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## Mountain Education Promotion and Implementation Plan : A Back up educational resources for teachers



板橋國中師生挑戰玉山後合影

Group photo of New Taipei Municipal Banqiao Junior High School students and teachers after challenging Mt. Jade.

By teaching outdoor and mountain sports and ecological conservation knowledge to all students, the Sports Administration, Ministry of Education's "Mountain Education Promotion and Implementation Plan" aims to improve mountaineering safety and reduce the incidence of mountain accidents for all levels of students, as it teaches them about the natural environment and ecological conservation. The plan includes grants and coaching for schools with mountain education programs, conducting seminars for seed teachers of mountain activities for elementary and middle school students, and lesson plans for mountain education activities. Members of national mountaineering groups and leaders of outdoors associations will lead study groups and field trips to nature areas in the mountains (including rivers in the mountains), providing instruction through mountain educational activities, and contents such as communicating standards for safety equipment, and risk assessment indices. These fundamentals in mountaineering safety will give teachers the materials and resources they need

to teach mountaineering with drive and confidence and continue to realize the ideal of “the mountains as classroom.”

For Yin-Bei Lu, a teacher at New Taipei Municipal Banqiao Junior High School, “Even though the district is rich in teaching resources, at our school there is a lack of 'remote' outdoor and mountain education resources. So, we are trying to create some opportunities to give children more direct experiences of the mountains, encounter nature, and plant the seeds in their minds, so that at some point something will grow out of it.” In the mountaineering curriculum, Lu takes groups of students out into the wild, where they learn to collaborate in groups, and learn to focus their energies and put up with discouragements. On a hiking trip years before at Songluo Lake, Lu saw a very different version of herself, and she began to integrate this heartfelt feeling into her teaching. To give students a profounder experience of nature, and safely guide them in their hiking activities, Lu began to broaden and extend the curriculum of outdoor and mountain education, and took part many times in the seminars for seed teachers of mountain activities held by the Sports Administration, which systematically teach the requisite skills to lead student activities in the mountains. The program also collaborates and allies with other schools that advocate mountain education. She believes that there is a practical value inherent in instructing teachers in mountaineering education, and for teachers engaged in this pursuit, it is a great encouragement knowing that this kind of education and systematic support exists.

## 山野教育教師研習，教師的教學後盾

為提升各級學校學生對山林環境、生態保育之知識教育，加強登山安全教育及減少山難發生，有效落實建立學生正確之山野及登山運動安全觀念，教育部體育署辦理「山野教育推廣實施計畫」，包括補助並輔導學校推動山野教育、辦理中小學山野教育種子師資研習，山野教育教材教案的蒐集彙編、全國大專登山社團幹部戶外領導研習及研訂山野環境（含山區的溪流水域）場域之戶外教育活動安全檢核工具與風險評估指標等內容，希望在登山安全的前提下，提供教師從事山野教育所需相關教學與支持資源，讓教師願意且有信心進行山野教育，讓「山是一所學校」的理念可以繼續開展。

新北市板橋區板橋國中虞音蓓老師表示「對於我們（板橋國中）而言，雖然是位在教育資源豐富的區域，但卻是山野資源缺乏的『偏鄉』，因此我會想要多創造一些機會讓學生多接觸山、接觸自然，在他們心中種下種子，或許在某個時間點就會長出些什麼。」透過推動山野教育計畫，虞音蓓老師帶著學生在大山的懷抱中學習團隊合作、挫折容忍、專注。數年前的松蘿湖之旅，讓虞音蓓老師在登山中看見不一樣的自己，遂將這份感動融入教學。為了讓學生有更深刻的體驗及安全地帶領學生從事山野活動，虞音蓓老師開始廣泛學習各種山野教育相關課程，數次參與教育部體育署辦理的「山野教育種子教師研習」，有系統

地學習帶領學生進行山野活動所需相關知識，並和其他推動山野教育的學校相互學習、結盟。同時認為山野教育教師研習的課程很實用，對於推動山野教育的老師而言，知道背後是有這樣的課程與系統支持著，是很大的鼓舞。

## The Sports Administration, Ministry of Education's 2017 Seminar on Creating Bicycle-Friendly Lanes Held



蒜頭糖廠

Suantou Sugar Factory

On December 14-15, 2017, the Ministry of Education Sports Administration held the “2017 Seminar on Creating Bicycle-Friendly Lanes” at the Human Resources Development Center of Chiayi County and Puzi River Bikeway, inviting the principal central government departments handling the bicycle path project, county- and city-level officials, and town- and village-level administrators to take part. Through a more intensive dialogue at the central- and local-levels, this contributed to a better foundation for proceeding on future bicycle path projects.

Building on this seminar on creating bicycle-friendly lanes, Sports Administration Section-Chief Xing-Yu Huang introduced infrastructure projects for the upcoming 4 years, part of an overall planning and spending initiative that will raise the quality of bicycle path services. Zhen-Wei Su, Chief Secretary of the Ministry of Transport’s Institute of Transportation,

then shared her thoughts regarding the overall planning eco-friendly bicycle path network and gave an appraisal of its outcomes, inviting the Chiayi County and Taipei City governments, which operate under different developmental conditions, to share their experiences with marketing outreach and overall planning for their city bicycle programs. This gave impetus to information exchanges and demonstrations among county and city governments in enhancing eco-friendly bicycle programs and promoting tourism.

Zu-Hui Dai, Director of the Formosa Lohas Cycling Association has had many years of experience in Taiwan promoting cycling as a travel and leisure activity. He was invited to share his experiences with planning cycling tour programs such as the “Sun Never Sets” cycling event, as well as the LOHAS (“lifestyles of health and sustainability”) bicycling events. Dai believes bike-friendly lanes are a significant help to integration of resources for the development of local tourism, and hopes that it will spur a more tourism-oriented mindset among the undertakers of bicycle-friendly lane planning. Also, writer, blogger, veteran cycling journalist, and author of Taiwan: Most Beautiful Rides Mr. Zhong-Li Chen (Eddie Chen), shared his cycling experience from a user’s perspective, letting the participants study the issue from another perspective, seeing what is both classic and unique in the bicycle paths to be developed in the future. On the second day of the seminar, leading cycling experts were invited to lead the academics on a site visit that combined scenery and the unique qualities of a cycling tour. This seminar's multi-faceted program and on-site cycling visit will elevate the role of local government in promoting tourism through cycling tours, when considering how to build the specialized skills and knowledge needed to set up bicycle paths.

The Sports Administration has stated that in future, bicycle-friendly routes will continue to be established. Classic cycling routes will be created in the hopes that these superior facilities will help to spur on development of cycling tourism, stimulate the local economy, improve citizens’ health, and attract tourists from abroad to Taiwan. These classic routes will keep the wheels turning!

## 教育部體育署舉辦 106 年度營造友善自行車道研習會

教育部體育署於 106 年 12 月 14 日及 15 日於嘉義縣人力發展所及朴子溪自行車道辦理「106 年度營造友善自行車道研習會」，邀請中央自行車道業務相關機關、各縣市政府及所轄鄉鎮市區公所參加，期能透過中央與地方的深入對話，為未來的友善自行車道建置奠定良好基礎。

本次研習會以營造友善自行車道為主軸，體育署黃幸玉科長介紹未來 4 年前瞻基礎建設計畫在自行車道服務品質提升的整體規劃與補助方向，交通部運輸研究所蘇振維主任秘書分享自行車友善環境路網整體規劃與評估成果，接著邀請具備不同發展條件的嘉義縣及臺北市政府，分享單車城市行銷與整體規劃之經驗，促進各縣市政府在提升自行車友善環境及觀光推動的交流與觀摩。

在自行車休閒旅遊推動有多年經驗的台灣樂活自行車協會戴祖輝理事長，應邀分享日不落單車活動及樂活體驗騎乘活動的遊程規劃經驗，相信對於資源整合發展在地化觀光有很大助益，期能提升承辦人員以帶動觀光為主軸之自行車道建置思維。另外也邀請到《台灣，用騎的最美》作者暨單車部落客兼資深車友陳忠利先生（Eddie Chen），分享從使用者角度出發的自行車體驗，讓承辦人員學習換位思考，從而能在未來建構經典並具特色的自行車道。研習會次日則請專業領騎人員帶領學員實地體驗結合景點及自行車騎乘之特色遊程。藉由不同面向課程及實際騎乘參訪，將提升地方政府以自行車遊程推動觀光的角度，去思考如何建置自行車道應有之專業能力與正確認知。

體育署表示，未來將持續打造友善自行車道，創造自行車經典路線，期能以優良的硬體建設帶動自行車觀光休閒旅遊的發展，為活絡地方經濟、提升國人身心健康並帶動海外旅客造訪臺灣，輪轉經典，騎行不止！

## 2017 Current status of sports survey results



林哲宏副署長與學者說明 106 年運動現況調查成果

Deputy Director-General Zhe-Hong Lin and scholars deliver the outcomes of the 2017 Current Status of Sports Survey Results

I. Here are the main results of the state of sports survey:

- 1.) The share national population that engages in exercise has continued to increase slightly, from 76.9% in 2006 to 85.3% in 2017. The proportion of population exercising regularly (defined as 3 times a week for 30 minutes or more) has also risen, from 24.4% in 2009 to 33.2% in 2017.
- 2.) Women displayed a marked increase in the exercising population, reaching 85%, a trend rather comparable to that of men (85.7%).
- 3.) The proportion of people in the workforce (the middle generation between ages 35 and 49) who exercise rose by 2.3%-5.4% in different age groups compared to 2016.
- 4.) The share of exercisers among senior citizens over 65 rose by 4.2%-6.1% in different age groups compared to 2016. Those who exercised regularly also increased by 3.1%-5.9% compared to 2016.

II. The above statistics demonstrates the concrete results being gradually achieved by the government's vigorous promotion of the national sport policy.

## 106 年運動現況調查成果

一、運動現況調查主要成果如下：

- (一) 我國運動人口比例持續微幅增加，從 95 年的 76.9% 逐步上升至 106 年的 85.3%，而規律運動人口（7333 定義）比例，也從 98 年的 24.4%，增長至 106 年的 33.2%。
- (二) 女性有運動人口顯著成長至 85%，已與男性運動人口（85.7%）相當趨近。
- (三) 職場主力族群（35 歲～49 歲中壯代）有運動人口，較 105 年顯著上升 2.3%～5.4%。
- (四) 65 歲及以上銀髮族的有運動人口相較 105 年都顯著上升 4.2%～6.1%，其規律運動人口也較 105 年顯著上升 3.1%～5.9%。

二、以上顯示政府努力推動全民運動的政策已逐年呈現具體成效。



## 2017 Sports Elite Awards Ceremony



精英獎傑出獎及頒獎人合影

Group photo of the outstanding recipients and presenters of the 2017 Sports Elite Awards Ceremony

The 2017 Sports Elite Awards Ceremony was held on December 27<sup>th</sup>, 2017 at the Howard Civil Service International House. Premier Ching-Te Lai was also in attendance. During the awards ceremony, Premier Lai gave an inspirational speech and conferred the annual Lifetime Achievement Award to one of the driving forces of the sports world Mr. Chen-Wei Tsai, and presented a special award to world badminton queen Tzu-Ying Tai. At the ceremony, a total of six Sports Elite Awards were presented for the best male athlete, female athlete, trainer, athletic team, rookie athlete, and for sportsmanship.

The strong showing of Taiwan's athletes this year in various international sporting events made competition in every category of this year Award, in its 19<sup>th</sup> year, especially competitive. The finalists for the Elite Awards (Outstanding Awards recipients) were today's best of the best, and each has made an exceptional showing in their respective sport. The jury's recognition of the best of these performances earned them this year's Sports Elite Award,

and whether they were winners or finalists (Outstanding Awards), the honor was theirs, and is a recognition of the excellence and drive of the nation's athletes and trainers. It is hoped that this amazing showing by athletes and trainers alike will draw more and more of the public's attention to sport and become a mainstay of support to the arduous work of the athletes and trainers alike.

The award recipients are:

Award	Winner
Best Male Athlete Award	Chao-Tsun Cheng
Best Female Athlete Award	Hsing-Chun Kuo
Best Trainer Award	Chien-Cheng Lai
Best Sports Team Award	2017 Taipei Summer Universiade Women's Basketball Team
Best Rookie Athlete Award	Yu-Hsiou Hsu
Best Sportsmanship Award	Chih-Kai Lee
Lifetime Achievement Award	Chen-Wei Tsai
Special Award	Zhu-Ying Tai

## 106 年體育運動精英獎

106 年體育運動精英頒獎典禮於 106 年 12 月 27 日假公務人力發展中心福華國際文教會館舉行，行政院賴院長清德親臨典禮會場。頒獎典禮中賴院長致詞勗勉，並頒發今年度終身成就獎給運動界的重要推手蔡辰威先生，及特別獎給世界羽球球后戴資穎。典禮中也一一揭曉並頒發今年度體育運動精英獎最佳男運動員、最佳女運動員、最佳教練、最佳運動團隊、最佳新秀運動員及最佳運動精神共 6 個獎項。

今年我國運動選手在各大國際賽事都創下傑出的表現與成績，也讓已舉辦了 19 屆的精英獎，今年各項獎項競爭格外激烈。精英獎入圍者（傑出獎得主）都是一時之選，每一位在不同的運動項目中，都有傑出優異的表現，而其中表現最受評審團肯定者，即為今年度精英獎的得主，不論是否獲得精英獎，入圍（傑出獎）即是榮耀，也是代表國家對運動員、教練努力表現的肯定。期盼運動員及教練們的精采表現，能吸引越來越多的民眾關心運動，支持運動，成為運動員及教練們辛苦打拼最大的支柱。

各獎項得獎名單如下：

獎項	得獎者
最佳男運動員獎	鄭兆村
最佳女運動員獎	郭焯淳
最佳教練獎	賴建誠
最佳運動團隊獎	2017 年臺北世大運中華女子籃球代表隊
最佳新秀運動員獎	許育修
最佳運動精神獎	李智凱
終身成就獎	蔡辰威
特別獎	戴資穎

## Sport Terms

## 運動詞彙

Outdoors education

山野教育

Figure skating

花式滑冰

Cycling

自行車