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President Tsai Ing-Wen Immediately Sends a Congratulatory Message After Taiwan's Female Pool Player Chou Chieh-yu Wins a Gold Medal at the Kamui WPA Women's World 9-Ball Championship 2023



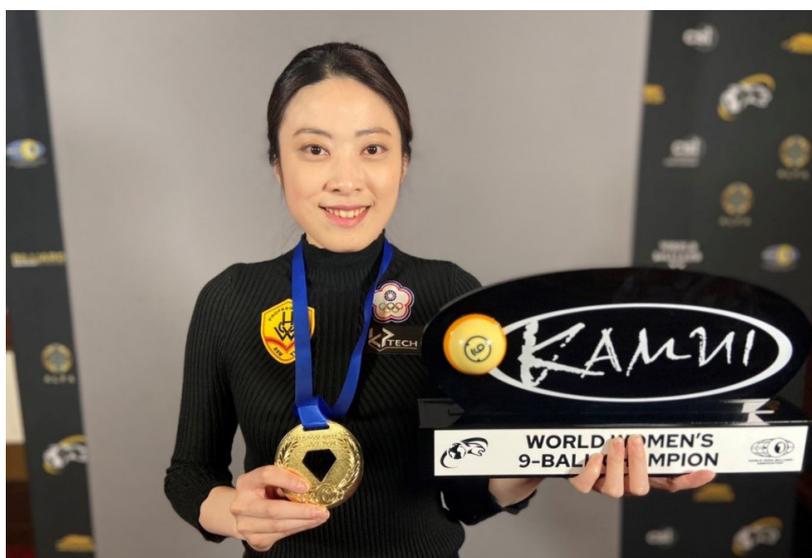
► Chou Chieh-yu raises her arms to celebrate victory.

A seven-woman team from Taiwan competed in the Kamui WPA Women's World 9-Ball Championship 2023. Chou Chieh-yu steadily played at a high standard as she overcame a succession of challengers and dominated her opponent in the final with an excellent display to become champion on January 22 US local time. After hearing the good news, President Tsai Ing-wen immediately sent Chou a congratulatory message.

This edition of the Women's World 9-Ball Championship brought the world's best players together in Atlantic City in the US, each determined to be champion. Taiwan sent a 7-women team comprising of Chou Chieh-yu, Chen Chia-hua, Wei Tzu-chien, Chen Ho-yun, Hong Xin-yu, Chiang Shui-ching and Wang Wan-ling. Chou overcame April Larson of the US, then beat off two other challengers, including South Korean newcomer Seo Seo, before beat-

ing Allison Fisher, who is ranked fifth in the world, 9-0 in the final. Exhibiting their passion and determination, Taiwan's athletes displayed the pool power they have accumulated in strict everyday practice over a long period of time at the event and achieved enviable results.

The Sports Administration said that people are becoming more and more aware of the health benefits of sport and exercise and the proportion of people doing regular sport and exercise is increasing year by year, and the sports are increasing diverse. Each athlete actively trains in their own area of expertise to build up their power and works hard to achieve good results internationally. The Sports Administration will continue to give athletes logistical support in future to allow them to go from strength to strength and shine of the world stage, and allow the people of Taiwan to see the positive power of athletes.



► Chou Chieh-yu bagged a gold medal at the Kamui WPA Women's World 9-Ball Championship 2023

撞球選手周婕妤勇奪 2023 世界女子花式撞球錦標賽金牌 蔡英文總統致電申賀

我國撞球代表隊 7 位選手參加 2023 世界女子花式撞球錦標賽，周婕妤選手發揮穩定實力，面對強敵一路晉級，於美國當地時間 1 月 22 日，再度展現宰制力，勇奪金牌。蔡英文總統獲知喜訊後，立即拍發賀電恭賀周婕妤選手的成就。

本屆 2023 世界女子花式撞球錦標賽，各國好手齊聚美國大西洋城，為爭取冠軍金盃而戰；本次我國共派出周婕妤、陳佳樺、魏子茜、陳禾耘、洪欣妤、江水淨及王婉菱等 7 位選手出賽，周婕妤選手過關斬將，分別擊敗美國愛波拉森(April Larson)、並兩度力退韓國新秀徐序亞等好手，最終於金牌戰以 9 比 0 擊敗世界排名第 5 的艾莉森費雪選手，勇奪女子花式撞球錦標賽冠軍。選手透過對撞球的熱情與執著，並經歷長期嚴格訓練，在本屆賽事的舞臺展現平日苦練的實力，獲得令人讚賞的佳績。

教育部體育署表示，民衆普遍意識到運動對於健康的助益，我國規律運動人口逐年增加，所參加的運動種類也多元發展，各運動選手在各自專業領域積極訓練、累積實力，為爭取國際佳績而努力，體育署未來將持續提供選手後勤支援，期望選手們再接再厲，持續在世界舞臺上發光發熱，讓全民看見運動員正向積極的力量。

The Sports Administration actively prepares for Sports Administration the 2021 Chengdu Universiade and 2022 Hangzhou Asian Games



- ▶ The Sports Administration actively prepares for the 2021 Chengdu Universiade and 2022 Hangzhou Asian Games. Sports Administration Interim Director-General Lin Teng-chiao hopes to emulate the successes achieved since the 2017 Taipei Universiade to let Taiwan shine and win glory on the international sports stage to let the world see Taiwan.

Affected by the COVID-19 pandemic, the 31st Chengdu Universiade and the 19th Hangzhou Asian Games were postponed to this year. To enjoy the benefits of integrated training, the Sports Administration decided that training for the Universiade will still, in principle, be combined with the Asian Games plan. It is hoped to continue the past integration of the results of

training for the Olympics, the Universiade and the Asian Games, to gradually nurture athletes who can achieve good results on the international stage.

The 31st Chengdu Universiade was originally scheduled for June 26 to July 7, 2022 in Chengdu and has 16 sports. It was postponed to July 28- August 8, 2023. For

this Universiade, the Sports launched a three-stage training program on August 1, 2020, which was set to end when the Universiade was held in July, 2022. In coordination with the postponement of the event, the original three stages of training were retained and extended; in line with the latest participation regulations announced by the organizers and increase of the age of participants to 27, the training schedule of each stage of the training and participation implementation plan was revised. In mid-January this year, revision of the selection rules for athletes in each sport was completed. On February 1, athletes and coaches moved into the National Sports Training Center for adjustment training up until the games are held in July.

The 19th Hangzhou Asian Games, originally set to be held September 10 to 25, 2022, with 40 sports, will be held in Hangzhou, China was postponed and will now be held September 23 to October 8 this year. Asian Games training has also been adjusted up to September 2023. In response to the effect of postponement on training and selection of athletes, the original third stage of training has been extended to continue training. Also, with the National Sports Training Center, guidance has been provided to sports associations to revise the guidelines for selecting teams and athletes; for those associations that have selected athletes and will not further revise the original selection rules,

guidance has been given for the holding of trial competitions or competitions between paired opponents, to adjust training strategy early and maintain competition readiness.

The Sports Administration said that the core sports of the Universiade and Asian Games are all Olympic competition sports at present. Training for and competing in these events is an important stage in nurturing Taiwan's Olympic national training team athletes. The key athletes for both events this year are Lin Yun-ju (table tennis), Wang Kuan-hung and Wang Hsing-hao (swimming), Lee Chih-kai and Tang Chia-hung (artistic gymnastics), Yang Yung-wei (judo), and Lin Ying-shin (shooting), who will take part on behalf of Taiwan.

The Sports Administration hopes to emulate the good results Taiwan's athletes have achieved since the 2017 Taipei Universiade; the Universiade will give athletes a chance to adjust before the Asian Games, while the Universiade and Asian Games will give Olympics training team members more international experience and self-confidence. It is therefore hoped that athletes will surpass themselves at the Chengdu Universiade and Hangzhou Asian Games, achieve good results and shine and win glory on the international sports stage to let the world see Taiwan, while also laying down a solid foundation for the 2024 Paris Olympics.

■ 體育署積極備戰 2021 成都世大運及 2022 杭州亞運

受國際新冠肺炎 (Covid-19) 疫情影響，第 31 屆成都世界大學運動會及第 19 屆杭州亞洲運動會延至今 (112) 年舉行，教育部體育署為落實培訓一體化效益，本次世大運培訓仍以結合亞運計畫辦理為原則，希能延續過往整合奧運、亞運及世大運的培訓成效，逐步培養運動選手前進國際體壇，爭取佳績。

第 31 屆成都世界大學運動會原定 111 年 6 月 26 日至 7 月 7 日在中國大陸成都舉辦，預定舉辦 16 個運動種類，之後宣布延期至 112 年 7 月 28 日至 8 月 8 日舉行。體育署辦理本屆世大運培訓規劃，已自 109 年 8 月 1 日起，計分 3 階段至本屆原賽期 111 年 7 月結束，現因應延期日程，維持 3 階段培訓作業，並依大會公布最新參賽規定及參賽年齡放寬至 27 歲，配合修正培訓參賽實施計畫各階段培訓日程，於今年 1 月中旬完成各種類代表隊選拔辦法修訂，於 2 月 1 日起進駐國家運動訓練中心展開調訓至 7 月賽事前。

第 19 屆杭州亞洲運動會原定 111 年 9 月 10 日至 25 日在中國大陸杭州舉辦，預定舉辦 40 個運動種類，現延期於今年 9 月 23 日至 10 月 8 日舉行，亞運培訓也同步調整至 112

年 9 月，另為因應延期影響培訓工作及代表隊遴選方式，已將原第 3 階段延長以持續辦理培訓，並偕同國家運動訓練中心輔導本屆相關單項運動協會完成各該代表隊遴選辦法之修正，且針對已選出代表隊而不再修正遴選辦法者，輔導該等協會規劃辦理測試賽或對抗賽，及早調整施訓策略，保持備戰狀態。

體育署表示，世大運及亞運的核心運動種類均為目前奧運會的競賽運動種類，這兩項賽事的參賽及培訓已成為奧運國家儲訓選手養成的重要階段，今年兩項賽事共同重點選手包括林昀儒(桌球)、王冠閔與王星皓(游泳)、李智凱與唐嘉鴻(競技體操)、楊勇緯(柔道)、林穎欣(射擊)等，預計均將代表我國出賽。

體育署期望複製 2017 年臺北世大運以來的成果；一方面世大運提供國家隊參加亞運會的賽前調整機會，另一方面世大運及亞運則提供奧運國家儲訓選手累積國際參賽經驗及自信。因此，特別期許選手們都能於成都世大運及杭州亞運會超越自我，獲得佳績，在國際體壇上發光發熱，奪得榮耀，讓世界看見臺灣，更進一步也為 2024 巴黎奧運奠下成功的基礎。

2022 Exercise Current Situation Survey Results Presentation



► 2022 Exercise Current Situation Survey Results Press Conference

The Sports Administration announced the results of the 2022 Exercise Current Situation Survey on December 29, 2022. 81.8% of Taiwanese people do exercise, with those doing regular exercise reaching 34% for the first time since 2014 (definition of regular exercise 7333: three or more times per week, every time 30 minutes or over, sweat and breathe heavily when exercising).

To continue to promote sports for all and actively promote national health, after

the end of the “Taiwan iSports Program” in 2021, the Sports Administration put forward the “Taiwan iSports 2.0 Program”. In cooperation with city and county governments, the aim is to effectively develop distinctive local sports environments and gradually realize the objective of “Sports for health, happy life”. To understand the execution situation of various sports for all promotion policies, the Sports Administration commissioned Shih Hsin University to carry out the “Exercise Current Situation Survey”.

The results of the 2022 survey show that, affected by the easing of the pandemic, the proportion of people doing regular exercise increased by 0.1%, the young and elderly regular exercise population returned to pre-pandemic levels, and there was also a slight increase in the proportion of enterprise employees doing regular exercise. As for exercise type, people prefer outdoor exercise, with badminton and basketball most popular. If a person does not exercise regularly, invitation by family and friends is

the best promoter of exercise; taking part in sports activities is also a good way of doing exercise, with young people aged 13-24 feeling the increase in sports activities held by city and county governments. Future trends were also a focus of the survey; the results show that wearable device technology and home fitness are the main future trends. The results also showed that health management instruction, HIIT and seniors' exercise classes are gradually being given importance.

The results of the survey are described below:

A. With the easing of the pandemic, the exercise population has increased again, with the proportion doing regular exercise going up by 0.1%

(1) With the easing of the pandemic, the exercise population has increased to 81.6%, with the proportion doing regular exercise up to 34% for the first time in nearly 10 years.

With the easing of the pandemic, the exercise population was 81.8%, up by 1.6% on 2021; the regular exercise percentage of 34% was up by 0.1% on 2021, setting a new high.

(2) The proportion of young people and elderly doing regular exercise has returned to pre-pandemic levels, regular exercise by middle-aged people is also increasing

Under the Sports Administration's sports for all policy, people have gradually nurtured the habit of exercising. From April 28, 2022 to today, the number of COVID-19 infections has exceeded 10,000 day, however, the pandemic alert maintained at level 2; the proportion of young people (13-17 years old) and the elderly (over 70 years old) doing regular exercise has returned to pre-pandemic levels, up by 3.5% and 6.1% on 2021, respectively and sim-

ilar to 2020; the percentage of middle-aged people (50-59) doing regular exercise increased 4.7% 2020-2022.

B. After easing of restrictions, outdoor exercise was most popular and badminton was the most popular ball sport

In terms of exercise type, outdoor exercise accounted for 81.6% (up by 5.1% on 2021); ball sports accounted for 23.6% (up by 7.8% on 2021), with badminton at 11.4%, up by 5.1% on 2021, the highest; this was followed by basketball at 9.5% (up by 2.2% on 2021). Orchestics/stretching/dance accounted for 12.8%, down by 4.8% on last year, with stretching/ Pilates/yoga at 6.6%, with the largest decrease on 2021 (decrease of 5.1%).

C. The percentage of enterprise employees doing regular exercise has slightly increased, friends and family invitation or company when doing exercise helps increase weekly exercise times and exercise intensity

(1) Various levels of increase in regular exercise by occupation with average of 0.82%

There were regular exercise percentages for military, civil service and teachers of 34.7%, (up by 0.5% on 2021), shop owners/managers of 31.8% (up by 0.7% on 2021), freelancers of 30.6% (up by 1.9% on 2021), technical personal of 26.0% (up by 0.1% on 2021), and blue collar workers of 22.4% (up by 0.9% on last year) with average increase of 0.82%.

(2) Family invitation or company when doing exercise helps increase weekly exercise times and exercise intensity

For people doing exercise at least three times a week, invite or company by family and friends (30.7%) was the main method for increasing weekly sports times; as for methods for increasing exercise intensity, invite or company by family and friends (21.6%) was in first place, followed by physical individual instruction courses (20.6%).

D. Young people feel the increase in sports activities held by city county government most

- (1) The percentage of people thinking that the city/county where they live regularly or occasionally holds sports activities increased by 12.6% on 2021**

“Taiwan iSports 2.0 Program” helps local governments promote local sports affairs and develops local distinctive sports. The results of this year’s survey show that the percentage of people who think that exercise activities are regularly held or occasionally held in the city/county they live was 32.2%, up by 12.6% on 2021; the percentage of people agreeing was highest for those aged 13-24 years of age.

- (2) People receive information mainly via tablets and smart phone, with the percentage regularly or occasionally receiving information up by 16.2% on 2021**

The percentage regularly or occasionally receiving information in the city/county they live is 28.8%, up by 16.2% on 2021. Smart phone/tablet was the main source of information (38.0%).

E. Wearable device technology, home fitness are future exercise trends, health management instruction, HIIT and seniors exercise courses gradually being given importance.

- (1) Wearable device technology, home fitness are future exercise trends,**

With the sports and fitness trend survey items of the American College of Sports Medicine (ACSM), this survey asked the opinions of netizens. Results showed that wearable device technology (43.9%) and home fitness (41.4%) are the main future sports and fitness trends, each over 40%. The percentage of people who exercise (42.5%) and who do regular exercise (49.6%) that use wearable devices is higher than those who do not exercise.

- (2) Health management instruction, HIIT and seniors exercise courses gradually being given importance.**

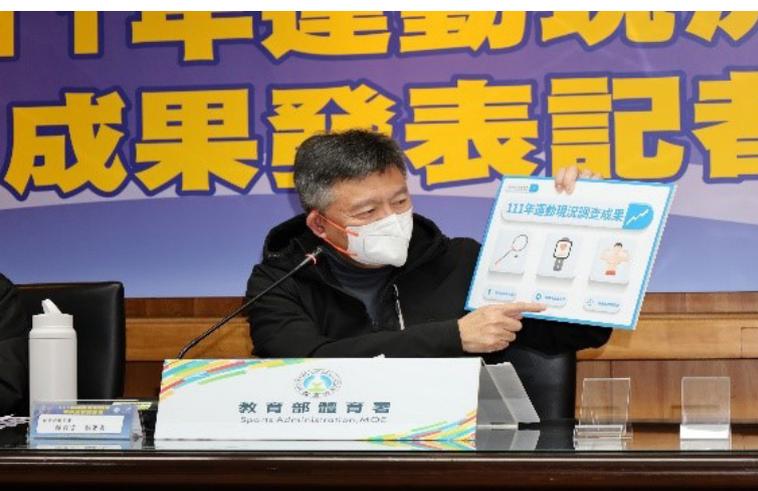
Compared to 2021, the ranking of health management instruction and HIIT

increased the most, with the former jumping up six places and the latter four places. Looking at population statistics background, health management instruction is mostly given importance by women and HIIT by men and young people; people aged 60-69 year old account for the largest group attaching importance to seniors' exercise classes with slightly more importance attached by men than women.

This year's survey shows that people are gradually shifting to a post-pandemic new life and the percentage of people doing regular exercise has increased. The survey used a questionnaire to gain an understanding of people's exercise habits to serve as reference for the Sports Administration when introducing diverse sports services in future. In future, "Taiwan iSports 2.0" will continue to be promoted, assisting city/county governments develop exercise activities and distinctive local sports, integrating sports and health promotion and enhancing sports professional manpower quality and quantity to build a friendly sports environment and services.

Note:

This study was carried out by phone, targeting people aged 13 years old and over across Taiwan. Using the stratified random sampling method, 25,548 samples were collected; with 95% reliability rate and error of $\pm 0.6\%$, 385 samples were completed in Lienchiang County and at least 1,510 samples in Taipei, New Taipei, Taichung, Tainan, Kaohsiung and Taoyuan cities, with at least 1,067 completed in the remaining cities and counties. The online survey used the online self-filled in questionnaire method. According to the 2020 Taiwan Internet Report of the Taiwan Network Information Center, Facebook users over 12 years of age account for 94.2% of users, followed by Instagram with around 39.2%. This online survey sent survey advertisements to users through FB/IG to users aged over 13 years old and had 1,070 valid samples.



► Sports Administration deputy director general Lin Che-hung gave opening remarks

111 年運動現況調查成果發表

教育部體育署今(29)日公布 111 年運動現況調查成果，國人參與運動人口比例達 81.8%，規律運動人口比例自 103 年以來，首度達到 34% (規律運動 7333 定義：每週運動 3 次以上；每次運動 30 分鐘以上；運動時會流汗也會喘)。

為持續推廣全民運動，積極促進國民健康，體育署於「運動 i 臺灣計畫」110 年屆期後，提出「運動 i 臺灣 2.0 計畫」，透過與各縣市政府的合作，以期有效發展具在地特色的運動環境，並逐步落實「運動健身、快樂人生」之目標。為瞭解全民運動推展各項政策的執行情形，體育署委託世新大學進行「運動現況調查」。

111 年調查結果顯示，受疫情趨緩影響，規律運動人口增加 0.1%，年輕與高齡者的規律運動人口恢復至疫情前水準，企業職工規律運動人口也有小幅度增加。在運動類型部分，民衆偏好戶外運動，其中更以羽球、籃球最受歡迎。若是平常沒有運動習慣，親友邀約會是促進運動最佳助力；參與體育活動也是運動的好方法，其中，13-24 歲的年輕族群對於縣市政府舉辦體育活動的增加最有感。未來趨勢也是本調查關注重點，結果顯示台灣民衆認為穿戴式裝置科技、居家健身是未來主要運動健身趨勢。研究結果也指出，健康管理指導、高強度間接式 (HIIT)、銀髮族運動課程漸受重視。

調查結果分述如下：

一、疫情趨緩後運動人口回升，規律運動人口增加 0.1%。

(一) 受疫情趨緩影響，運動人口提升為 81.8%，規律運動人口首度達 34%。

因疫情較為趨緩，民衆運動人口為 81.8% 較去年 (110 年) 提升 1.6%。規律運動人口為 34% 較去年增加 0.1%，創歷年新高。

(二) 年輕及高齡者規律運動人口回復至疫情前，中年者規律運動逐年增加。

在體育署多年來推廣全民運動政策下，民衆已逐漸養成運動習慣。今年 (111 年) 4 月 28 日迄今每日染疫人超過萬人，然疫情警戒仍維持二級，民衆年輕 (13-17 歲) 及高齡 (70 歲以上) 者規律運動人口回復至疫情前，較去年分別增加 3.5% 與 6.1%，與 109 年相似；中年者 (50-59 歲) 規律運動人口逐年 (109-111 年) 增加 (4.7%)。

二、解封後，戶外活動比例最高、球類運動以羽球增加最多。

在運動類型部份戶外活動占 81.6% (較去年增加 5.1%)；球類運動 23.6% (較去年增加 7.8%)，其中以羽球 11.4% 較去年 (110 年) 增加 5.1% 最高，其次為籃球 9.5% (較去年增加 2.2%)。

武藝／伸展／舞蹈為 12.8% 則較去年下降 4.8%，其中以伸展操／皮拉提斯／瑜珈 6.6% 較去年減少幅度最大(較去年減少 5.1%)。

三、企業職工規律運動比例小幅增加，親友邀約／陪伴運動有助增加每週運動次數與運動強度。

(一) 各類職工規律運動較去年增加不一，平均增幅為 0.82%

軍公教 34.7%(較去年增加 0.5%)、商店老闆／主管 31.8%(較去年增加 0.7%)、自由業 30.6%(較去年增加 1.9%)、專業技術人員 26.0%(較去年增加 0.1%)、藍領 22.4%(較去年增加 0.9%)，平均增幅為 0.82%。

(二) 親友邀約／陪伴運動有助增加每週運動次數與強度

每週運動次數不足三次者，親友邀約／陪伴運動(30.7%)為首要有助增加每週運動次數的方法；有助增加運動強度主要方法以親友邀約／陪伴運動(21.6%)為第 1 名，其次為實體的個人指導課程(20.6%)。

四、縣市政府舉辦體育活動增加，以年輕族群最有感。

(一) 民衆認為所居住縣市經常或偶爾舉辦體育活動的比例較去年(110 年)上升 12.6%

「運動 i 臺灣 2.0」計畫協助地方政府落實推動地方體育事務、發展地方特色運動。今年度調查結果顯示民衆認為所居住的縣市經常或偶爾舉辦體育活動的比例為 32.2% 較去年(110 年)上升 12.6%，同意的民衆以 13-24 歲民衆比例較高。

(二) 民衆以手機／平板為主要接收運動訊息，經常或偶爾接收比例較 110 年上升 16.2%

民衆認為所居住縣市經常或偶爾接收運動訊息比例為 28.8%，較 110 年上升 16.2%，其中手機／平板為主要訊息接收來源(38.0%)。

五、穿戴式裝置科技、居家健身為未來運動健身趨勢，健康管理指導、高強度間歇式訓練、銀髮族運動課程漸受重視。

(一) 穿戴式裝置科技、居家健身是未來運動健身趨勢

本調查以美國運動醫學學會(ACSM; American College of Sports Medicine)運動健身趨勢調查的項目，詢問網路民衆的意見。調查結果，台灣民衆認為穿戴式裝置科技(43.9%)、居家健身(41.4%)為未來主要運動健身趨勢，各占 4 成以上。且國人以有運動者(42.5%)及具規律運動者(49.6%)使用穿戴式裝置比無運動者較高，後續可透過 APP 宣傳推廣，期無運動者自主運動。

(二) 健康管理指導、高強度間歇式訓練(HIIT)、銀髮族運動課程漸受重視

與去年相比，健康管理指導與高強度間歇式訓練排名增加最多，前者排名增加 6 名，後二者排名提升 4 名。進一步從人口統計背景來看，健康管理指導以女性需求為主；高強度間歇式訓練(HIIT)以男性、年輕族群為主；銀髮族運動課程則以 60-69 歲年齡層者為主，其中男性重視程度略高於女性。

本年度調查顯示民衆逐漸邁向疫後新生活，規律運動人口有所提升。調查內容透過問卷了解民衆的思維運動習慣，以作為體育署未來推出多元化運動服務的參考。未來將持續推動「運動 i 臺灣 2.0 計畫」，協助地方政府推展縣市體育活動和發展地方特色運動，整合運動與健康促進，並強化質精量足的運動專業人力，營造友善運動環境服務。

備註：

本研究針對全國 13 歲及以上的民衆，在 111 年 8 月至 10 月進行市話訪問。採用

分層隨機抽樣法，成功訪問 25,548 份有效樣本，在 95% 信賴水準下，抽樣誤差不超過 ±0.6%。連江縣至少完成 385 份，臺北市、新北市、臺中市、臺南市、高雄市與桃園市等六都至少各完成 1,510 份，其餘 15 縣市各完成至少 1,067 份。網路調查採用網路自填問卷調查法，根據台灣網路資訊中心公佈之「2020 年台灣網路報告」，12 歲以上 Facebook 用戶約占 94.2%，其次為 Instagram，約占 39.2%。本次網路調查透過 FB / IG，發送調查廣告連結至 13 歲以上用戶，總計有效樣本為 1,070 份。



► The Sports Administration the Gender-friendly Sports Facility Planning Guide (in the middle: Deputy Director General Lin Che-Hung)

2022 Sports Administration Water Safety Results Presentation and Annual Press Conference

The Sports Administration held the 2022 Sports Administration Water Safety Results Presentation and Annual Press Conference on January 20. Taiwan's swimmer at the 2020 Tokyo Olympics Huang Mei-chien and Asian Games swimmer Cho Cheng-chi were invited to serve as event ambassadors. Pool operators, elementary school students and city and county representatives attended and explained the efforts to protect student water safety.

The Student Water Safety Diamond Program (2021-2024) that was launched by the Sports Administration in 2020 has three main objectives: 1. Reduce the student drowning rate, protect the right to live of students; 2. Make student water safety intelligent, increase the hydrophilic rate of students; 3. Enhance student water safety competencies. The program results and planning for the next year were displayed at a press conference, while also continu-

ing to promote the importance of student water safety to the public.

Under the Student Water Safety Diamond Program, 30 “Campus water safety education teaching resources” promotion activities were held in 2022 and a big effort was also made to promote student swimming and self-rescue teaching; the Basic Criteria for National Elementary and Junior High School Student Swimming and Self-rescue were revised and 19 on-line explanatory sessions held in which physical education teachers and coaches explained the key points and the contents of the revision, attracting 4,137 viewers. In 2020, in response to the Executive Yuan’s Ocean Taiwan policy, the Sports Administration established the Open Water Sports Education Center to actively promote student water sports and open water safety education. 80 “Water Promotion Events” were also held in the year, with 3,014 participants.

At the press conference, Asian Games national team swimmer Cho Cheng-chi shared her swimming skills and self-rescue experience, stressing the importance of self-rescue ability, 2020 Tokyo Olympic Games swimmer Huang Mei-chien also shared the things students and parents should pay attention to in open water.

In response to the pandemic, the Sports Administration revised and made



various types of Student Water Safety Education Intelligent Technology Teaching Materials, such as 18 elementary school stage digital teaching modules, 12 water teaching videos modules and 8 junior and senior high school intermediate e-learning modules, 4 animated films and 2 university water safety microfilms. The Sports Administration said that with Taiwan affected by the pandemic, actual water based instruction was difficult, however, with the help of the digital teaching materials, students were able to absorb water safety knowledge from the situational teaching, effectively reducing the occurrence of student drownings. It also thanked National Taiwan University, University of Taipei, National Kaohsiung University of Science and Technology and the Taiwan Society for Sport Management that helped implement the Student Wa-

ter Safety Diamond Program for together raising the level of student water safety knowledge through the power of industry, government and academia.

For student drowning prevention information, go to “Student Water Sports Safety website” (<https://watersafety.sa.gov.tw/>).

111 年度體育署學生水域安全成果發表暨年終記者會

體育署 1 月 20 日辦理「111 年度教育部體育署學生水域安全成果發表暨年終記者會」，特別邀請 2020 年東京奧運女子游泳國手黃漢茜、亞奧運國手卓承齊擔任活動宣傳大使，也邀請泳池業者、國小生、縣市代表蒞臨說明共同參與守護學生水域安全。

亞奧運游泳國手卓承齊於記者會上分享自己的游泳能力，和水中自救經驗，強調水中自救之重要性，2020 東京奧運游泳國手黃漢茜，也於記者會上宣導學生與家長到開放式水域應遵守注意相關事項。

體育署自 109 年起推出四年(110-113 年)的學生水域安全水安鑽石計畫，訂有三大目標，包括「降低學生溺水死亡率、保障學生生命權」、「學生水域安全智能化、提高學生親水率」、「強化學生水域安全知能」，透過記者會呈現計畫成果及明年展望規劃，並向社會大眾持續宣導學生水域安全的重要性。

另因應新冠病毒疫情，體育署修訂及製作各類型「學生水域安全教育智能科技教材」，如：國小階段數位教材 18 單元、水中教學影片 12 單元，以及國、高中階段 e-learning 8 單元、動畫 4 單元、大專水域安全微電影 2 部。體育署表示：全臺受到疫情影響，下水操作課程難以落實，但有了數位教材的幫助之下讓學生們能透過情境的教學吸收水域安全的知識，達到降低學生溺水意外的發生，也特別感謝一同參與協助執行學生水域安全鑽石計畫的國立臺灣大學、臺北市立大學、國立高雄科技大學、臺灣體育運動管理學會，一起透過產、官、學力量，共同提升學生水域安全知識。

學生水域安全鑽石計畫，在 111 年共計辦理 30 場次「校園水域安全教育教學資源」推廣活動，也致力於推動學生游泳與自救教學，修正「全國中、小學學生游泳與自救能力基本指標」，也在今年透過辦理 19 場次線上說明會，與體育教師、教練說明指標修正的重點及內容，共計有 4,137 人次觀看。109 年時，行政院提出向海致敬政策，體育署成立開放水域運動教育中心，致力推動學生水域運動與開放水域安全教育，並於今年「水域推廣活動」共辦理 80 場次，共計 3,014 人參與。

相關學生防溺資訊「學生水域運動安全網」(<https://watersafety.sa.gov.tw/>)



► 2022 Nanzhuang Zung Gong Hai Marathon

Sports Administration Presents Awards on February 1 in Its Drive to Build Distinctive City/County Sports Events

The Sports Administration launched the “Taiwan iSports Program” in 2016 to promote sports for all and develop local distinctive sports, achieving the impressive result of increasing the proportion of people doing regular sport and exercise from 33% in 2016 to 33.9% in 2021. To continue to encourage the people of Taiwan to exercise and build on the foundation laid down thus far, the “Taiwan iSports 2.0 Program” is being implemented 2022-2027 and has the three visions of “Spontaneous, LOHAS, Love Sport”. On February 1, 2023

the Sports Administration held the Outstanding City and County Award Ceremony at Le Méridien Taipei.

The “Taiwan iSports 2.0” outstanding city/county award allows cities and counties to achieve good results to build a diverse and high quality sports environment through various scoring items such as central committee member guidance, regular data submission and meeting checking. Cities and counties with outstanding performance in 2022 were Yilan County,

Taipei City, Hsinchu City, Miaoli County, Taichung City, Changhua County, Nantou County and Chiayi City. Representatives from their sports or education departments attended the award ceremony.



► Taipei International Dragon Boat Championships activities in 2022

To continue to encourage the people of Taiwan to exercise, the Sports Administration formulated the 2022-2027 “Taiwan iSports 2.0”. The aim of the program is to assist local government promote sports affairs and develop local distinctive sports, as well as activate grassroots sports organizations, nurture sports professional manpower, build a friendly sports environment and, in response to changes in the social environment, integrate the promotion of inter-departmental sports related operations to move towards the objective of “Sport for fitness, Happy life”.

Also, in line with local development situation, characteristics, demographic structure ethnics groups, etc., the “Taiwan

iSports 2.0” has put forward annual plans for ordinary, indigenous and disabled programs, including sports activities, sport and exercise courses, nurturing and matching national fitness instructors, fitness tests and competitive plans. The Sports Administration said that the “Taiwan iSports 2.0” assists local governments hold diverse sport for all activities; various brand events have been created, such as the 2022 Taipei International Dragon Boat Championship, 2022 Nanzhuang Zung Gong Hai Marathon, 2022 Hsinchu City Lake Fun and Land-Water Dual Enjoyment event series and 2022 Sun Moon Lake International Swimming Carnival. Through various activities, people are provided with experiences and are able to understand the benefits of sports and exercise through participation, then increase participation time and frequency, nurturing the habit of sport and exercise. At the award ceremony, as well as the solemn plaque presentation ceremony, the 2023 central and local guidance mechanism explanation and training and education



► Hsinchu City Lake Fun and Land-Water Dual Enjoyment event series in 2022

course were also conducted, the aim of the explanatory meeting to let cities and counties fully understand the Taiwan iSports 2.0 program's central guidance and local

visiting mechanism and their responsibilities and mission in 2023 to facilitate the implementation of the "Taiwan iSports 2.0" in 2023.

■ 打造各縣市特色體育賽事 體育署 2 月 1 日頒獎

為推廣全民運動，發展地方運動特色，教育部體育署自 105 年開始推動「運動 i 臺灣」計畫，促使規律運動人口自 105 年 33% 至 110 年 33.9%，成效斐然。為持續帶動國人運動風潮，並在現有推動基礎上策進成長，更於 111 年至 116 年推動「運動 i 臺灣 2.0」計畫，以「自發、樂活、愛運動」為三大願景，體育署於今(112)年 2 月 1 日在台北寒舍艾美酒店辦理「111 年特優縣市頒獎典禮」。

運動 i 臺灣 2.0 計畫特優縣市頒獎是透過中央委員輔導、定期提報資料及會議檢核等數個評核項目，讓各縣市政府爭取優秀成績，以打造多樣且優質的運動環境。111 年績效特優的縣市，計有宜蘭縣、臺北市、新竹市、苗栗縣、臺中市、彰化縣、南投縣及嘉義市 8 個縣市政府體育局(處)長或教育處長代表出席受獎。

為持續推展國民運動風氣，體育署擬定 111 年至 116 年的「運動 i 臺灣 2.0」計畫。計畫目的為協助地方政府落實推動地方體育事務、發展地方特色運動外，並納入活絡基層體育組織、培育運動專業人力、營造友善運動環境服務，更因應社會環境發展，整合推動跨部會運動相關業務，期能逐步落實「運動健身、快樂人生」之目標。

此外，「運動 i 臺灣 2.0 計畫」視地方發展現況、特性、人口結構、各族群等需求，分別提出一般專案、原住民族專案及身心障礙專案之年度計畫，包含體育活動、體育運動課程、培育及媒合國民體適能指導員、體適能檢測及競爭型計畫等。

體育署表示，運動 i 臺灣 2.0 計畫協助地方政府舉辦豐富多元全民體育活動，已打造許多品牌賽事，例如 2022 臺北國際龍舟錦標賽、2022 慢城南庄山水馬拉松、2022 新竹城市環湖趣暨水陸雙享系列活動以及 2022 日月潭國際萬人泳渡嘉年華等體育活動。透過各類型活動提供民衆體驗，進而使參與的民衆了解運動的益處，增加參與運動的時間與頻率，培養運動習慣。

頒獎典禮現場除進行隆重的獎牌頒贈儀式外，亦辦理 112 年中央及地方輔導機制說明及教育訓練課程，期能透過此說明會讓各縣市充分瞭解 112 年「運動 i 臺灣 2.0」計畫中央輔導及地方訪視機制及其職責與任務，以利推展 112 年「運動 i 臺灣 2.0」計畫。

Sport Terms 運動詞彙

Exercise Current Situation Survey	運動現況調查
Definition of regular exercise 7333: three or more times per week, every time 30 minutes or over, sweat and breathe heavily when exercising	規律運動 7333 定義： 每週運動 3 次以上； 每次運動 30 分鐘以上； 運動時會流汗也會喘
The proportion of people doing regular exercise	規律運動人口比例
The proportion of enterprise employees doing regular exercise	企業職工規律運動人口比例
Wearable device technology	穿戴式裝置科技
Home fitness	居家健身
Health management instruction	健康管理指導
High Intensity Interval Training (HIIT)	高強度間歇式訓練
Seniors' exercise classes	銀髮族運動課程
Orchestics	舞藝
Dance	舞蹈
Stretching	伸展
Pilates	皮拉提斯
Yoga	瑜珈
Pool	撞球
Taiwan iSports 2.0 Program	「運動 i 臺灣 2.0」計畫



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