

出國報告（出國類別：學術會議與發表）

2008年國際體育聯盟世界大會  
Federation International of  
Education Physical(FIEP) World  
Congress2008 學術發表報告書

服務機關：國立臺灣體育學院

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出國期間：97 年8 月03 日至97 年8 月10 日

報告日期：98 年 09 月 22 日

## 摘要

本次參與FIEP 2008世界大會與學術發表，其參與之意義的主要有四，第一、建立本校與國際奧委會IOC聯盟所屬之Federation International of Education Physical (FIEP) 接軌之可能性，並希望能在每二年一度之世界學術大會上接續發表論文於與會之30餘國學術代表前，增加本校與臺灣之能見度。第二、借由論文之賡續發表提昇本校教學同仁之研究風氣與水準。第三、爭取本校之教授成爲IOC所屬之FIEP之亞洲或臺灣區代表人持續進行學術合作。第四、與歐、亞、日、美與會之體育學術主管建立交誼、互訪與國際學術交流之機會。

本次參與大會與發表共獲致成果有三，第一、本校已獲接納並爭取成爲FIEP駐臺灣區之代表人學校，同時刊行於FIEP 2008之年刊，第二，建立與FIEP合作之初步商談並進一步試談2010年之大會代表參加權，第三、利用獲得之學術情誼，擴大與FIEP學術合作之地區影響力。

關鍵字：芬蘭、FIEP、學術交流研討會

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## 第一章 緒論

本報告共分四章，第一章述明本次參與學術發表大會之背景、動機與預期成效。

第二章主要為介紹FIEP之國際地位與學術發表之形成與相關發展。

第三章主要為論文發表之內容與學術之回應與圖文呈現。

第四章為結論與建議。

### 第一節 學術發表與大會參與之背景與機動

本校成立之初，除發展術科成就，致力於體能競技運動賽會之成就之外，更致力於學術之發表與運科研究之成就展現。

本次FIEP World Congress2008大會共構兩個大會，其一是7<sup>TH</sup> International Seminar for Physical Education Teachers，日期自2008年8月3日至8月8日，地點在芬蘭赫爾辛基之國立芬蘭體育大學（Sport Institute of Finland），參加者共有約歐、美、澳、亞洲之教師，是項大會自1996年開始，在歐洲舉辦的上次大會共有來自21國250個參加者。

共構之另一大會為FIEP World Congress 2008，日期自2008年8月6日至8月10日，地點與上相同，參加人員有選擇共構參加之機會。是項大會之舉辦為本校一次參加，卻有二個大會同時舉行之國際能見度，實為不可多得之體育盛會。

### 第二節 學術發表預期之成效

本次之大會主辦機構為IOC下屬正式的機構FIEP。此機構同時與聯合國之UNESCO, Arabic Association of Physical Education and Sport (AAPED)，均有聯盟關係，可謂是一極大型之國際體育聯盟組織，本次之參與除希望能突破臺灣近十來在FIEP之零參與、零發表、零地區代表性之突破，更希望能在未來有機會成為FIEP在亞洲區代表之可能性。

## 第二章 FIEP之介紹與蘭蘭體育大學

FIEP建立於1923年，當時成立於布魯塞爾，主要目標在提升體育、文化、教育與運動科學，希冀能結合有志於人類福祉提升的學、術專業人員共創人類幸福。FIEP是一非政府（NGO）、非營利（NPO）之機構，同時為IOC之認可學術機構（It has “Recognized Organization” Status with International Olympic Committee），FIEP 85年來建構跨五大洲、三大洋之體育學術網際合作，尤其在聯結體育與科學（Scientific）、科技（Technical）、教學（Teaching）、管理（management）、競技運動（sport）、體適能（Fitness）、休閒（Recreation），有長期的學術地位。每年並發行英、法、西、葡四語對照之FIEP BULLETIN期刊（Journal of the International Federation of Physical Education）。此外並且組織舉辦以洲為單位之會議與地區活動，實務訓練課程與學術工作坊、研討會。同盟關係之組織的交換學者演講與訪問非常頻繁，現有組委會與各大洲代表約百餘人（如附件一）。

本次大會舉行地點在芬蘭赫爾辛基之芬蘭大學（Sport Institute of Finland），創立於1927年，已有80餘年歷史，校園廣闊並設有競技運動訓練中心、教育服務機構與體育、休閒住宿度假功能之會議中心。校內設施有二座冰上曲棍球場、200米之室內田徑場、兩座壁球場、大部份的球類競技場，並設有馬廄、馬術競賽場、二座18洞高爾夫球場與一座9洞的高爾夫球場。

芬蘭體育大學佔地如此寬闊，內只設有大學部體育系，學生約只有 500 餘人，但是提供的運動設備與訓練功能完善，確實具有潛力與實力，更是未來臺灣體育大學的學習目標與對象。

### 第三章 大會與會文發表過程與學術回應

本次大會之舉行扣除來回機上二日，轉機一日與換日線調整，全程會議時間包含參與論文發表與大會，主要內容均有值得借鏡之處。

#### 一、大會共構擴大參與：

本次大會自2008年8月3日開始至8月8日於芬蘭體育大學舉辦第七屆的國際體育教師研習大會，提供中、小學及大學教師之工作坊。在大會舉行期間，遇有FIEP之大會空檔即可前往參觀與一同學習課程，甚有效率，並且提供與會人員“節約時程，壓縮學習之功效”。

#### 二、舉辦議程大師雲集，會議流暢：

大會邀請共有4大主題之發表依次為：

- 1.體育歷史與文化 (History and Future of Physical Education) ；
- 2.體育教學法 (Physical Education) ，下分理論、實務、課程開發與奧林匹克教育；
- 3.體能活動與健康，內容包含兒童與青少年之體適能與健康；
- 4.學校運動設備。

#### 三、大會型式：

由於主要語文為英文，因此與會人員多為歐美語系國家，亞洲有印度、日、台、韓參加，皆為英文流利有歐美學位之教師，內容有演說 (Lecture) 、Keynote Lectures(主題演說發表)、邀請專題(Invited presentation)、海報發表( poster presentations) 。

#### 四、本人口頭發表：

本次本人獲得論文口頭發表通過，並於大會型式內之專家學者口頭論文發表專題時間內，提出論文 (Relationship Between Personality and Recreational Sport Preference: A study in Taiwan on Sport Major Students) ，於分項子題發表 (程序如附件四，論文摘要如附件五) ，發表過程

中有來自俄羅斯、葡萄牙與日本之學者充份提問與回應，此次本人之口頭發表為亞洲學者中唯一之口頭發表者，與會人員特別關注，並於會後理事會議中受邀為亞洲代表，及協助臺灣地區之聯絡人。

#### 第四章 結論與建議

本次大會之參與，一、FIEP給予臺灣地區甚大之關注，由於臺灣長期在IOC內以Chinese Taipei之名稱參與，而在FIEP學術會議中，IOC並未詳細規定，另外由於FIEP以英、法、西、葡語為官方語言，中國在此大會缺席，因此亞洲區之發言與發表，尤以臺灣之論文引起較大之興趣與關注。

二、FIEP大會較常於歐、美與中南美舉行，會中許多代表提出健全發展五洲均衡，因此特別提出建議未來設亞洲區副主席，並邀請本人擔任FIEP駐亞洲及臺灣之聯絡代表（如附件二），未來嚐試在臺灣體育大學的架構下，先行爭辦地區性之FIEP大會。

三、本次論文之發表希望能收先行後續之功效，並希冀在未來每一屆的FIEP學術大會上，均能有本校或臺灣地區其他大學院校教授之論文，受審核通過繼續發表，讓這一個IOC承認之機構能持續提供臺灣體育學術界的發表舞台。

附件一

與會各洲代表

2007/2008	2007/2008
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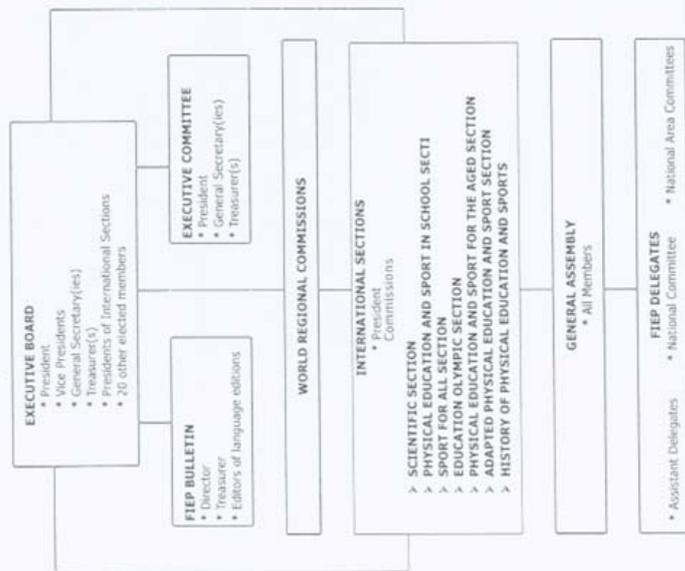
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附件 二

論文摘要

Abstract

PERSONALITY AND RECREATIONAL SPORTS PREFERENCES:  
A STUDY ON THE UNDERGRADUATE  
RECREATIONAL SPORTS MAJOR IN TAIWAN

Feng-chou Yang

National Taiwan Sport University (Taichung)

Personality is an inner portrait describing who people are, what they prefer and how cognitive rationalizations affect their value system. This study was based on Holland's personality typology that groups people into six temperaments: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional. This study hypothesizes that Holland's personality typology and students' recreational sports preferences are correlated and represents an attempt to explore the relationships in order to help students choose recreational sports courses according to their personalities.

The sample in this study included 223 undergraduate majors in recreational sports at the National Taiwan College of Physical Education who volunteered to participate. The collected data from Holland's SDS Form CP (1990) and a recreational

sports preference survey were analyzed through descriptive analysis and multiple regressions.

This study found significances when preferences, divided into categories of outdoor, aquatic, self-defense, dance, health-fitness and ballgames sports, come under the influence of certain personality factors. The findings indicated: (1) “Social” type prefer participating in recreational sports in general, with the exception of ball game sports category, in accordance with their personality; (2) “Realistic” people were interested in overall recreational sports except ball games and dance activities, a fact which appears to match their personality profile; (3) “Artistic” people showed an interest only in dance-sports which fit their personality portrait; (4) “Conventional” and “Investigative” personality types showed no significant relationship between personality and recreational sports preference; (5) “Enterprising” represents the group that expressed overall dislike for recreational sports, especially within the categories of aquatic, self-defense, and health-fitness sports.

This study recommends:

- (1) Appropriate counseling criteria should be implemented to help students choose recreational sports according to their personalities.
- (2) Recreational sports curriculum should be updated to correlate with students’ personalities and preferences.

- (3) Students should explore their inner personality before taking a recreational sports course, especially before choosing their recreational sports major.
- (4) Continued research needs to specifically focus on promoting the development of sports preference counseling instruments based on students' personalities via various theories to help students advance their academic learning and future life achievements.
- (5) Further research using other populations should also explore the relationship of personality types to preferences and abilities in various academic disciplines.

## THE RESEARCH OF THE RELATION OF THE ESTABLISHMENT OF TAIPEI CITY SPORTS CENTERS AND PRIVATE FITNESS CLUBS

Hsu P-L.\*, Young F-C.\*\*

\*Graduate School of Recreational Sport Management, National Taiwan Sport University

\*\*Graduate School of Recreational Sport Management, National Taiwan Sport University  
Taiwan

My research purpose was to discuss the relation of the establishment of Taipei city sports centers and private fitness clubs. Study subjects included consumers of sports centers in the area of Zhong Shan, Jhong Jheng, Beitou, Wanhun, Shilin, and Nangang. Convenient random sampling was used. One hundred questionnaires were prepared for each sports center to collect sample data, amounting to 600 questionnaires. Acquired data were analyzed by Descriptive Statistics analysis, Item Analysis, t-test, ANOVA, Pearson correlation, and Multiple Regression. The research revealed the competitive superiority and inferiority of private fitness clubs facing Taipei city sports centers whose ways were operate-transfer (OT), which was regarded as suggestion and reference for proprietors of private fitness clubs. Besides, it could also be regarded as reference for administrative organizations to make sports policies and evaluate carefully that Taiwan should develop leisure and sport industry in which way.

**RELATIONSHIP BETWEEN LEISURE TIME TAKEWONDO PARTICIPATION OF STUDENTS AND PERSONALITY, A STUDY IN TAIWAN**

*Yang F-C., Cheng C-H.*

*Graduate School of Recreational Sport Management, National Taiwan Sport University, Taiwan*

Introduction: Many researches has indicated that sports fan and athletic sharing similar characteristics, many of them are open minded, aggressive, friendly, and social type of people. In other words, sport does shape the personality when people involve in a long term participation in specific sport learning. The purpose of this study was to explore the relationship between leisure time Takewondo participation and its effects to the individual's personality. The intention was to discover the effect and raise the suggestions to the Taekwondo trainer and coaches.

Method: Samples were selected under a simple random selection (SRS) from 12 Takewondo training canters and four communities in Taiwan with the number of 250 (N=250) . Basic Personality Inventory (BPI, Jackson, 1996) was involved in this study to implement the variable analysis of ten personality indexes after learner experienced a period of Taekwondo training. Target indexes included Hypochondriasis, Depression, Interpersonal Problems, Persecutory Ideas, Anxiety, Thinking Disorder, Impulses Expression, Social Introversion, Self Depreciation and Deviation. Descriptive statistics are manipulated to compare with national norm and ANVOA were involved to determine the relationship between demographic variable and 10 BPI indexes.

Results: This study reveals that the longer period of time whether months or years in participation of Taekwondo learning, it has effects of forming good health, open mind and harmonious interpersonal relationship(  $p < .05$  ) . The discrepancy of personality has some connections with competitive achievements. As results, suggestions were raise to encourage the parents of participations and learners of Takewondo to continually stay in the Takewondo learning in school or after school in order to produce and maintain the positive effects to the individuals' personality and physical health.

Keyword: Leisure, Takewondo, PE program

## 附件 三

### 發表時程

Friday August 8	
	Participants have a possibility to take part in practical lessons with the P.E. Teacher Seminar participants
7.30 - 9.30	Breakfast at Country Club / Wanha Sali
9.00 - 18.00	Exhibition, Conference room 14
9.00	Plenary session: Professor Bart Vanruessel, University of Leuven (BEL) Accountability, identity and diversity: three key concepts for the future of physical education Chair: PhD Karl Puronaho, HAAGA-HELIA University of Applied Sciences (FIN) Auditorium
10.00 - 11.40	Parallel sessions Session A, Conference room 12+13 Chair: Taru Lintunen (FIN) Co-chair: Aleksai Valta (FIN) Session B, Conference room 16 Chair: Raija Laukkanen (FIN) Co-chair: Sami Kokke (FIN)
10.00	Pipsa Nieminen (FIN) It is important that a PE teacher has competency to... Finnish physical education teachers' perceptions of the importance of various competencies of a qualified PE teacher
10.20	Gökçe Erturan Aye (TUR) The comparison of athlete and non-athlete elementary school students' bodily/kinesiothetic intelligence achievement
10.40	Mikko Pehkonen (FIN) Abilities or skills? The experiment of a physical education curriculum with an emphasis on motor abilities in the primary school, grades 1 to 6
11.00	Kaoru Takizawa (JPN) Education on Sensitivity in Rhythmic Gymnastics at primary schools in Japan
11.20	Anna-Maria Nurmi (FIN) Hip hop dance - new voice within school culture
12.00 - 13.00	Best practices
12.00	Herman Van den Berg (HOL) Rock and Water
12.20	Ralf Erdmann (NOR) Aspects of Culture and Health as a subject for young people
12.40	Amir Shams (IRN) A comparison of the effects of competitive activities and cooperative learning on selected physical and motor fitness
12.00 - 13.45	Lunch
14.00	Plenary session: Professor Lasse Kannas, Jyväskylä University (FIN) Health behaviours among school-aged children: challenges for school health education, international and Finnish perspectives Chair: Professor Olli Heinonen, University of Turku (FIN) Auditorium
14.45	Coffee
15.00	FIAP Meeting: European Group, Ilkka Building, Conference room 26
15.15	Poster session, Conference room 15
17.00 -	Sport activities: guided nordic walk in the forest or golf (golf extra fee 40 euros)
17.00 - 21.00	Dinner
18.00 - 20.30	Lakeside sauna
21.00 -	Social evening at Country Club
	Feng-chou Yang (TWN) Relationship Between Personality and Recreational Sport Preference: A study in Taiwan on Sport Major Students
	Glenn Fyall (NZ) Playing Games with Physical Education and Critical Pedagogy
	Antonio Borgogni (ITA) Stefania Manzo (ITA) The Young People's "Ideal" Sport Club
	Riia Gruodyte (EST) Jumping Exercises and Bone Health in Adolescent Girls
	Levent Ince (TUR) Differences in health promoting behaviors by gender, family income and exercise stages of students at transition to university



附件 五

與會證明



## FIEP World Congress 2008

**Physical Education in Change**

**August 6–10, 2008**  
**Sport Institute of Finland, Vierumäki**

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University of Jyväskylä  
Finnish Society of Sport Sciences  
Sport Institute of Finland  
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Ministry of Education  
Finnish National Board of Education  
School Sport Federation  
Association of Physical and Health Educators in Finland

[www.fiep2008.org](http://www.fiep2008.org)



# DIPLOMA

*Yang Feng-Chou*

has participated in the

**FIEP World Congress 2008**  
**Sport Institute of Finland**  
**August 6–10, 2008**

Congress Format:  
Opening Lecture, Keynote Lectures, Invited Presentations,  
Podium Presentations, Poster Presentations, Exhibition

Congress Topics:  
History and Future of Physical Education,  
Pedagogy in Physical Education  
(Theory and Practice, Curriculum Planning, Ethics and Olympic Education),  
Physical Activity and Health – Fitness of Children and Youth,  
School Sport Facilities

Matti Kauppinen  
President of the organising committee  
FIEP World Congress 2008



FIEP  
**World Congress 2008**  
Vierumäki Finland

## Welcome to the FIEP World Congress 2008



On behalf of the Fédération Internationale d'Éducation Physique FIEP, I have great pleasure in extending to you my warmest welcome to the FIEP World Congress 2008 to be held in Vierumäki, Finland on 6–10 August 2008.

The FIEP World Congress 2008 aims to bring together researchers, scientists, scholars and physical education professionals from around the world to share knowledge, experience and expertise in the topics most relevant to the fields of physical education in our times. The theme of the congress, "Physical Education in Change" was carefully chosen for its current significance and prevalence in physical education. Our distinguished keynote speakers, the well prepared presentations and an extensive free time and evening programme will guarantee a high quality event.

In August the Finnish summer and our country of thousands of lakes is at its best. Finland and Vierumäki are honored to host such an important meeting and will provide a perfect setting for the congress. The FIEP World Congress is organised after International Seminar for Physical Education Teachers (3–9 August) 2008 for to offer a unique arena for scientists and physical educators to gather together to discuss and further their mutual interests. Our aim is to make your stay in Vierumäki not only professionally rewarding but also socially enjoyable, with a distinct flavour of Finnish culture.

International Federation of Physical Education (FIEP – Fédération Internationale d'Éducation Physique) was established in 1923 in Brussels and it is the oldest international organisation that dwells on physical education of all age categories as well as on sport education, sport science, sport for all, health, physical recreation for people of all ages and nowadays is also concerning with olympic education. It is an independent organisation associating institutions and individuals from more than 120 countries all around the world. It belongs among those organisations with the biggest number of member countries.

FIEP closely co-operates with UNESCO, International Olympic Committee, Arabic Association of Physical Education and Sport. FIEP is member of ICSSPE and under its umbrella belongs to ICSP which consists of international organizations of physical education and sport (AIESEP, IAPESGW, FIEP, IFAPA, ICSPES).

FIEP is publishing the oldest international physical education magazine "FIEP Bulletin". Inside this articles are published the newest knowledge in physical education and sport. All around the world FIEP is participating at the international organisation of scientific congresses, symposiums and conferences and preserves seminars for teachers, instructors and volunteers.

Airikki Pousi  
PhDr, EdLic  
FIEP Delegate  
Member of FIEP Director Board  
airikki.pousi@helsinki.fi

## Welcome to the FIEP World Congress 2008

We are very pleased to welcome you to Finland for the FIEP World Congress 2008 on the theme "Physical education in Change". The congress aim to bring together teachers, researchers, scientists, scholars, and other physical education professionals from around the world to share their knowledge, experience and expertise on these topics. The purpose of the FIEP World Congress 2008 is to introduce scientific research and the best practices in the field of physical education, as well as strengthen international collaboration, and promote physical education in general.

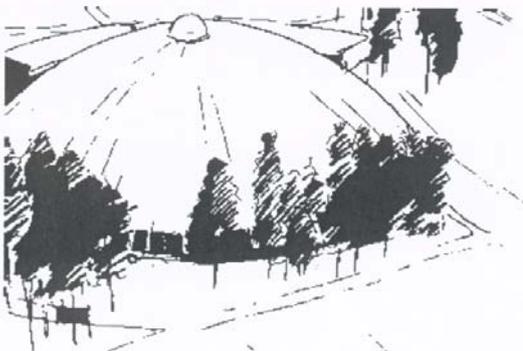
The 7th International Seminar for Physical Education Teachers, August 3-8, is one of the leading practical summer seminars in Europe. The programme will offer over 150 lessons in 30 different sports, interesting demonstrations and workshops consisting in over 30 different topics and sports.

The congress and seminar will overlap and you are more than welcome to attend both events. Furthermore these events offer a unique arena for scientists and physical educators to gather together to discuss about their mutual interests. Vierumäki with its modern sports facilities provides great setting for both events. Furthermore, in August the Finnish summer and our country of thousands of lakes are at their best. We also provide a variety of social and cultural programme for your enjoyment!

Welcome to Vierumäki and Finland!

Matti Kauppinen  
President of the organising committee  
FIEP World Congress 2008  
[www.fiep2008.org](http://www.fiep2008.org)

Mairit Pellinen  
Secretary general  
7th International seminar for PE Teachers  
[www.peseminar2008.org](http://www.peseminar2008.org)



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**August 6-10, 2008**  
**Sport Institute of Finland**  
**Vierumäki, Finland**

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Poster Presentations  
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## **Congress Topics**

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    Curriculum Planning  
    Ethics and Olympic Education  
Physical Activity and Health – fitness of  
children and youth  
School Sport Facilities



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### **Official Congress Language**

English