

THE PRACTICAL IMPLEMENTATION OF EXERCISE DIRECTION ON TOUR FOR DWELLING OLDER IN COMMUNITY- I SPORTS PROJECT IN TAIWAN

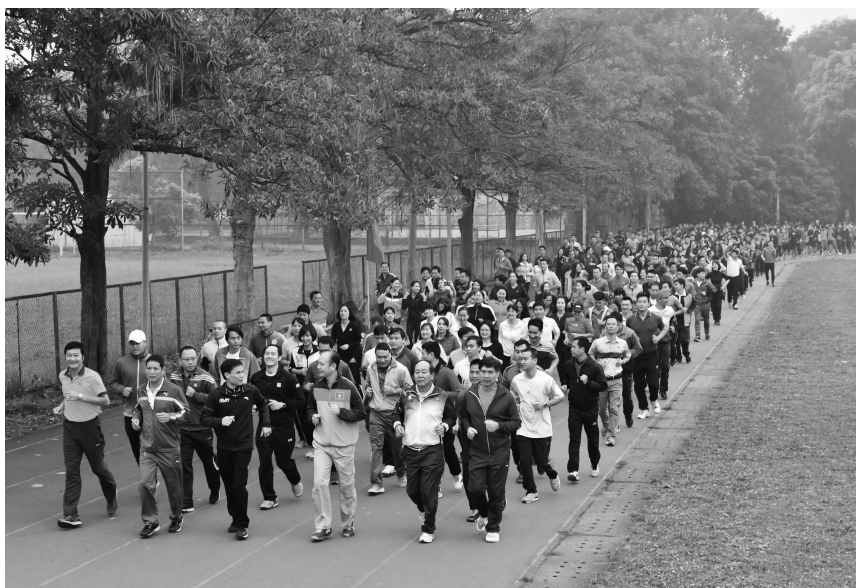
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ABSTRACT

Purpose: The Sports Department of the Ministry of Education has promoted the "i-Sports in Taiwan" project since 2016 and set "Proactive", "Lohas" and "Enjoy exercising" as the core objectives. To raise sports awareness of understanding exercise knowledge, value, promote the exercise participation, and engage regular physical exercises, the National and city governments have established a "Team of Exercise Guidance Tour" in collaborate with tertiary institutions. During the implementation period of the project, the three years from 2017 to 2019 will provide an overview of the current situation and instruction of the elderly people in various communities in Changhua County, Taiwan.

Methods: There are three plots of the exercise implementation of "i-Sports in Taiwan" as follows. First, planning for channels integration - combining with the community development associations of the county, senior citizens learning center, and strongholds of the elderly. Second, setting the target group - the community of the elderly. Third, curriculum mapping - organizing exercise knowledge lectures and exercise activities.

Results: The scale of Activity Satisfaction Survey in 2017 (Likert Scale 5-points): the theme of the event was 4.7, the overall performance of the lecturer was 4.8, and the schedule of the course and the venue was 4.6. Besides, the scale of activity message pipeline showed that "Community Development



Cadres, teachers and students of Bac Ninh Sports University respond to the Olympic running day for everyone's health (photo by: upes1)

Association or Unit Notification" is the highest proportion, account for 51%. In 2018, the total number of combined channels was 33, the total number of lectures was 50 hours, and the total activity benefit has expanded to 821 people. The plan is still in progress in 2019. Conclusion: Overall, "i-Sports in Taiwan" has been very successful and can be of great help to the elderly. The public is willing to participate and affirm the policy and promotion of the plan. In the future, we can deepen the community as a base, expand exercise-related channels, and promote the dissemination of information platforms, so that people can get more information.

KEYWORDS: Exercise empowerment, sports information platform, access efficiency, sports policy, seniors.

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