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報告書要有封面、目次、摘要(是報告書的摘要，不是去發表文章的摘要喔)、內容(目的、過程、心得及建議、照片)、附件(會議資料、發表證明、議程)

還有…不能有錯字!

出國報告（出國類別：出席國際會議）

大專體育校院課程與教學發展問題 與發展策略

服務機關：國立體育大學

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摘要

大學法頒布實施，課程回歸各校自主，體育則在這樣的歷史洪流當中受到波及，從先前的四年必修改為一年或兩年必修為主，體育是國力的基礎，大專更是學校體育的最後一站，重要性不言而喻。以運動教育學研究四個範疇-課程、教學、師資培育與其他等，進行焦點團體訪談，並探討四項範疇對於臺灣體育課程與教學之影響並提出發展策略。東北亞運動學研討會是東亞地區運動學各領域的研究者齊聚一堂的重要會議，各國的研究生、教授組團參加，讓這樣的學術氛圍在韓國形成一年一度的盛會。本文茲就本研究之緣起與目的進行說明，並闡述會議議程，另包含 Keynote Speaking、口頭發表、海報發表之重點與心得，最後形塑出參與本次盛會的心得，包含辦理研討會的相關心得以及參與研討會與國際相關研究者交換意見之心得，對於未來的建議與期許，並提供相關照片說明。附件包含研討會相關資料、參與證明與會議議程，能夠讓對於運動自然科學與運動社會科學相關研究者進行了解與思考。

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一、目的

1994 年新大學法頒佈實施，對於大專校院的體育課程產生了重大的影響。本研究(A Study of Current Situation and Development Strategy of Physical Education Curriculum and Instruction in Taiwan Universities)旨在了解臺灣大專體育校院課程與教學發展面臨之問題，並了解未來可行之發展策略。他山之石可以攻錯，2012 東北亞運動學研討會(2012 Northeast Asia Conference on Kinesiology)是匯集東亞各國體育專業研究人員的薈萃之地，將國內的問題帶至國際研討會，師法與吸收各國的經驗，是本次出席國際會議最大的目的，並期望將國外學者的經驗帶回國內後，提出更完整的策略。除此之外，會了解國內外體育的發展現況，能夠為臺灣體育研究注入新的動力。

二、過程

會議的議程第一天是開幕典禮，第二天上午的口頭發表與演講集中於運動教育學、運動社會學以及體育政策，第二天下午則是訓練、健康促進與運動表現相關議題的口頭發表與演講，第三天上午是幼兒體育與適應體育相關議題的發表，下午則是運動醫學，第四天則是閉幕典禮。另外包含運動相關議題的海報發表，從第二天早上開始就有許多研究進行發表，陸陸續續也有許多研究者能夠與參與者進行討論。

周六早上搭乘地鐵前往會議地點，國立首爾教育大學，是個很有文化氣息的地方。這場研討會同場發表的，議題相當的豐富，包含了適應體育、運動政策以及運動社會學，共有一位韓國的教授及一位研究生、與臺灣的三位研究生一起進行研討。

一開始是一位韓國首爾大學的教授進行 Keynote speaking，介紹的是適應體育的道德之重要性與實務的影響，李教授首先從運動的人權開始說起，接著說明適應體育在執行時應注意的道德議題，是十分令人印象深刻的論述型研究。其次為本人的研究，從國內的人口結構與法規修改開始說起，接著談到國內大專體育的現況，了解到國內大專體育發展的限制，接著說明研究方法，並歸納出結果，最後說明大專體育發展的策略。

評論的教授表示，韓國也有少子化與大專體育必修減少等類似的問題，他很訝異臺灣大專校院對於體育的漠視，韓國也有一些策略提供給我們參考。而北京體育大學的畢業生交換至韓國的交換生看到我們前往，也對我們的議題十分感興趣，對於政策的擬定也提出一些看法。

接下來是運動社會學的議題，包含了國內的兩位研究同行者報告，內容包含了媒體渲染之下的曾雅妮旋風，對於臺灣國族主義的影響；另一位研究者報告的是國內的運動移民現象，以後殖民的觀點進行探討，因為這兩個議題對我而言都相當的有趣，也提出一些問題進行探討，例如後殖民觀點如何對這樣的現象進行分析？而研究者說明在收集資料時便以後殖民的觀點進行資料收集，分析時也以後殖民主義的觀點進行歸納與詮釋。另一個問題是請教曾雅妮旋風對臺灣人而言是增加了國族凝聚力還是降低？報告者也說明目前他做的事情僅對於現象用國族主義的觀點進行詮釋，他個人主觀認為能夠帶來短暫的凝聚力，但很有趣的是臺灣人必須依賴這樣的運動對象來增加國族凝聚力。

其他發表場次較有興趣的是心理技能對於女性射箭選手的習得性無助的影響。這篇研究是一個個案研究，作者從深度訪談輔以有信效度的問卷進行前測，發現研究參與者有高度的焦慮，但介入之後，後側顯著低於前測，對於研究者而言，研究最重要的是解決問題，並非僅有學理上的探討，卻無實務上的幫助，尤

其我們了解兩個變項之間的關係或是中介關係之後，卻無法針對現實狀況進行問題解決，是相當可惜的。

口頭發表之外也有海報發表，有臺灣、韓國、大陸及日本的學者進行研究成果的分享，我比較關注的是運動教育學相關的議題，內容包含不同高爾夫球教學法的介入對於擊球時間點的影響、還有不同教學法對於心理健康狀態的影響、不同教學法對於籃球情緒的影響。我們可以發現運動教育學開始關注學生對於學生學習的心理歷程進行探討，是未來可以繼續鑽研的地方。

除了發表之外，研討會周邊也有許多體育教學輔助器材及科學器材展示，瞭解國外目前的科技，是否能應用在國內體育教學之上；此外，周邊也有圖書展示，供研究同好參觀選購，這四天的研討會每天都有不同的研討主題，除了讓我們了解各國的研究現況之外，也認識了許多研究同好，了解在世界上還有許多人跟我們在同一個領域努力。

三、心得及建議

除了參加研討會，因為之後有機會辦理相關活動，所以也觀察了活動的設計及安排，發現要舉辦國際研討會並不容易，除了要針對世界各國廣發英雄帖，更要不斷的用英文與發表者或參加夥伴進行確認及溝通，務必使每個環節盡善盡美。但美中不足的是，第一天活動很熱鬧，但後面幾天活動可能有許多發表者發表完之後動向不明，導致第一天以外的場合冷冷清清，是未來可以再努力的地方。

而與國外學者交流時，對於相同議題卻有同樣的興趣，溝通起來好像他鄉遇故知般的興奮，在同樣的領域閱讀過同樣的研究論文，並交換研究心得，是參與國際研討會最大的收穫，認識相同領域的研究者，並留下聯絡方式，未來對於研究上有任何需要討論的地方，透過電子郵件的往返，可以進行討論，更甚之可以討論到未來共同合作研究發表的可能性。

參與國際會議對於研究人員來說是不可或缺的經驗，建議能擴大參與國際會議的補助範圍與經費上限。爲了推廣國內體育學術單位在國際間的能見度，建議未來補助時能提供國內體育學術單位推廣至國外之申請案，給予更多補助，讓臺灣走出去，讓世界看到我們。

四、活動照片



發表場地-韓國首爾教育大學



發表場合大講堂



會議資料



本人發表剪影



研討會中報告



國內同行發表者進行報告



發表者進行報告



發表者與評論者合影



Keynote Speaking 會場



2012 發表留念



A Study of Current Situation and Development Strategy of Physical Education Curriculum and Instruction in Taiwan Universities

Andy Lin* · Yi-Hsiang Pan · Hung-Shih Chou

National Taiwan Sport University, TW

[OBJECTIVES] The new university legislation enforced in 1994 had a strong influence on the administration and the personnel structure of physical education in Taiwan universities. The purpose of this research was to obtain current situation and development strategy of physical education curriculum and instruction in Taiwan Universities. It took 4 researching areas of sport pedagogy- curriculum, instruction, teacher education and others to explore the current situation and development strategy. [METHODS] Focus group interviews were used to collect data. A total of 20 chairpersons of the physical education administration units of universities participated in focus group interviews in December 12 (southern of Taiwan) and December 13 (northern of Taiwan), 2011. All interviews were tape-recorded and the transcripts were content analyzed. A "focus group method" was utilized, which included recording, transcribing and analyzing Participants' opinions about current situation and development strategy. The principle themes suggested that 4 researching areas of sport pedagogy- curriculum, instruction, teacher education and others. [RESULTS] The findings showed that current situation including reduced physical education obligatory and elective credits, school administration more difficult to meet the physical education curriculum, the number and the quality of students, teachers teaching ability and attitude, reduced time of teaching, teacher education has been hindered, high ratio of Part-time teacher ratio, and problem of funding, regulations, stadiums. [CONCLUSIONS] The development strategy including four aspects to explore, the planning and operation of courses, teaching methods and assessment, teacher quality and professional development, and other strategies. The researchers proposed some recommendations as goals of university physical education curriculum.

Key words : Qualitative research, Focus group interview, Sport pedagogy, Higher education, Taiwan

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The Return of Sport Star Phenomena in Terms of Ya-Ni Tseng

Chia-Han Liu*

National Taiwan Sport University, TW

[OBJECTIVES] [METHODS] During the improving of media, the return of sport star phenomena which make these videos of sports star and games could transfer to everywhere immediately in the whole world. The 22 years old global golf queen Ya-Ni Tseng, who had become the most important fashion woman in Taiwan. At the same time, she also attracted the whole world media could focus on Taiwan in 2011. In this study, it could seem sports star was shaped by media reports, and go further to influence Ya-Ni Tseng's supports and treatment from relative reports. And also, the Taiwan media's sports report is difference with foreign countries, which discovered from Ya-Ni Tseng's reports phenomena. [RESULTS] The Taiwan media report phenomena would focus on perform cognition or national consciousness, the difference appearance would because of the Taiwan's governmental culture environment is different with foreign (such as United States) cultural background development. [CONCLUSIONS] Thus, about the discussion of this part, that it can do more deeply research and understanding in the future research.

Key words : Sport Star, Media, Ya-Ni Tseng

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Verification of Presentation

May 21, 2012

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Author: Andy Lin, Yi-Hsiang Pan, & Hung-Shih Chou
Title: A Study of Current Situation and Development Strategy of Physical Education Curriculum and Instruction in Taiwan Universities
Presentation type: Oral

This is verifying that Andy Lin presented a research entitled "A Study of Current Situation and Development Strategy of Physical Education Curriculum and Instruction in Taiwan Universities" the 2012 Northeast Asia Conference on Kinesiology (NACK), Seoul National University of Education, Korea from May 18 to 21, 2012.

If you have any questions, please feel free to contact us.

Sincerely,

A handwritten signature in black ink, appearing to read 'E.K. Chung'.

Eun Kuen Jung, Ph.D., Chairperson, NACKOC
Emeritus Professor, Seoul National University

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2012 NACK Scientific Program

May 18, 2012

→ Gymnasium 15:00-18:00 Registration Open

May 19, 2012

→ General Culture Center

08:00-09:00 Registration Open

11:00-11:30 Opening Ceremony

→ Eudwell Center Room 201

09:00-11:00 Invitation Lecture & Free Communication (oral presentation)

Sports & Movement Education / Sport Culture, Policy & Management

09:00-09:35 초청강연 Importance and practical effects of codes of ethics in adapted physical activity

Yong-Ho Lee(Seoul National Univ., KR)

09:35-09:50 A Study of Current Situation and Development Strategy of Physical Education Curriculum and Instruction in Taiwan Universities. Andy Lin(National Taiwan Sport Univ, TW)

09:50-10:05 The Return of Sport Star Phenomena in terms of Ya-Ni Tseng. Chia-Han Liu(National Taiwan Sport Univ, TW)

10:05-10:20 coffee break

10:20-10:35 Immigration Phenomenon of Sport the Perspectives of Postcolonialism.

Chia-Hui Cheng(National Taiwan Sport Univ., TW)

10:35-10:50 Adaptation of Sport Major Students Having Different Culture Dong-Kyu Na(Sungkyunkwan Univ., KR)

14:00-17:05 Invitation Lecture & Free Communication (oral presentation)

Personal Training for Health Promotion & Sport Performance

14:00-14:35 초청강연 Potential Mechanism(s) of Obesity-Induced Insulin Resistance in Skeletal Muscle: The Role of Exercise

Hyo-Bum Kwak(Inha Univ., KR)

14:35-14:50 Changes in Hip and Trunk Range of Motion according to the Knee Flexion Angle in the Juchumseogi and Apgubi Stances in Taekwondo. Chi-sun Choi(Seoul National Univ., KR)

14:50-15:05 Impact Attenuation of Selected Taekwondo Protective Headgear David O'sullivan(Chung Ang Univ., KR)

15:05-15:20 Analysis of Isokinetic Muscular Strength and Muscle Activity on Rowing Motion in Elite Kayakers

Yeon-Joo Yu(Kookmin Univ., KR)

15:20-15:35 coffee break

15:35-15:50 Effects of PST Program on a Female Archer with Learned Helplessness: A Case Study

Myung-Woo Han(Sun Moon Univ., KR)

15:50-16:05 The Medial Role of Coping Strategies Between Social Environmental Variables and Athletes' Engagement

Yun-Sik Sim(Seoul National Univ., KR)

16:05-16:40 초청강연 Validation of Relationship among College Athletes' Self-resilience, Affection, and Stress Coping Style

In-wha Lee(Gyeongin National Univ. of Education, KR)

16:40-16:55 Do the Skill Level Differences Influence on the Physical Self-concept of College Male Students?

Sun-Hwa Yu(Sun Moon Univ., KR)

16:55-17:10 Examining a Structural Relationship between Social Support, Self-efficacy, and Physical Activity among

Adolescents Jung-Gil Park(Korea Univ., KR)

→ Eudwell Center (the front)

09:00-10:00 Free Communication (poster presentation) : Attach the poster

17:00-18:00 Free Communication (poster presentation) : Q & A

• Program schedule could possibly be changed by depending on NACKOC decision

May 20, 2012

→ Eudwell Center Room 201

09:00-12:05 Invitation Lecture & Free Communication (oral presentation)

Exercise for Children and Elderly & Exercise for Disabilities

09:00-09:35 초청강연 Exercise Psychology: Its Emergence, Research Scope and Direction

Yong-Ho Kim(Seoul National Univ. of Science & Technology., KR)

09:35-09:50 Does Acculturation Moderate the Associations between Social Cognitive Variables and Leisure-time Exercise participation in Korean Americans? Hyo Lee(Sangmyung Univ., KR)

09:50-10:05 Physical Activity Policy or Sport For All Policy? A Comparative Analysis

Sun-Yong Kwon(Seoul National Univ., KR)

10:05-10:20 coffee break

10:20-10:55 초청강연 Introduction to Immunoreaction in Kinesiology Tzai-Li Li(National Taiwan Sport Univ, TW)

10:55-11:10 Metabolic Syndrome and Insulin Resistance among Korean Obese Children.

Yoon-Suk Jekal(Jeju National Univ., KR)

11:10-11:25 A Survey of Street Dance Injuries in Taiwan Colleges and Universities Students.

Miao-Hwa Chen(National Taiwan Sport Univ., TW)

11:25-11:40 The Current Situation and Constraints of the Reemployment of Retired Athletes in Shanghai

Yi Zhang(Shanghai Univ. of Sport, CN)

13:15-14:55 Invitation Lecture & Free Communication (oral presentation)

Sport Medicine and Clinical Exercise

13:15-13:50 초청강연 New Injury Paradigm - Direct and Indirect Effect of Risk Factors on Running Injuries

Sae-Yong Lee(Yonsei Univ., KR)

13:50-14:25 초청강연 Falls Research in Biomechanics Suk-Won Kim(Chonbuk National Univ., KR)

14:25-14:40 A Bilateral Comparison of Shoulder Horizontal Adduction Range of Motion Deficit and Its Correlation with Scapular Position in Collegiate Baseball Pitchers. Pai-Lian Chen(National Taiwan Sport Univ, TW)

14:40-14:55 coffee break

14:55-15:30 초청강연 Biomechanics Research on Joint Injuries Sang-Kyoon Park(Korea National Sport Univ., KR)

15:30-16:05 초청강연 Muscle Fiber Mechanics of Age and Disease Related Skeletal Muscle Atrophy

Eun-Jeong Lee(Seoul National Univ., KR)

16:05-16:40 초청강연 Intersegmental Interaction in Multijoint Human Movements

Young-Kwan Kim(Chonnam National Univ., KR)

→ Eudwell Center (the front)

09:00-18:00 Free Communication (poster presentation)

13:00-14:00 Free Communication (poster presentation) : Q & A

• Program schedule could possibly be changed by depending on NACKOC decision

May 21, 2012

→ Gymnasium 09:00-10:00 Closing Remarks