

**August / Issue 129**

**Sports  
Administration  
Newsletter**

**2023 體育署電子報**



**教育部體育署**

Sports Administration, Ministry of Education

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# Engage in Outdoor Sports in the Post-Pandemic Period For Effective Stress Relief

## The Sports Administration and the John Tung Foundation Have Put Forward the Everyday “5 Moves for Stress Release” Through Happy Exercise



► “Green Exercise 150” for Happiness and Fun” press conference

Various epidemic prevention restrictions during the COVID-19 pandemic affected young people's exercise habits and exercise time. An advocacy and results press conference was held today (7/25) for the "Green Movement 150 for Happiness and FUN!" Campus Sports Stress Relief Program for which the Sports Administration subsidized the John Tung Foundation (JFT) at Xinglong Elementary School in Taipei City. It aimed

to encourage students to go outdoors and get close to nature and maintain the habit of exercise for the relief of stress.

Chief Secretary of the Sports Administration Fang Jui-wen said that it has actively promoted popularization and diversification of sports, hoping to increase young students' interest in sports in recent years; it subsidized the JFT to continue to promote regular sports on campus

and design diverse and interesting sports programs, such as the "5 Moves for Stress Release" ; they are easy to learn and can achieve full-body exercise effects in just three minutes. They are very suitable regardless of the weather, can be done indoors or outdoors at any time, and can be combined with other sports. Also, a sports record collection submission competition was held, allowing students to use videos, photos, paintings, etc. to creatively present and record the enjoyable time spent practicing the five stress-relieving moves in nature. At the same time, students are encouraged to merge exercise into daily life and achieve SH150 (150 minutes or more of sport a week outside of PE classes) to promote personal physical and mental health.

stress. This year (2023), the campus regular exercise relief program has been planned and designed, and the theme of "Green Exercise 150" set to encourage students to exercise more outdoors. A total of 1,353 works were collected, and 427 schools responded. From the data, it can be seen that the five stress relief moves are recognized and welcomed by schools at all levels. Parents and students are also reminded that although the weather is hot during the summer vacation, to not forget to find the appropriate time to go outdoors together for exercise, after applying sun protection, of course.

In response to this concept, Principal of Taipei Xinglong Elementary School Chang Wen-shou shared that their school holds school-wide walking, running, aerobics, playing basketball or football every day, and the after-school activity class has a total of 20 sports clubs. On average, there are 4 types of sports clubs for students to participate in every day to increase sports opportunities. In addition, class tutors use their spare time to lead students to dance the five moves to relieve stress, and encourage parents to bring their children to watch videos while exercising. Exercise has now become a daily activity for all teachers and students of Xinglong Elementary School.

Chief Executive Officer (CEO) of JFT Yao Si-yuan, said that according to many foreign studies, if you go in the woods or a green environment, even just taking a walk, exercise can greatly help relieve



Program ambassador Chiu Sheng-yi (Prince Chiu) who has participated in

athletics teams since childhood, shared his experience in relieving stress through exercise. Although his exercise space was limited due to the impact of the pandemic, he still did indoor exercises at least half of his time every week, and occasionally went out to the riverbank to play basketball to relive fond memories of playing in his school days. He thinks exercise is also a way to release stress. Every time he sweats during exercise, he feels particularly happy. Competing with friends while exercising is his favorite way of spending time with them. At the same time, he also shared with the more than 200 students present that he used to not pay much attention to warming up before exercising. This time, serving as the ambassador of the Everyday "5 moves for stress release through happy exercise," he accidentally discovered that the "5 Moves for Stress Release" can be used as warm-up exercises before and after each exercise. Prince Chiu encouraged everyone to go step by step, starting with exercising one day a week, and then finding a program you like and inviting friends to participate. This

will help you slowly establish the habit of exercising to relieve stress.

For the 36 winning works selected after the final review, and a total of 8 encouragement awards selected from the photo and video categories, the awards were presented by attending guests. A total of 43 award-winning students and 14 instructors attended. During the awards ceremony, in addition to playing the winning works of the video group to show the audience the full energy and creativity of the students, the winners of the painting group, photo group and video group of this competition were also displayed. In the future, these works will also be presented in succession on the Campus Sports Stress Relief Program website ([www.run99.org](http://www.run99.org)). Everyone is welcome to browse the outstanding works of the students online.

For more information, go to the following website: Green Exercise 150 for Happiness and Fun activity website [www.run99.org](http://www.run99.org)

## 後疫情時代，多到戶外運動有效紓壓 體育署和董氏基金會推「樂動紓壓 5 招」，運動結合生活更上手

新冠肺炎流行期間各種防疫限制，影響了青少年運動習慣及運動時間。教育部體育署補助董氏基金會辦理「『綠』動 150，快樂滿滿

FUN！」校園運動紓壓計畫今(7/25)在臺北市興隆國小進行宣導及成果發表記者會，鼓勵學生走出戶外接觸大自然，維持運動紓壓習慣。



體育署房瑞文主任秘書表示，近年體育署積極推動普及與多元化運動，希望提升青年學子對運動的興趣，補助董氏基金會持續辦理推展校園規律運動，設計多元有趣的運動方案，像是易學、只要三分鐘就能達成全身運動效果的「樂動紓壓 5 招」，不論天候如何、在室內戶外隨時可做，或可結合其他運動項目進行，都非常適合。另外還舉辦運動紀錄徵件比賽，讓同學們用影片、照片與繪畫等形式，創意呈現與記錄在大自然中練習樂動紓壓五招的美好時光。同時鼓勵同學將運動融入在日常生活，達到 SH150，促進個人身心健康。

董氏基金會執行長姚思遠表示，根據國外多項研究指出，只要讓自己置身在樹林間或是綠色環境中，即便只是散步，對於運動紓壓有很大助力。今 (112) 年規劃設計的校園規律運動紓壓計畫，並設定「綠」動 150 為主題，鼓勵同學們多到戶外運動，總共募集了 1,353 件作品，有 427 所學校響應，於校內推展各項運動，從數據可以看出樂動紓壓五招在各級學校受到的肯定與歡迎，也提醒各位家長同學，暑假期間雖然天氣炎熱，別忘了還是要找適當的時間，做好防曬一起到戶外活動一下。

臺北市興隆國小校長張文壽分享，為響應此計畫，該校每天會進行全校健走、跑走、健身操、打籃球或踢足球等運動，課後活動班目前共開設 20 個運動社團，平均一天中有 4 種運動性社團提供學生參與，增加運動機會。另外各班導師會運用課餘時間帶領學生跳樂動紓壓五招，並鼓勵家長帶孩子一起看影片做運動，運動已成為興隆國小全體師生的日常生活。

從小參與田徑隊的計畫推廣大使—王子邱勝翊分享自己的運動紓壓經驗，雖然受到疫情影響，運動空間受限，但他還是會每週至少安排一半時間從事室內運動，偶而會去戶外河堤打籃球，重溫學生時期鬥牛的美好回憶。對他而言，運動也是宣洩壓力的一種方式，每次運動流汗完，心情總是特別愉悅，而在運動中與三五好友競技，是自己最喜歡和朋友的相處方式。同時也與現場 200 多位同學分享，自己以前運動前較沒那麼注重熱身，這次擔任樂動紓壓五招推廣大使，意外發現將樂動紓壓 5 招運用在每次運動前後的熱身操與收操都很適合。邱勝翊鼓勵大家循序漸進，先從每週運動一天開始，接著找到喜歡的項目並邀朋友一起參與，有助於我們慢慢建立運動紓壓的習慣。

對於本次經決審後選出的 36 件得獎作品，及照片類及影片類選出共 8 件的鼓勵獎，由現場嘉賓進行頒獎，共有 43 位得獎同學與 14 位指導老師一同出席。在頒獎時，現場除了播放影片組的得獎作品，讓全場人員感受到同學們滿滿的活力與創意之外，同時也展出本次徵件比賽繪畫組、照片組與影片組得獎作品，未來這些作品也會在校園運動紓壓計畫網站 ([www.run99.org](http://www.run99.org)) 中陸續呈現，歡迎大家可上網瀏覽同學們精彩的作品。

如欲掌握更多訊息可至以下網頁查詢：  
「綠」動 150，快樂滿滿 FUN！活動網站 [www.run99.org](http://www.run99.org)

# “Three Free and One Discount” on National Sports Day Olympic Star Judoka Yang Yung-wei and Sport Shooter Wu Chia-ying Invite Everyone to Get Moving Together in September With WOLF(S)



▶ National Sports Day 2023 launch press conference, group photo with ambassadors WOLF(S) together promoting sports for all

On the 25<sup>th</sup>, the Sports Administration held a press conference to launch the annual National Sports Day, and specially invited Taiwan’s Judoka Yang Yung-wei,

sport shooter sweetheart Wu Chia-ying and boy band WOLF(S) to serve as ambassadors for National Sports Day 2023. Their promotional video officially premiered



at the launch press conference, inviting everyone to "do exercise on September 9 for long-lasting health".



► National Sports Day 2023 launch press conference, answering the call to "Do sports on September 9 for long-lasting health" and promoting sports for all

Judoka Yang who won the silver medal in the men's 60kg class at the Tokyo Olympics, and sport shooter Wu Chia-ying, the shooting sweetheart of the Tokyo Olympics, teamed up with the boy band WOLF(S) to shoot a video, including the news of the National Sports Day three free and one discount into the video.

The 1<sup>st</sup> Free: public sports facilities free of charge. On National Sports Day on September 9, civic sports centers and public sports facilities will be open to the public free of charge; the 2<sup>nd</sup> Free: tech-

nological fitness tests free of charge," according to the Sports Administration plan, the technological physical fitness testing vehicle will tour Taiwan for weekly testing, inviting the public to exercise together; the 3<sup>rd</sup> Free: free Sports Performance viewing, a sports performance with free admission at the Taipei Arena on September 16 will bring together 24 top sports teams to present a wonderful joint performance of professional sports performing arts. The one Discount is combined with the Youth Sports Voucher launched by the Sports Administration this year. It is hoped that the three free and one discount campaign will invite the public to respond to "Do exercise on September 9 for long-lasting health" and thus promote the sports for all atmosphere.



► Sports Administration Deputy Director-General Fang Jui-wen invites everyone to "Do sports on September 9 for long-lasting health," to keep up the habit of exercise and maintain mental and physical health.



## 國民體育日 三免費一優惠 奧運柔道男神楊勇緯與射擊甜心吳佳穎 攜手 WOLF(S) 五堅情邀請大家九月動起來

教育部體育署 25 日舉辦「112 年度國民體育日」啟動記者會，特別邀請到柔道男神楊勇緯、射擊甜心吳佳穎及全方位實力男團 WOLF(S) 五堅情，擔任 112 年度國民體育日代言人，合作拍攝宣傳影片，並於啟動記者會正式首播，邀請大家一起「運動 99、健康久久」。

在東京奧運男子 60 公斤級冠軍戰勇奪銀牌的選手楊勇緯及東京奧運的射擊甜心吳佳穎，攜手男團 WOLF(S) 五堅情拍攝影片，將國民體育日三免費一優惠的好康資訊融入影片中。

「一免費：公共運動設施免費用」，9 月 9 日國民體育日當天國民運動中心與公立公共運動設施將免費開放供民衆使用；「二免費：科技體適能檢測免費做」，體育署規劃科技體適能檢測車於每週巡迴全臺檢測，邀請民衆一起運動；「三免費：體育表演會免費看」，9 月 16 日在臺北小巨蛋憑票免費入場的體育表演會，匯集 24 組頂尖體育團隊，共同打造體育專業表演藝術的精采演出。「一優惠」則是搭配體育署今年推出的青春動滋券，期望三免費一優惠之活動能夠邀請全民響應「運動 99、健康久久」並進而提升全民運動風氣



- ▶ 2023 Sports Administration Sports Event broadcast start press conference hoped people will watch the channel and pay attention to grassroots sports events in Taiwan

## 2023 Sports Administration Sports Event Broadcast Start the Sports Youtube Channel is Good to Watch

To raise the profile and participation in domestic sports events, the Sports Administration has planned the "Domestic Sports Events Video Broadcasting and Marketing Promotion Program" for five consecutive years. This year, it has once again joined hands with Videoland to broadcast domestic grassroots sports events on professional TV channels; platforms. Combined with the news media EToday Sports and the

Sports Administration's social media platform "Sports" and other online platforms, broadcast 35 games and 140 hours; this will include domestic national team selection and ranking competitions. tournaments, open competitions and grassroots sports events organized by local city/county governments Through television and online broadcasts, it is hoped to increase the viewership of domestic grassroots events and encourage

the public to attend the games, thereby stimulating people's interest in various sports and the players.

The Sports Administration stated that the government has put great effort into Taiwan's sports events, and its partner, Videoland, has enhanced in-depth coverage of "events, players, corporate sponsorships and sports industry" from a professional sports media perspective; from overall games organizing to corporate sponsorships, and even athletes' stories, every small detail is completely presented to the audience. In addition to getting to know the players through the sports events, they can learn about the sports industry chain in a more diverse way, and also see moving stories outside the competition arena, allowing the people of Taiwan to understand the current diversities of domestic sports development, and promote the development and refinement of Taiwan's sports events and sports atmosphere.

The sports industry media information social media platform "Sports" established last year has set up fan pages and channels on three major social groups: Facebook, Instagram and YouTube. It actively uses the social media platforms to promote various sports events and let Taiwanese people better understand domestic athletes. Various social media



- Chengdu 2021 FISU World University Games Chinese Taipei team member, gold medalist Sun Chia-hung of wushu tai-chi (right), and archery compound bow team bronze medalist Lin Ming-ching (middle) appeared at the ceremony to mark the start of broadcast of Sports Administration Sports Events

original contents has also been designed according to different platform attributes, including sports industry, Sports Administration policy promotion information, etc., to increase public awareness and understanding of sports in Taiwan in an interesting way.

This year's broadcast plan not only includes broadcast on the three TV channels Videoland Sports, Videoland MAX-TV and "Videoland ONTV", to adapt to the changes in people's viewing habits, sports will also be broadcast on ETToday Sports Facebook and the Sports Administration's Sports Youtube channel. It is hoped that the rich experience of sports event broadcasting of Videoland will allow people to pay more attention to the development



of grassroots sports events in Taiwan, and help the TV audience make up the experience lost by not being able to attend the games in person, thereby improving

athlete performance, and conveying the athletes' efforts and touching moments on the field to every corner of Taiwan.



- Sports Administration Sports Events 2023 begins broadcasting, aiming to boost the popularity of sports in Taiwan through sports broadcast

## 112 年度教育部體育署運動賽事開播 跟著動滋 Sports 一起「挺好看的」

教育部體育署爲了提升國內體育運動賽事的能見度及參與度，已連續 5 年規劃「國內運動賽事錄影轉播及行銷宣導計畫」，今(112)年再度攜手緯來電視網，轉播國內各項基層體育賽事，透過電視頻道的專業平臺，並結合新聞媒體 ETtoday 運動雲及體育署社群「動滋 Sports」等網路平台，預定轉播 35 場、140 小時，其中包含國內國手選拔賽、排名賽、公開賽及各地方縣市政府辦理之基層體育運動等賽事，期盼透過電視及網路轉播，增加國內基層賽事收視人口，並鼓勵民衆進場觀賽，進而帶動國人對各項運動、選手之關注度。

體育署表示，政府對臺灣體育賽事投注大量心力，合作夥伴緯來電視網，更以專業的體育新聞角度強化「賽事、選手、企業贊助及運動產業」的深度報導，從整體賽會舉辦到企業贊助，乃至選手的故事故，任何小細節都完整呈現在觀衆面前，除了透過賽事認識選手外，可以用更多樣化的方式，了解運動產業鏈，也看見競賽場下更多動人的故事，讓國人了解到目前臺灣體育發展的多元態樣，促進臺灣體育賽事與運動風氣的發展和提升。

去年創建的運動產業媒體資訊社群平台「動滋 Sports」，分別於三大社群



Facebook、Instagram 及 YouTube 皆設立粉絲專頁與頻道，活絡運用社群平台宣傳各項運動賽事，讓國人更加瞭解臺灣選手們，更依照不同平台屬性設計各式社群原創內容，將運動產業、體育署政策宣導資訊等內容，以趣味形式推廣大眾認識。

今年的轉播計畫除了於電視頻道「緯來體育台」、「緯來育樂台」與「緯來綜合台」三個

頻道播出，爲了因應民衆收視習慣改變，更於 ETtoday 運動雲 Facebook 及本署動滋 Sports Youtube 頻道共同播出，希望藉由緯來電視網豐富的賽事轉播經驗，讓我國民衆能夠關注到臺灣基層體育賽事的發展，並服務觀衆無法親臨觀賽的遺憾，進而提升運動員的臨場表現，將選手的努力與賽場上的感動，傳遞到臺灣的每個角落。

## Minister Of Education Pan Wen-Chung Exhorts Athletes to Bravely Realize Their Dreams at a Banquet for the Returning East Asian Youth Games Chinese Taipei Delegation



► Table tennis player Peng Yu-han (left) and taekwondo player Huang Ching-yun (right) represent the Taiwan delegation in presenting Minister of Education Pan Wen-chung with souvenirs

Minister of Education Pan Wen-chung, Sports Administration Director-General Cheng Shih-chung and delegation Leader Lin Hong-dow attended the dinner party for Taiwan's 2<sup>nd</sup> Ulaanbaatar East Asian Youth Games 2023 delegation when members returned home to express their gratitude to the athletes, coaches

and logistics team of the delegation for their hard work. Minister Pan recognized the 112 young athletes who competed fearlessly in competition, bringing their sports talents and the results of hard training free rein. He also thanked the delegation's logistics team led by Lin Hong-dow for their dedication and hard work.

The East Asian Youth Games was held in Mongolia. From the start of the competition on August 16, athletes from the Taiwan have won medals every day since August 17, with a tally of 10 gold, 12 silver and 22 bronze, giving full play to the benefits of daily training. Minister Pan encouraged the young athletes, whether they won medals or not, saying he believes that through competing against and learning from athletes from various countries this time, they gained valuable experience that will prepare them for higher-level competition and serve them in good stead as they strive to participate in the Asian Games and Olympic goals and achieve even better results in the future.



► Minister of Education Pan Wen-chung (2<sup>nd</sup> from right), Sports Administration Director-General Cheng Shih-chung (right), delegation Leader Lin Hong-dow (left) and Head Coach Chu Wen-ching (2<sup>nd</sup> from right) raise a glass to thank athletes, coaches and all attendees

## 我國東亞青運代表團返國餐會潘文忠部長勉勵選手勇敢實現夢想

2023年第2屆烏蘭巴托東亞青年運動會代表團返國餐會，潘文忠部長、體育署鄭世忠署長、代表團林鴻道團長連袂出席，慰勞代表團選手、教練及後勤團隊的辛勞。潘文忠部長特別肯定 112 位參賽的青年選手，在本屆賽會勇敢競逐，充分發揮運動天賦及辛勤培訓的成果，同時感謝感謝林鴻道團長率領代表團後勤人員的付出及辛勞。

東亞青於蒙古舉辦，自 8 月 16 日開賽我國代表隊自 8 月 17 日起每天都有選手獲得獎牌，共獲得 10 金 12 銀 22 銅的成績，充分發揮平時訓練的成果。潘文忠部長勉勵青年選手，無論是否獲得獎牌，相信透過本次參賽的洗禮，與各國選手切磋，都獲得寶貴的經驗，進而為面對更高層級的競爭做好準備，持續朝向參加亞運及奧運的目標而努力，為將來爭取更好的成績。

## Building a Complete Sports Venue Information Website & Creating an Excellent Sports Environment The Sports Administration Launches the National Sports Facility Survey



► Creating an excellent sports environment, the Sports Administration launches the national sports facility survey

Sports venues and facilities are not only the pillars to activate the sports industry, but also the cornerstone of the promotion of sports for all and competitive sports. From October 1, 2023 to March 31, 2025, the 2023 “National Sports Facility Survey” project will be conducted by the Sports Administration; it will target more than 1,000 sports facilities across the country covering three aspects including "sports field (venue) management", "facility management" and "barrier-free

facilities". The aim is to understand the status of sports facilities across the country, as reference for formulating policies related to sports facilities in the future, and to meet the needs of the public for sports venue information.

According to the Sports Administration, since the first national survey of the current situation of sports facilities conducted in 2019, it has subsidized local governments to develop sports facilities



through The Forward-looking Infrastructure Development Program programs such as "Program for Creating a Leisure Sports Environment " and "Program for Enhancing the National Sports Environment," with more than 400 cases of construction or renovation of sports facilities were subsidized. In order to understand the increase, decrease, and improvement of sports facilities under the jurisdiction of special municipality and county (city) governments in Taiwan in recent years, National Taiwan Normal University will be entrusted to implement a survey. Taking into account factors such as regionality and execution manpower, the current plan is to invite persons with professional sports backgrounds in the north, central, south, east and on the outlying islands of Taiwan to set up a survey team to conduct survey and analysis work over an 18-month period.

The scope of this survey covers all counties, cities, townships and villages across the country. It will include basic information on various sports venues such as gymnasium parks, civil sports centers, sports parks, parks, single function venues and integrated function venues, ancillary facilities (such as parking lots, toilets, shower rooms, nursing rooms, etc.) and transport information, facility management (78 sub-items in nine major sports categories-ball games, water/ice, land/shooting, racing, adventure, combat, dance, resistance and others) and the current status of barrier-free facilities (number of parking spaces, barrier-free ramps, lifting equipment, toilets, showers, barrier-free services and barrier-free sports equipment or assistive devices, etc.) On-site inspections will be conducted to confirm the current situation of venues one by one so that the information on the National Sports Venue Information website is complete and accurate.

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According to The Sports Administration, the National Sports Venue Information website (website: <https://iplay.sa.gov.tw/>) is an online platform that provides information on sports venues for both citizens and governments. People can easily find the location of nearby sports venues, and obtain detailed information on facilities, opening hours, and reservation methods, etc. The survey results will not only assist in updating national sports venue information network information, they will also enable the government to understand the current supply and demand situation of sports facilities, including the distribution of sports venues that meet international competition standards and sports venues with gender-friendly and barrier-free facilities situation, etc. At the same time, we also call on the management units of sports venues in all counties and cities to cooperate with the survey work and provide real and complete information about sports facilities to improve the accuracy of sports venue information. The survey results will help to formulate

sports policies that meet the development needs of competitive sports and sports for all in the future and, moreover, will help Taiwan's bid to host different levels

of international sports events, effectively providing a better sports environment, and encouraging more people to participate in or appreciate sports.

## 建置完整運動場館資訊網絡打造優質運動環境體育署啟動全國運動設施普查

運動場館設施不僅是活絡運動產業的支柱，也是推廣全民運動及競技運動的基石，為建置完整的運動場館資訊網絡，教育部體育署將從今(112)年10月1日到114年3月31日，啟動112年「全國運動設施現況調查」計畫，將針對全國1,000多座運動設施從「運動場(館)管理」、「設施管理」及「無障礙設施」等3個面向進行調查，以瞭解全國運動設施狀況，作為未來制定運動設施相關政策參據外，並滿足民衆獲知場館資訊的需求。

體育署表示，自108年間進行第1次全國運動設施現況調查迄今，期間透過前瞻基礎建設計畫「營造休閒運動環境計畫」及「充實全民運動環境計畫」，補助各地方政府興(整)建運動設施案約400餘件。為瞭解國內各直轄市及縣(市)政府所轄運動設施近年來之增減及改善等情形，將委託國立臺灣師範大學執行調查計畫。考量地域性及執行人力等因素，目前規劃邀請北、中、南、東及離島具有體育運動專業背景之人士成立調查團隊，進行為期18個月的調查及分析工作。

本次普查範圍涵蓋全國各縣市、鄉鎮及村里，普查內容包括體育運動園區、國民運動中心、運動公園、公園、單一功能場館和綜合功

能場館等各類運動場館的基本資料、附屬設施(如停車場、廁所、淋浴間、哺乳室等)與交通資訊、設施管理(9大運動類別78細項-球類、水上/冰上、陸上/射擊、競速、冒險性、技擊、舞蹈、阻力及其他等)及無障礙設施(停車格數量、無障礙坡道、昇降設備、廁所、淋浴間、無障礙服務項目及無障礙運動器材設備或輔具等)現況等，將採取實地檢核方式逐一確認現況，讓全國運動場館資訊網(網址：<https://iplay.sa.gov.tw/>)的資料更為完整及正確。

體育署強調，全國運動場館資訊網是一個整合臺灣各地運動場館資訊的線上平台。透過該網站，民衆可以方便地查詢附近的運動場館、設施詳細資訊、開放時間、預約方式等。本次普查所獲得的數據，除協助全國運動場館資訊網更新外，亦能使政府瞭解目前運動設施的供需狀況，包含符合國際競賽標準運動場館分布情形、運動場館設有性別友善及無障礙設施情形等。同時也呼籲各縣市場館管理單位配合普查工作，提供真實、完整的運動設施相關資訊，以共同提升場館資訊的正確率，調查結果將有助於未來制定符合競技運動及全民運動發展需求的運動政策，更有助於我國申辦不同層級的國際運動賽事在台辦理，有效提供更優質的運動環境，鼓勵更多民衆參與或欣賞運動。

## **Sport Terms 運動詞彙**

<b>Excellent sports environment</b>	<b>優質運動環境</b>
<b>National sports facility survey</b>	<b>全國運動設施普查</b>
<b>National sports venue information website</b>	<b>全國運動場館資訊網</b>
<b>Good to Watch</b>	<b>挺好看的</b>
<b>Sports Event</b>	<b>運動賽事</b>
<b>Grassroots events</b>	<b>基層賽事</b>



**August / Issue 129**

**Sports Administration  
Newsletter**

<b>Publisher</b>	<b>鄭世忠 署長</b> <b>Director-General</b> <b>Cheng, Shih-Chung</b>
<b>Tel</b>	<b>(886) 2-87711534</b>
<b>Fax</b>	<b>(886) 2-87731435</b>
<b>E-mail</b>	<b>jliu2@mail.sa.gov.tw</b>
<b>Website</b>	<b><a href="http://www.sa.gov.tw">http://www.sa.gov.tw</a></b>