水域的環境特性外，更能學習到水中自救等技能。許多學生及家長紛紛於課程結束後向服務隊與校方反映，相當肯定此項活動，也感謝體育署及大專校院對偏鄉孩童游泳與自救教學的重視與協助。

國內許多大專校院具備水域相關系所，擁有水域運動相關設備及專業師資等豐富資源，為強化大專校院與區域連結合作，落實大學社會責任，教育部體育署今年擇定 3 所大專校院進行「區域游泳教學中心」試辦計畫，分別為淡江大學、國立彰化師範大學及臺北市立大學，藉由整合大專校院資源，遴派大專服務隊至偏鄉小學進行水域安全教學課程。

108 年辦理 10 場次親水體驗池巡迴教學，除了資源共享，由申請實施學校邀請鄰近國民小學一同學習，讓更多學生受益，並將親水體驗池拉到離島地區學校。「游泳課很好玩，希望還可以再上游泳課」，澎湖縣將軍國小高翊庭小朋友說。澎湖縣望安鄉將軍國小為離島中的離島學校，居民以捕魚為生，但島上無游泳池，且缺乏專長師資，海邊場地易受天氣潮汐影響，為了提供孩子能在安全環境下學游泳，108 年經學校及家長討論，向體育署申請親水體驗池水域安全巡迴教學服務，由社區校友及家長協助搬運，經過陸、海、空遠從臺灣運送親水體驗池設備，活動吸引不少校友前來了解，大讚不僅建置友善教學環境，更提供給弱勢家庭、單親、隔代或無法教孩子游泳的家庭絕佳學習機會。

我國參加 2019 拿坡里世界大學運動會

2019 拿坡里世界大學運動會我國共計遴選 13 種運動 131 選手參賽。開幕典禮在義大利時間 7 月 3 日晚上 9 點舉行，體育署高俊雄署長親自帶領代表團教練選手繞場，受到全場觀眾的熱烈歡迎。本屆世大運代表團由男排隊長「黃金左手」吳宗軒擔任開幕掌旗官，在高俊雄署長帶領下步入拿坡里聖保羅球場。

本屆我國共獲得 9 金 13 銀 10 銅佳績，超越我國赴國外參加世界大學運動會成績。

運動是健康最佳藥方－教育衛福兩部聯手號召樂齡愛運動運動『銀』健康

教育部與衛生福利部跨部會合作，108年共同推展「運動『銀』健康」方案，以銀髮族有感的服务為核心，將運動健康專業指導人力送入長者社區通路，協助銀髮族藉正確運動獲得運動健康的效果。教育部潘文忠部長與衛福部陳時中部長連袂出席108年7月12日召開之「樂齡愛運動運動『銀』健康」記者會，號召更多的銀髮族一起來運動，為自己贏得健康。

鑒於我國已邁入「高齡社會」，銀髮族人口將越來越多，促進銀髮族運動健康議題日形重要，教育部體育署與衛福部國民健康署今（108）年商定共同推動長者身體活動計畫（即「運動『銀』健康」方案，整合兩部的資源，以「據點在地化、人力專業化」的方式，將運動或身體活動專業指導人力送入長者社區通路，協助銀髮族藉正確運動獲得運動健康的效果。

因應高齡化問題，衛福部著手進行醫療體系水平與垂直整合，以建立「從社區到醫院」的連續性全人照護健康體系為目標，除了積極推動「長照十年計畫2.0」，並透過與教育部跨部門合作，更前瞻性往前預防及延緩長者失能，推動長者「活躍老化」，結合地方衛生局（所）、醫療院所等，佈建社區健康促進網絡、慢性病照護網、高齡友善健康照護機構及營造高齡友善社區、城市，提供長者健康促進服務，營造高齡友善健康社會。

教育部體育署推展全民運動與22縣市合作「運動i臺灣計畫」，其中包含「銀髮族運動樂活計畫」，因地制宜為區域內銀髮族規劃設計專屬活動，提高規律運動習慣；「社區體適能促進計畫」則結合身體評估及檢測，辦理銀髮族體適能促進課程，強化運動健身成效；並輔導縣市政府成立「巡迴運動指導團」，結合樂齡學習中心、樂齡大學、運動熱區、社區照顧關懷據點、老人活動中心等通路，將國民體適能指導員、運動保健師資等專業人力輸送到社區，就近提供長者運動服務機會，傳授銀髮族正確運動知能及觀念。

為了讓銀髮族方便取得銀髮族運動健康相關資訊，兩部也透過資源整合，在i運動資訊line@建置「銀髮運動地圖」及「銀髮運動教材專區」，提供運動健康的資訊。未來，教育部與衛福部將持續積極合作，擴大推展「運動『銀』健康」方案，將運動健康專業人才及資源輸送至全國社區單位，促成活躍老化，提供銀髮族運動健康更完善的照顧，希望達成透過「運動健身」，邁向「快樂人生」的目標。

健身教練消費糾紛有解了 體育署研擬健身教練服務定型化契約草案

鑑於國人健身風氣日盛，健身產業態樣也日趨多元，除了到健身中心運動外，越來越多人也開始找健身教練進行訓練，近年來陸續產生許多消費糾紛。依行政院消費者保護處統計，101年至107年關於健身中心消費糾紛申訴量逐年攀升，共計有7,394件，並以教練課程過度推銷，導致消費者購買多筆教練課程

所衍生之使用期限、健身教練離職消費者無法退費為主要申訴原因。

為輔導運動健身產業及維護消費者權益，並在平等互惠原則下，教育部體育署依消費者保護法第 17 條第 1 項授權訂定「健身教練定型化契約應記載及不得記載事項」草案，草案明定消費者與健身中心教練簽訂契約時，有三日以上的契約審閱期、健身教練服務的種類及期限要明確記載，教練課程如有任何異動，應依約定方式於約定時間內通知消費者，如果沒通知，消費者可依約定方式請求業者於指定時間內補課或賠償，消費者如果累計教練服務契約量（含同一業者不同教練），已達每週平均逾五堂課者，或是雙方指定教練無法依約執行業務、業者變更履約地點，未經消費者同意者、暫停教練課程服務超過一年者，消費者都可終止契約。

此外，因業者常以折扣行銷吸引消費者不斷購買不同運動項目教練課程，導致消費者尚未享受服務，就已經預繳過高的金額，所生風險卻全由消費者承擔，不符消費保護意旨，為健全履約環境，體育署也於草案中要求業者應將預收健身教練課程款項之百分之五十，用來提供履約保證。

臺灣運動創新加速器第 2 期成果發表會 展現臺灣運動創新無限潛力

體育署引進國際資源，為臺灣體育產業打造的「臺灣運動創新加速器」（SPIN Accelerator Taiwan），於 7 月 17 日在體育署舉行第 2 期培訓專案成果發表會，展示運動創新團隊培訓成果，最後由 MeetAgile（捷思科技）及 Singular Wings Medical（奇翼醫電）獲得眾多評審青睞，勇奪本期最佳優秀團隊殊榮。

體育署自 107 年委託交通大學加速器中心與 HYPE 運動創新基金會（HYPE Sports Innovation, HYPE）共同創建 SPIN Accelerator Taiwan，目的在結合交大加速器的科技網絡，以及培育近百個創新團隊的經驗，協助有志參與運動創新的團隊結合我國在科技業、製造業與服務業的優勢與強項，開拓嶄新發展領域與潛能，加速鏈結國際網絡資源，並將我國創新元素引介至國際社會，為我國運動創新帶來更多可能性。本計畫第 1 期專案的優秀創新團隊，藉由參與多項國內外相關創新活動與會議，已募得超過新台幣千萬元資金。

第 2 期專案共招募 9 個優秀具潛力的國內外運動創新團隊，包含從事賽事品牌優化服務的德國團隊 Fassoo、研發無線穿戴對講裝置的英國團隊 Armony、設計飛行競賽賽道與賽事行銷的 Dronefighter（飛競鬥士）、開發賽事數據分析 App 的 MeetAgile（捷思科技）及高爾夫整合性管理 App 的 Golface（綠夾克運動事業）、經營線上運動健身教學的 LUDO（如茶科技）、開發智慧動作感測平台的 JianLing（建菱科技）及健康管理整合系統的 LongGood（龍骨王），以及生理訊號及時偵測穿戴裝置的 Singular Wings Medical（奇翼醫電）等運動新創團隊。

9 個參與近 2 個月培訓課程的團隊在成果發表會施展渾身解數，秀出自家運動創新產品與服務，展現參與本計畫的豐實成果。最佳優秀團隊可獲得未來出國參加體育署 ASPN 論壇及 HYPE 全球運動創新相關活動的機會，讓世界看見臺灣運動創新能量，打響我國國際能見度。

Sport Terms

運動詞彙

Silver Citizens Exercise

銀髮族運動

National Fitness Instructors

國民體適能指導員

Fitness Instructors

運動指導員

Exercise Instruction and Counseling Groups

巡迴運動指導團

Sport Hot Zones

運動熱區



2019

亞洲大學 足球錦標賽

ASIAN UNIVERSITY FOOTBALL
TOURNAMENT 2019 TAINAN

亞洲足球 盛會在臺南

9/18~26

臺南市立田徑場、臺南市立足球場

Tainan Track and Field Stadium
Tainan Football Stadium



指導單位 |



教育部體育署



中華民國足球協會

主辦單位 |



臺南市政府

AUFF

亞洲大學足球聯盟

承辦單位 |



臺南市體育總會

協辦單位 |



臺南市永華國民運動中心