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2024 體育署電子報



教育部體育署

Sports Administration, Ministry of Education

目錄 CONTENTS

03 Complete Terrorist Attack Response Mechanism: Ministry of Education to Hold Training Drill for the Paris Olympics on July 24th

完備恐攻應變機制 教育部於 7 月 24 日在巴黎奧運兵推演練

06 Ambassador Lorene Ren Encourages Kids: Exercise 150 Minutes a Week Using 5 Simple Tricks for a Healthy Life

建立規律運動習慣 每週運動 150 分鐘
推廣大使任容萱鼓勵學童用「5 招」打造健康生活

10 The Sports Administration held the 2024 Sports Facilities Planning and Design Seminar

體育署舉辦 113 年度運動設施規劃設計研習會
「從心設計 營造優質運動環境」

13 Countdown to the Paris Olympics and Paralympics: Sports Administration Partners with Media for Live TV and Online Broadcasts to Cheer on Taiwan's Heroes

巴黎奧運及帕運進入倒數 電視網路同步直播
體育署攜手電視媒體為臺灣英雄加油

16 2024 Sports Talent Employment Matching Meeting: Connecting Talents with Opportunities

113 年運動人才就業媒合會 求職求才「動起來」

Complete Terrorist Attack Response Mechanism: Ministry of Education to Hold Training Drill for the Paris Olympics on July 24th



► Minister Without Portfolio Chi Lien-cheng and Minister of Education Cheng Ying-yao attended the Paris Olympics Simulation Meeting in person.

As the conflicts between Russia and Ukraine and in the Middle East persist, the Paris Olympics, set to open on July 26, faces potential terrorist threats. In response, the Ministry of Education held a special simulation meeting on the afternoon of July 24. Minister Without Portfolio Chi Lien-cheng and Minister of Education Cheng Ying-yao attended, with Deputy

Minister Chang Liao Wan-Chien serving as the Chief Official and Sports Administration Director-General Cheng Shih-chung as the delegation headquarters commander. Representatives from the National Security Bureau (NSB), the Executive Yuan's Office of Homeland Security, the Executive Yuan's Department of Education, Science and Culture, the Ministry

of Foreign Affairs, the Ministry of Justice (MOJ), the Ministry of Transportation and Communications, the Ministry of Health and Welfare, the National Fire Agency, the Ministry of Culture, the Chinese Taipei Olympic Committee, and the National Sports Training Center joined for a joint discussion to establish a safety reporting mechanism for our athletes.



► Terrorist Attack Meeting From left: Minister Without Portfolio Chi Lien-cheng, Deputy Minister of Education Chang Liao Wan-chien, Sports Administration Director-General Cheng Shih-chung

Minister Chi emphasized the need for a comprehensive study and analysis of potential terrorist threats to sports events. Based on the simulation, the goal is to gather crucial local information in Paris and establish a robust contingency mechanism. The delegation headquarters will hold daily security meetings to formulate guidelines for the next day's actions and report back to the country.

Minister of Education Cheng pointed out that through the simulation, resources from various government and private units were connected to comprehensively review the response process, and any gaps were identified for improvement. He hopes that full preparations can be made before the games, ensuring that all athletes and coaches can participate smoothly and return home safely through relevant operation mechanisms and reporting processes.

SA Director-General Cheng expressed his gratitude to the relevant ministries and agencies for their assistance. Currently, the NSB, the Office of Homeland Security, the Investigation Bureau of the MOJ, and other units have joined the response center to provide intelligence on international terrorist attacks, allowing the Paris Olympic delegation to have first-hand information and prepare for any eventuality.



► Paris Olympics Simulation Meeting, grasping important local information and establishing a contingency mechanism.

■ 完備恐攻應變機制 教育部於 7 月 24 日在巴黎奧運兵推演練

由於俄烏情勢及中東衝突持續，在 7 月 26 日開幕的巴黎奧運也面臨恐攻的威脅之中，教育部於 7 月 24 日下午特別召開巴黎奧運兵棋推演會議，行政院季連成政務委員及教育部鄭英耀部長親自出席，由教育部張廖萬堅政次擔任主推官、體育署鄭世忠署長擔任團本部指揮官，並邀集國安局、行政院國土安全辦公室、行政院教育科學文化處、外交部、法務部、交通部、衛福部、消防署、文化部、中華奧會、國訓中心等單位共同討論，為我國選手的安全建立通報機制。

行政院季連成政委表示，因國際恐攻的樣態多元，應針對運動賽會可能面對的恐攻樣態加以蒐整研析，並在今日兵推的基礎上，掌握巴黎當地重要情資，並建立應變機制，團本部每日都要召開安全會議，策定隔天行動準據，並回報國內。

教育部鄭英耀部長指出，透過兵棋推演，將政府及民間各單位資源串連，通盤檢視應變流程，將有所缺漏的環節再予以強化，期能在賽前做好充分準備，透過相關運作機制及通報流程，讓代表團所有選手和教練都能順利參賽、平安回家。

體育署鄭世忠署長特別感謝相關部會的協助，目前國安局、國土安全辦公室、法務部調查局等單位均加入應變中心，提供國際恐攻情報，讓巴黎奧運代表團有第一手的資訊，可事先加以應變。

Ambassador Lorene Ren Encourages Kids: Exercise 150 Minutes a Week Using 5 Simple Tricks for a Healthy Life



- Establish a regular exercise habit and exercise 150 minutes a week, Ambassador Lorene Ren encourages school children to use the "5 tricks" to create a healthy life.

An Australian study on young people aged 15 to 25 found that young girls, those with excellent academic performance, low self-efficacy, and those unwilling to exercise are less likely to establish regular exercise habits during adolescence, missing out on numerous physical and mental health benefits in adulthood. To help children and teenagers become more active,

maintain health, and reduce future disease risks, the Sports Administration (SA) and the John Tung Foundation launched the "Joyful Movement 150, Meet the Olympic Challenge" program, encouraging school children to start exercising now.

SA Deputy Director-General Fang Jui-wen stated that a recent sports survey

showed that 82.6% of Taiwanese people participate in sports, with 35% exercising regularly for the first time. This increase reflects the success of sports promotion efforts. The John Tung Foundation designs diverse promotion plans and tools for schools across Taiwan. As of this year, over 2,300 schools have joined the campus regular sports plan, impacting more than 1 million students below high school level. Students are encouraged to start exercising during the summer vacation, aim for 150 minutes of exercise per week, and support the athletes competing in the Paris Olympics.



► SA Deputy Director-General Fang Jui-wen encourages students to Exercise.

John Tung Foundation CEO Yao Si-yuan encouraged students to combine five simple stress relief tricks with Taiwan's participation in the 2024 Olympics through creative outlets like painting, short videos, and photography

to boost sports participation. This year, 1,063 works were received, featuring students wearing the colors of the Olympic rings and incorporating various sports. Many pieces depicted moments of victory for athletes like badminton player Tai Tzu-ying and weightlifter Kuo Hsing-chun. To encourage girls to exercise, short videos and photos had to include scenes of girls exercising and promote the use of the five tricks to get them involved in sports.

Cheng Sheng-yuan, principal of Taipei Municipal Jinhua Elementary School, explained that to implement the SH150 policy, the school organizes appropriate sports events for different grades, creating a sports-friendly atmosphere. The school tracks children's exercise in fun ways, like measuring how many Taipei 101s they can jump or how many times they can go around Taiwan, to encourage personal challenges. Various sports clubs are also set up to increase after-school sports opportunities. Lee Chao-en, a student who has run the most laps, shared his experience: "In middle grade, I joined the track and field team at the coach's invitation. Besides routine practice, I run or play ball independently after class or during breaks between two periods. Even in just 10 minutes between classes, the practice adds up. Especially before exams, exercise helps relieve stress and improves my focus."

Lin Lien-li, associate professor and director of the Department of Tourism Leisure and Health at Deh Yu College of Nursing and Health, advised parents to lead by example to help children establish exercise habits. Activities like biking in parks or along riversides and introducing new sports during summer vacations can be effective. She suggested teachers design fun activities, such as jumping and touching walls or playing stepping games, and encourage students to track their exercise to maintain their habits.

Program Ambassador Lorene Ren has loved dancing since childhood. She started with square dancing in elementary school and continues to enjoy dancing today. She now exercises at the gym at least five days a week, using the treadmill,

elliptical machine, stationary bike, weight training, and ab roller. She suggests students use the "5 tricks" to maintain regular exercise:

- Identify your reason for exercising, whether for health or stress relief.
- Choose easy exercises that yield results to avoid burnout.
- Pick activities you enjoy to keep moving.
- Set goals for motivation.
- Invite friends to exercise together for mutual encouragement.

Lorene shared that long-term exercise has helped her release emotions and stabilize her mood. She encourages using these 5 tricks to relieve stress and boost energy.

建立規律運動習慣 每週運動 150 分鐘 推廣大使任容萱鼓勵學童用「5 招」打造健康生活

有澳洲學者針對 15 至 25 歲年輕人進行的研究發現，年輕女孩、學業成績優異者、自我效能感低、不願意運動的人，最有可能在青春期中無法建立定期運動模式，因而錯過成年後對身心健康的眾多好處。為幫助兒童、青少年扭轉坐式生活，提升運動量，維持身心健康並降低未來罹患疾病的風險，教育部體育署及董氏基金會合作推展「樂動 150，迎奧運挑戰」規律運動計畫，呼籲學童保持身體活動量，運動就從現在開始。

教育部體育署房瑞文副署長表示，去年運動現況調查發現臺灣民衆參與運動人口比率達 82.6%，規律運動人口比率首度達到 35%，顯示運動人口提升，也代表運動促進推展帶來成效。董氏基金會每年設計多元化推廣方案與研製宣導工具提供全臺各校申請應用，至今年累計共有 2,300 多校主動響應校園規律運動計畫，共同推廣遍及全臺，累積觸及超過 100 萬名高中職以下的學生建立規律運動概念。呼籲

同學們不妨就從暑假開始運動，除持續努力達到每週 150 分鐘的運動時間，也一起關注即將在巴黎奧運出賽的選手們，為選手喝采加油。

董氏基金會執行長姚思遠表示，今年鼓勵學生將樂動紓壓 5 招與臺灣參加 2024 奧運的項目結合，透過繪畫、短影音及攝影發揮創意，藉由參加比賽促進學生運動參與率與運動量，今年總共收到 1,063 件作品。作品中學生有穿著奧運五環顏色的服裝，將各招式結合不同的運動項目；也有不少作品直接畫出羽球選手戴資穎或舉重選手郭婞淳獲得勝利的一刻。為鼓勵女孩運動，這次短影音或照片的作品中，要求帶入女生運動畫面，同時鼓勵女孩們可從 5 招開始接觸運動。

臺北市立金華國小校長鄭盛元說明，為執行 SH150 政策，學校依年級不同規劃適合的運動項目，規劃多種運動方案打造校內運動風氣，同時將孩子的運動量做換算，像跳了幾座的 101、繞台灣幾圈等，鼓勵學生持續挑戰自己的紀錄。也開辦多種運動性的社團，讓孩子放學後增加接觸運動的機會和時間。累積跑步圈數最多的李兆恩同學分享自己的運動經驗說：中年級在教練的邀請下進入田徑隊，除了例行練習外，也利用下課或放學後自主練習跑步或打球，他表示即便短短的 10 分鐘下課，累積的練習讓自己習慣了這樣的運動模式，尤其在大考前，可以透過運動達到舒緩壓力之效，使自己專注的準備考試。


德育護理健康學院觀光休閒與健康系副教授兼系主任林伶利表示，許多父母困擾於不知道怎麼帶孩子建立規律運動習慣，其實最佳作法就是家長以身作則帶著孩子運動，可規劃假日的戶外親子活動，到鄰近的公園或河濱騎腳踏車等都是不錯的方案，也可利用暑假讓孩子接觸學習不同的運動項目，除了活動身體也幫助孩子找到感興趣的運動。她也建議，教師在活動設計上可以更多元有趣，像是善用校園空間，利用牆壁做跳躍摸壁、地上的格子可玩些跨越、踩線、單腳獨立等遊戲，並鼓勵學童自行紀錄每次的運動狀況，幫助他們了解自己的活動量，更能維持運動的習慣。

從小喜歡跳舞的計畫推廣大使任容萱，小學時期接觸了舞蹈，也會跟著媽媽學跳廣場舞，學著學著也跳出興趣，直到現在仍然喜歡。現在的她每週至少會去健身房五天，使用跑步機、滑步機、騎腳踏車，加上重訓，最後利用滾輪放鬆。她建議同學可善用「5 招」維持規律的運動生活，第一思考想要運動的理由，為了身體健康還是想紓解壓力？第二挑選輕鬆一點又可達到效果的運動，過於勞累的運動反而容易中斷、放棄；第三挑選較感興趣的項目持續動下去；第四設定目標讓自己有動力去達成；第五邀請朋友一起運動，彼此激勵，讓運動不孤單！她表示長期運動下來發現自己的情緒能獲得釋放，心情也變得較穩定。任容萱提醒，感到煩悶有壓力時，不妨去運動或跳樂動紓壓 5 招，為自己注入活力及能量喔！

The Sports Administration held the 2024 Sports Facilities Planning and Design Seminar

「新興運動場地規劃設計與實例分享」


運動攀登場地規劃設計與實例分享



報告人：拔山企業股份有限公司 林聰

CE 拔山 Alpine Direct 台灣體育會 VERTIGO UIAA IFSC 拔山 設計建造

113年度運動設施規劃設計研習會



拔山企業股份有限公司
林聰 執行長

教育部體育署
Sports Administration, Ministry of Education

► Professional lecturers taught at the 2024 sports Facility Planning and Design seminar.

The Sports Administration (SA) hosted the "2024 Sports Facilities Planning and Design Seminar" on June 21st via online live broadcast, aiming to enhance the quality of Taiwan's sports venue facility planning by improving professional knowledge in sports space design and new sports venue planning. Nearly 100 domestic sports venue employees and local government personnel participated in the learning empowerment.

The SA is committed to working with

various counties and cities to create a high-quality sports environment. This year, Lin Cong, CEO of Alpine Direct Enterprise Co. Ltd., has been invited to share "Examples of Sports Climbing Site Planning and Design" to provide reference for future venue planning. Liu Tia-hsiu, consultant of the Taiwan Society for Sport Management, will explain "Common Deficiencies in the Planning, Design, and Construction of Sports Facilities" by incorporating actual cases, enabling participants to fully understand the critical aspects to consider in

sports facility planning and avoid related deficiencies in the future.

In addition, in response to Taiwan's 2050 net-zero carbon emission target, Ricky Liu, architect of Ricky Liu & Associates Architects+Planners, has been specially invited to share "Green Building Energy Saving and Carbon Reduction Design for Sports Venues and Facilities" from an architectural perspective and his own experience. Additionally, Chuang Shu-ching, Supervisor of the Taiwan Women's Sports Association, will lecture on "Gender-friendly and Barrier-free Space Planning," highlighting the importance of creating inclusive spaces in sports venues.

These sessions, led by experienced professionals, aim to enhance the expertise of sports venue planners and business promoters.

The SA emphasized the importance of considering user needs during the planning and design stages of sports venues. This year's seminar features experienced professionals from industry and academia who will share insights on facilities planning and design. Through case studies, the seminar aims to expand design thinking and enhance practical planning capabilities, creating safer, more inclusive, and high-quality sports environments for all ages in Taiwan.

體育署舉辦 113 年度運動設施規劃設計研習會 「從心設計 營造優質運動環境」

教育部體育署於 6 月 21 日以線上直播方式辦理「113 年度運動設施規劃設計研習會」，希望能透過精進運動空間設計、新興運動場地規劃等專業知能，提升我國運動場館設施規劃品質，計有近 100 位國內運動場館從業人員及地方政府業務承辦同仁共同參與增能學習。

體育署致力攜手各縣市政府打造優質運動場域環境，今(113)年邀請拔山企業股份有限公司林聰執行長，分享「運動攀登場地規劃設

計實例」提供未來規劃場地參考，另請臺灣體育運動管理學會劉田修顧問，針對「運動設施規劃設計及施作常見缺失」融入實際案例進行解說，讓與會者能充分瞭解運動設施規劃應注意事項，未來規劃時能避免相關缺失。

另因應臺灣 2050 淨零碳排目標，特邀請劉培森建築師事務所劉培森建築師，以建築師角度及自身經驗，分享「運動場館設施之綠色建築節能減碳設計」；以及安排臺灣女子運動體育協會莊淑靜監事，就「性別友善及無障礙

設施空間規劃」主題進行授課，分享運動場館規劃友善空間重要性。透過實務經驗豐富的講師們分享經驗及專業知識，充實運動場館業務推動者專業職能。

體育署表示，運動場館的品質，需在規劃設計階段時，針對使用者的需求出發，從心設計。今年研習會特邀產學界、具有運動場館規劃、建築豐富經驗的專業講師共同分享設施規劃設計議題，期望透過課程案例分享，拓展設計思維及增進實務規劃能力，兼顧全齡的使用者需求，為全臺灣民衆建置更安全、友善及優質的運動場域環境。

Countdown to the Paris Olympics and Paralympics: Sports Administration Partners with Media for Live TV and Online Broadcasts to Cheer on Taiwan's Heroes



► Paris Olympics and Paralympics broadcast press conference, athletes gathered to encourage everyone to watch the exciting events.

The 2024 Olympic Games and Paralympic Games (Paris Olympics and Paralympics) will be held in Paris, France from July 26 to August 11 and from August 28 to September 8, 2024, respectively. The Sports Administration (SA) held a joint press conference on June 17th with ELTA Technology Co., Ltd., Chunghwa Telecom, Public Television Service, and Chinese Television System. Ministry of Education Deputy Minister Chang Liao Wan-Chien, Chinese Taipei Olympic

Committee President Lin Hong-Dow, and SA Director-General Cheng Shih-chung attended to express their best regards. Current Taiwan Olympic athletes Wang Chi-lin, Lee Yang (badminton), Lin Yun-ju (table tennis), Huang Hsiao-wen (boxing), and Para athletes Tian Shiau-wen, Lin Tzu-yu (table tennis), and Tseng Lung-hui (archery) also joined them on stage.

In recent years, Taiwan's athletes have excelled on the world stage, winning

2 gold, 4 silver, and 6 bronze medals at the 2020 Tokyo Olympics, and a bronze medal at the 2020 Tokyo Paralympics. Taiwan has secured 46 qualifying spots in 13 Olympic categories and 10 spots in 4 Paralympic categories. We aim to achieve the highest number of sports categories and places for Taiwan.

Public focus in sports events in Taiwan is increasing. To ensure the public can watch these events, the Sports Administration (SA), with support from the Ministry of Education's Sports Development Fund,

has arranged for TV and Internet live broadcasts.

The SA will collaborate with television media to provide over 2,500 hours of broadcast services, allowing the Taiwanese public to witness their top athletes' performances. Through simultaneous live broadcasts on TV and online, we hope to boost interest in sports and athletes, increasing the viewership of sports events in Taiwan, and providing solid support for the athletes.



► The Ministry of Education, the Chinese Taipei Olympic Committee, and representatives from ELTA Technology Co., Ltd. announced the commencement of the 2024 Paris Olympics and Paralympics broadcast.

巴黎奧運及帕運進入倒數 電視網路同步直播 體育署攜手電視媒體為臺灣英雄加油

2024 年奧林匹克運動會及帕拉林匹克運動會(以下稱巴黎奧運及帕運)將於 113 年 7 月 26 日至 8 月 11 日及 113 年 8 月 28 日至 9 月 8 日於法國巴黎舉辦，教育部體育署於 6 月 17 日攜手愛爾達科技股份有限公司、中華電信、公共電視台及中華電視公司召開聯合轉播記者會，教育部張廖萬堅政務次長、中華奧林匹克委員會林鴻道主席及教育部體育署鄭世忠署長均親臨致意，並邀請到本屆奧運選手王齊麟、李洋(羽球)、林昀儒(桌球)及黃筱雯(拳擊)，帕運選手田曉雯、林姿妤(桌球)及曾隆輝(射箭)等多名選手一同出席站台。

近年來我國運動選手在世界舞台爭金奪冠，中華隊於 2020 東京奧運，創下 2 金 4 銀 6 銅的佳績，而 2020 東京帕運也拿下了 1 面銅牌的榮耀。我國目前於奧運已取得 13 種類 46 席參賽資格，帕運已取得 4 種類 10 席次參賽資格，亦將持續全力爭取我國最大量參賽資格之運動種類及席次。

國內對於各項運動賽事關注的人口逐漸增多，體育署除整備代表團的組團參賽事務外，為維護國內民衆的觀賽權益，在教育部運動發展基金支持下，將同步安排電視及網路進行實況轉播。

體育署與電視媒體攜手合作，期望透過超過 2,500 小時的轉播服務，與國人一同見證國內優秀運動選手的精采表現。透過電視網路同步直播，盼能增加國人對於體育事務、運動選手們的關注，並持續提升我國體育賽事收視人口，成為選手們最堅實的後盾，讓全民收看轉播，一起為中華隊加油。

2024 Sports Talent Employment Matching Meeting: Connecting Talents with Opportunities



- The Sports Administration held the "2024 Sports Talent Employment Matching Meeting" on June 29. Deputy Director-General Hung Chih-chang encouraged people with sports-related backgrounds who needed a job or wanted to change careers to actively participate.

To promote sports talents joining enterprises and using their expertise to assist in the promotion of employee sports, the Sports Administration (SA) held the "2024 Sports Talent Employment Matching Meeting" at the Taipei World Trade Center on June 29, 2024. Professionals

with sports-related backgrounds who were looking for jobs or changing careers were welcomed, along with enterprises seeking sports expertise and talents. Sports instructors who have successfully transitioned in the past were invited to share their experiences, providing

participating employers and job seekers with insights into the mental process and strategies for career transition.



- The Sports Administration held the “2024 Sports Talent Employment Matching Meeting,” inviting 16 companies to participate and offering more than 300 diverse job vacancies. Job seekers were encouraged to sign up enthusiastically.

The SA launched the "Program for Promoting Enterprise Recruitment of Sports Instructors" in 2017 to connect sports talents with enterprises seeking such expertise. The program subsidizes companies for employee sports-related expenses and provides counseling, guidance, and courses to help sports talents adapt to the workplace. So far, it has matched enterprises with more than 600 sports instructors and subsidized over 2,000 employee sports activities, benefiting nearly 550,000 participants.

This year's matching meeting invited 16 enterprises, offering over 250 diverse job vacancies, including sports coaches, engineers, planners, and sales representatives. Job seekers were encouraged to sign up as content was gradually added. Customized services such as resume analysis and aptitude test guidance were provided to help job seekers understand their strengths and increase their chances of employment.

The SA encouraged active participation by offering fine gifts and a lucky draw for all qualified participants. For more benefits and event details, participants visited the Sports Information Platform - Good Sports Talent Enterprises Move Together website (<https://isports.sa.gov.tw/apps/SGM/index.aspx>) or called the Project Management Center at 02-77378089.



- The Sports Administration welcomed professionals with sports-related backgrounds to join the “2024 Sports Talent Employment Matching Meeting.”

113 年運動人才就業媒合會 求職求才「動起來」

為促進運動人才進入企業任職，進一步發揮專長協助職工運動推展。教育部體育署在今(113)年6月29日於臺北世界貿易中心舉辦「113 年度運動人才就業媒合會」，歡迎有求職或轉職需求的運動相關背景專業人員，以及有意徵求具體育專長人才的企業共襄盛舉。活動現場邀請過去成功媒合之運動指導員，分享職涯轉換的經驗談，期待帶給參與的聘僱雙方，對職涯轉換的心路歷程與策略有更清晰的認識。

體育署自 107 年起開辦「推動企業聘用運動指導員」計畫，串聯運動人才及求才企業，補助企業辦理職工運動相關經費，並提供運動人才適應職場所需的輔導諮詢及課程等服務。至今已媒合企業聘用逾 600 名運動指導員，並補助企業辦理超過 2,000 項員工運動活動，總參與人次數近 55 萬人次。

今年度媒合會預計邀請 16 家企業參與，提供超過 250 個多元職缺，包含運動教練、工程師、企劃人員、業務代表等。內容陸續增加中，歡迎求職者踴躍報名。媒合會期間也將提供履歷健診分析、適性測驗結果諮詢等客製化服務，協助求職者了解自身優勢潛力以及探索自我，藉此增加面試與成功就業的機會。

體育署表示，為鼓勵求職者踴躍參加媒合會，凡參與媒合活動並符合資格者皆可獲得精美禮品，還可參加好禮抽獎活動，多重好康內容及活動詳情請上計畫網頁「i 運動資訊平台 - 運動好人才 企業動起來」(網址：<https://isports.sa.gov.tw/apps/SGM/index.aspx>)，或電洽專管中心服務專線 02-77378089。

Sport Terms 運動詞彙

Seminar	研習會
Sports venue facility planning	運動場館設施規劃
Olympics	奧林匹克運動會
Paralympics	帕拉林匹克運動會
Competition broadcast	賽事轉播
Self-efficacy	自我效能
Terror attack	恐怖攻擊
Regular exercise	規律運動
National Sports Training Center	國訓中心
Job seeking	求職
Job change	轉職
Matching	媒合



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Publisher	鄭世忠 署長 Director-General Cheng, Shih-Chung
Tel	(886) 2-87711870
Fax	(886) 2-87731435
E-mail	elfie@mail.sa.gov.tw
Website	http://www.sa.gov.tw