



創新、分享、快樂~for Fun, for Play, for You



President: Professor Hua-Wei, Lin
 Chief Editor: Professor Rachel Hsieh
 Executive Editor: Professor Leo Hsu, Joey Tseng
 Proof Reader: Melissa Bridge
 Editor: General Education Centre Editor Group
 Address: National Taiwan University of Sport

【Olympic E-Newsletter III】

We are in the third phase of the Olympic E-newsletter! As members of Olympic Education Studies Society at NTUS, it is important for us to develop a deep passion for sports and positive values of Olympic Education, because we can pass this passion onto our student-athletes and youngsters. Let us try to make a big impact for our society through sports, and for the next generation! *Leo Hsu* Email: hsuleo@hotmail.com

【More important than success: The Development of Morality and Kindness】

Education is not merely inherited knowledge, nor simply the education of children. What about Sports Education? What about the accomplishment of Olympic Education? In 1962, Italian author Natalia Ginzburg published a book entitled “The Little Virtues,” which states:

“As far as the education of children is concerned I think they should be taught not the little virtues but generosity and an indifference to money; not caution but courage and a contempt for danger; nor shrewdness but frankness and a love of truth; not tact but love for one’s neighbor and self-denial; not a desire for success but a desire to be and to know.”

While it is called “The Little Virtues”, the essence of the book is to educate children regarding the significant virtues of life because once they are understood the virtues and morals will arise simultaneously. Sports are the same, what are athletes trying to pursue? Medals? Or the Olympic spirit? Which one do you consider more? These thoughts also echo Mr. Pierre de Coubertin, the founder of the modern Olympic Games, in his long forgotten motto “See afar, speak frankly, act firmly”!

運動員思維心智模式冰山理論 Athletes Mental Model Iceberg Theory

以冰山來做比喻，一個人能被看得到的表現，就如同冰山浮出水面的十分之一

卓越

成就

素養就是隱沒在水中的十分之九

它看不見

卻成就一個人

被看見的一切

知識 X 技能 X 情意

心智 X 思維 X 操作

後設監控

感受

學習省思

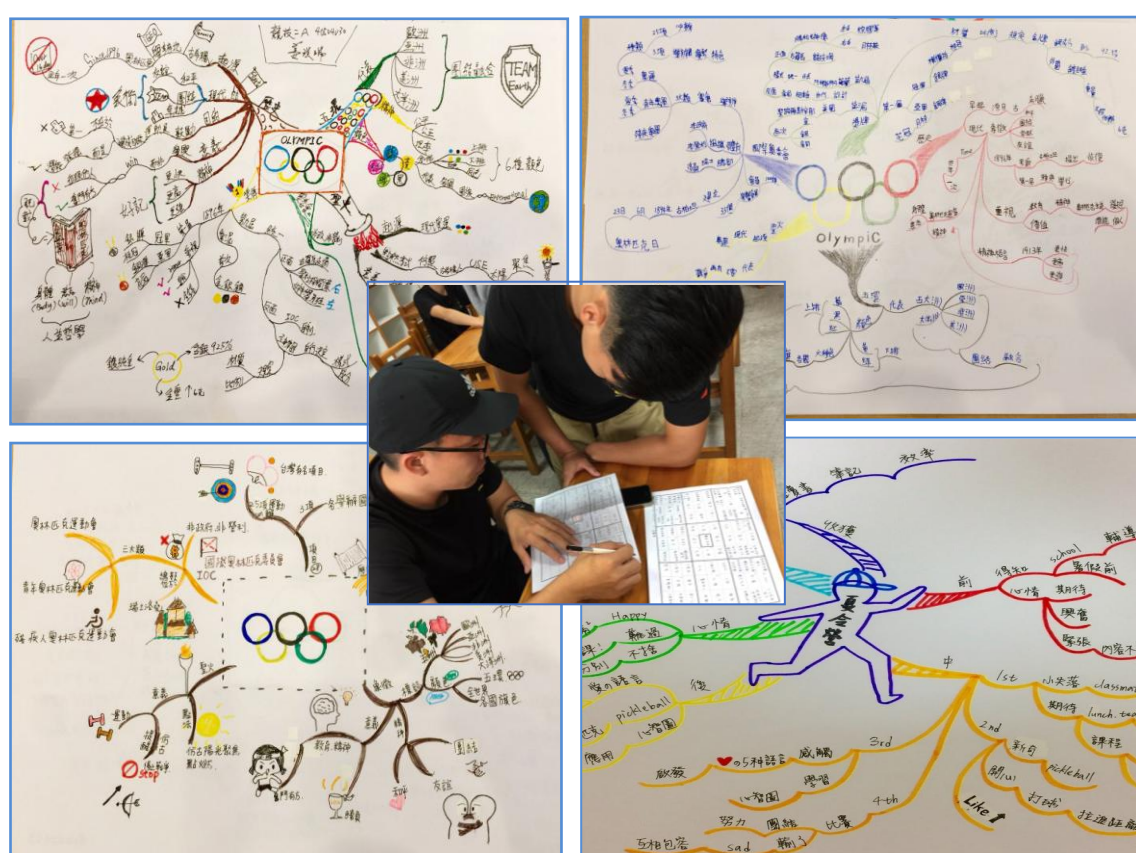
素養

【Olympic Education Event Schedule of NTUS】

Time	Activities
February	Olympic Education as a compulsory course at NTUS
25 th April	Seminar of Olympic Education: '愛"泳" 不止息' (Love never ends)
10 th ~14 th July	The Olympic Summer Camp
1 st ~3 rd September	The Olympic Education Studies Society members participated in the 40 th National Olympic Academy in Taipei
September	The Olympic Education course commenced
September ~ November	Collaborating with Central Universities Sports Alliance basketball league for Olympic education lectures
15 th September	Olympic seminar at National Institute of Fitness and Sports in Kanoya
27 th October	Olympic Educators Workshop
6 th November	Olympic seminar '跳水人生-跳出自我' (Diving Life)
25 th November	Olympic youth leader and sports volunteer workshop
16 th ~17 th December	Olympic Youth Camp
18 th December	Olympic Lecture 滑水-我玩真的' (Water ski – I am playing true/seriously)

【Olympic Education at National Taiwan University of Sport The new Olympic Education Course】

We would like to give a big thank to several teachers who are willing to teach Olympic Education courses through dynamic and creative teaching methods at NTUS. Their approach of teaching keeps students interested, and more inclined to try, resulting in a better understanding, and an increased willingness to study and learn. (For example, the mindmapping of Olympic history and banner ideas creative design, or the Mandala personal goal setting.)



身體的保養	喝營養補充食品	頸前深蹲 90kg	改善內路步	核心肌群強化	軸心不晃動	做出角度	從上面把球敲下去	加強手腕
柔軟性	體格	傳統深蹲 130kg	放球點穩定	控球	消除不安	放鬆	球質	下半身主導
體力	關節活動範圍	吃飯 早三碗 晚七碗	強化下盤	身體不要閃掉	控制自己的心理	球在前面釋放	提升球的轉數	關節活動範圍
清晰不曖昧	不一善一憂	冷靜的頭腦 熾熱的心	體格	控球	球質	以軸心來旋轉	強化下盤	增重
危機中堅強	心理	不破壞氣氛	心理	八球團 第一指名	球速 160km/h	核心肌群強化	球速 160km/h	強化肩膀周圍肌肉
不造成紛爭	對於勝利的執著	同伴的同理心	人性	運氣	變化球	關節活動範圍	平飛 傳接球	增加用球數
感性	被愛的人	計畫性	打招呼	接垃圾	打掃房間	增加拿好球數的球	完成指叉球	滑球的品質
愛心	人性	感謝	珍惜的使用球具	運氣	對主審的態度	慢且有落差的曲球	變化球	對左打者的決勝球
禮儀	值得信賴的人	堅持	正面思考	成為被支持的人	讀書	跟直球同樣的姿勢去投	讓球從好球跑到壞球的控球能力	以深度做為想像

2017 Olympic Educators Workshop

The third Olympic Educators workshop took place on October 27, 2017. The focus of this workshop was to help teachers and professors to develop innovative teaching methods for future Olympic Education in/around Taiwan.



【Understanding Olympic Education】

Deputy Minister of Sport of Taiwan Dr. Lin (林哲宏)

During the Olympic education seminar, we learned about Ancient Greece, the history of the Olympics, the three great Greek philosophers, theology, and Greek mythology combined with the spirit of the Olympics. We were introduced to the dynamic and complex Greek history, the cultural background of the Olympic Games, and the historical sites in Greece that shaped our modern-day sports. The concept of Olympic education involves; good citizenship combined with health, enjoyment, social interaction and the Olympic values of; friendship, respect, excellence, determination, inspiration, courage and equality. These universal principles underpin the games and Olympic education, cultivating a strong and resilient character, self-realization, the desire for a peaceful world, along with a fusion of sports and cultures, amongst other things. The principle concept of the Olympic spirit is participation, with the emphasis on teamwork. This illustrates why the IOC reports on individual athletic results only rather than drilling down to the statistical analysis of each competing country. Aside from the athletic competition, the IOC holds an annual art contest, where in 2000, Mr Chen Chi-Ran of Chinese Taipei, won second place for his artistic piece entitled "Clinging."



【Olympic Education MAP】

Lecturer of National Taiwan University of Sports Mr Joey Tseng(曾荃鈺)

In Olympic Education, the acronym MAP, stands; for Mind, Ability, and Principle. Mind represents attitude and personal character; Ability symbolizes the core values of Olympic Education; and Principle, represents the core principles, themes and primary mission. Using a quiz-style, Mr. Tseng invited us to self-reflect and consider the psychology-based '*reversal theory*', in order to integrate the concept of MAP as a teaching foundation, to assist in further developing and understanding Olympic Education. An objective of Olympic education is to bring about awareness, understanding and appreciation of sports as well as a regard for a peaceful world together, respect, and fair play amongst other things. Sporting performances are simply the end result of a culmination of many dynamic actions and processes that affect the resulting outcomes. We need to think outside the box in order to succeed in better understanding the process of MAP and in doing so we should reverse the conventional method of analysis. Through the knowledge of athlete life experiences, we can understand and appreciate life lessons and with subsequent self-reflection we may better understand our emotions, attitudes, and responses to situations, assisting in improving our drive for personal development. The use of mediums such as film can help in conveying messages, assisting people to understand the substance of the Olympics in order to learn more efficiently. 'Education' is the mission of each generation. 'To make a Change' through Olympic Education is a lifetime commitment. Knowing each other and removing prejudices are the most efficient way of learning – to care about the future development of our sports.



【Olympic Globalization – A reflection of 2017 Taipei Universiade】

Director of Olympic Education Committee of CTOC Dr. Peng (彭臺臨)

The Summer Universiade is also known as the “minor Olympic games” or “mini Olympics.” Competitors are University students, and the purpose is to promote sports within Universities for the enjoyment, the building of character and the development of sporting atmosphere more than just competition alone. Dr. Peng invited us to consider the sporting atmosphere across all Universities in Taiwan, and the longevity of sports in our country. He believes that sport will be long lived in universities because he has seen large audiences and much interest especially in athletics and swimming competitions during the Summer Universiade. Olympic Games have cultural heritage including music and dance with sport as the main theme. In a number of foreign countries affected by war, people take respite in playing and competing in sports, and although it may be difficult to communicate given we speak different languages, we have a commonality and mutually understand competition rules. Dr. Peng mentioned the core values of the Olympic Games is; excellence, friendship, respect. We gain national competitiveness, improve our reputation and develop infrastructure through competition, for example during the Sydney Olympic Games, the competition arena is a reformed landfill area, now housing state of the art structures and technology. Dr Peng advocates that Sports should have no borders, respect should be given to the Chinese for their stance on world peace, students should be ambitious in their educational pursuits, sport needs to be supported in order to develop further commercial adventures, combine advanced technologies to assist and improve sports, in order to connect the Olympic games to the world.



【Olympic Education as Liberal Arts Education】

Professor of National Taiwan University of Sports Dr. Leo Hsu(許立宏)

To run a successful Olympic Education program is to think outside the box and to develop unlimited potential capacity for everyone. Dr Hsu gave a lecture about how to develop Olympic Education course curriculum and syllabus design. Issues such as supporting Olympic Truce, Olympic and multiculturalism, diversity (race, eastern and western Olympic cultures), Globalization, Moral Education (rules and doping), debate competition, aesthetics (synchronize swimming), group organization and “learning by doing” (peace statement) were discussed. Dr. Hsu encouraged students to think about different values about oneself, different sports values and the values of the Olympic Games (such as excellence, friendship, respect, fair play, inclusivity, unity, equality, participation, being non-racist, and all in combination with our moral values). However, he also reminds us: Promoting the traditional Olympic motto about ‘Faster, Higher, Stronger’ can be a paradoxical issue that might lead to doping in sport. It is more important for us to stress philosophy of “pursuit of excellence”.



Olympic Seminar at the National Institute of Fitness and Sports in Kanoya

Dr. Leo Hsu was invited by National Institute of Fitness and Sports in Kanoya, Japan 15th September 2017, to give a lecture about the history of the Olympic Games and Olympic education. The topic outlined in Dr Hsu’s presentation was enjoyed by 14 international talents from 12 different countries. Dr Hsu’s lectures were evaluated and his scores ranked first (4.71 points) and second (4.64 points) place in the seminar. His presentation was one of the most popular!



Olympic Youth Leader and Sports Volunteer Workshop

With the support from Central Universities Sports Alliance League, the Olympic Youth Leader and Sports Volunteer Workshop was held on 25th November 2018. Topics covered including how to be an outstanding youth leader on the sports field, knowledge sharing from members returning from the International Olympic Academy (IOA), sports leadership, personal satisfaction in being a sports volunteer, oral presentation skills, promotion for Olympic knowledge, the sharing of Olympic related knowledge, training sports volunteers and leadership skills for university and college students.



How to Become an outstanding sports youth leader – Mr. Wen(溫玉塘)

Attracting students' attention with a humorous introduction, Mr. Wen led into the presentation. "Remember, you are Taiwanese but don't forget you are also a citizen of planet Earth" he said. "We are heading toward a globalized future and we are going to witness different cultures, meet different people and make friends with them, and this will blow your mind, but it will also help to give you a new understanding of the world. These experiences could potentially become some of your best memories and be the catalyst for maturity. You have to believe in yourself, and what you want to do and be."

【Olympic Globalization】

Sharing of International Course in Greece – Mr. Chen(陳穗同)

Mr. Chen shared his experience of how he began his journey in Greece. He encountered a lot of new things, excitement, adventure, frustration and challenges throughout the two years of the international study. "Not everything was easy at the beginning" he said. Mr. Chen said that in the first few days whilst in Greece, he had to fit into a completely different culture and adjust to the accent of his teachers. However, through interacting with the other members from different backgrounds and professions who were also taking part in the study program, he has many unique memories of the two year period and this experience has expanded his own understanding and vision of globalization.

Athlete Leadership – Mr. Li(李柏賢)

CEO of LEAD Education Center, Mr. Li, shared his knowledge about the leadership of athletes. Starting the seminar with some warm-ups, he followed with discussions about the importance of mindset. "What did you see? What did you hear? What did you learn? And what are the connections between them?" he asked. He said that if you are able to link everything up, this will be the beginning of a turning point with your experiences. He concluded "Leadership is not an ability, but a sense. It is not what you can do, but who you think you are and whether you think you can do it."

Life Fulfilling Olympic Volunteer – Mr. Chan (詹鈞智)

CEO of the Communication Association, Mr. Chan, shared about his experience of being a sports volunteer. Apart from volunteering in different sporting events himself, he also dedicated his time to promoting sports volunteering. His motto is; 'Whenever there is a difficulty, there is a way to deal with it'. His point is, "You have a choice to either deal with it constructively or fight against it. You have to show your own passion for something you like and to develop your personal values." In addition, he shared his passion and experience of striving to be an Olympic volunteer, to expand his world view, the necessity to observe the world from a different perspective, and in doing so throw away his old view-points. He said that after your experience as a volunteer, you have no other choice but to change your perspective and your life.

Ability to Host and Public Speaking – Ms. Chou(周立里)

As a member of the Chinese Taipei Olympic Education Committee, Ms. Chou shared her knowledge public speaking and the skill of hosting. She said "One has to be fully prepared before speaking whilst hosting, by organizing an efficient and effective speech and by building one's confidence." She also offered some tips on improving speaking technique for icebreaking, such as; how to analyze the thoughts of the audiences, or the knack of placing yourself in another person's shoes, and how to expand on topics of any given subject. She said that speakers should pay attention to their visual expression because the first image to the audience is the speaker. She emphasized that speaking and hosting require a lot of practice. She said "No one is born a speaker, but experience in public speaking is the only way to overcome any problems or shortfalls."



Nice interaction!

Good discussion!

Express yourself!

Olympic Sports, Character and Mind Map

To develop competitive skills and establish a global visual for our teenagers, "Eyes education" worked with General Education Centre and Olympic Education Studies Society at NTUS to hold the 'Olympic Sports, Characteristic and Mind Map Campaign' from 10th - 14th July 2017. They invited the first certified pickleball coach from North America to teach the attending members, to help stimulate their creativity, built character and increase the learning ability of teenagers through sports.

Learning Mind Map and Experiencing Pickleball



Members of NTUS Olympic Education Learning Society participating in 40th NOA - Chinese Taipei



Collaborating with Central Universities Sports Alliance League- Olympic Education Lectures

Olympic spirit consists of three main core values: Respect, friendship and Excellence. These values are utmost important to fully exert the spirit, which every athlete should equip. NTUS has been playing the role of promoting Olympic educational seminars, lectures and workshops in central Taiwan universities (21) for three consecutive years.

In the year 2017, we had held 7 lectures in central universities in total, which began from Feng Chia University, following by Chung Hsin University, Tung Hai University, Overseas Chinese University, National Taichung University of Education, Ling Tung University and Hungkuang University, to promote sportsmanship and character education. Other than that, Central Universities Sports Alliance League has produced 30 news report of role-model players, that describing the players and teams. Every player has their own thrilling stories behind their achievements. Reporters from NTUS Olympic Education Society of the league took the opportunities in the games to observe the performances of athletes and chose the meaningful and good sportsmanship players for modelling. By interacting with players and trying to know them from a different point of view, we take this chance to push and promote the good sportsmanship in the universities. We also hope that next league will have the same or better outcome than this year.



Sports Role Model – let students work their way to create the value of life

Athlete career planning is like a circle. The centre of the circle is one’s attitude. By dedicating your time and effort, one has to work all the way to the end to form a perfect circle. Olympic spirit is the same as career planning that needs to put efforts and focus in order to have a better life. 3 Olympic seminars were held in the year 2017. We invited Olympic medalists to share their stories, to stimulate the students’ self-assuring and their passion about life, letting them draw their own circle, and create their own value of life.

Olympic seminar “Love never ends” Special Olympic athlete Mr. Fan(范晉嘉)

Mr. Fan was a Special Olympic athlete (gold medalist) and lives with down-syndrome. He started swimming at the age of 9 and became the first person in Chinese Taipei to win a gold medal for an international swimming event. Through his passion for swimming and love of water, he became a fully qualified lifeguard, swimming coach and referee. In addition, he is a leader in the Special Olympics, as a spokesperson, a referee, and the winning of medals in many international swimming competitions whilst representing Taiwan. He inspires many people with his own life and his ability to overcome life challenges, by not giving up and facing difficulties, but lastly, he has one person who is always by his side and who constantly supports him, and that is, his mother.



Olympic seminar “Life of diving, dive through yourself”

Diving coach Lin(林子翔), Universiade diving athlete Lai(賴昱燕)

We invited the former Asian Games diving athlete, coach Lin, and 2017 Universiade diving athlete, Ms Lai, to share their sports experiences in their sport of diving. We learnt from them that the actual force that pushing us to improve was not the pouring exhortation from our coaches, but your own faith. The actual ability or key to go over hurdles and challenges was not depended on whether if you believe, but never giving up. In front of hundreds of students, this minor/unpopular sport (with few participants in Taiwan) had touched every single one of their heart. Students were inspired and learnt that it is not easy to face yourself, but through sports, you will have more chances to succeed. As long as you find a suitable sport, you will keep going regardless how much time you spend.



Olympic Seminar” Water Skiing, I’ m playing true” Waterski sweetheart Shannon Teng

Waterskiing is Shannon’s passion and she trains to trains to improving her skills. “You have to be fully prepared before standing on that wave”, she said, “as long as you have self-confidence, you just go out there and do it. Positive thinking can help you to do that.” Although she began waterskiing later in her career, her determination and refusal to give up led her to achieve peak performance and to succeed in the sport she loves. She began to volunteer on the Waterski and Wakeboard Association, and even assisted in translating the entire Waterski Referee Manual. She learned not to sweat the small stuff. “Every opportunity is a reward”, she said and “Enjoy what you in every moment that make you feel happy and you will be able to go on with faith.”



Olympic Youth Leaders Camp

The 2017 Olympic Youth Leaders Camp, was led by Dr Hsu and members of Olympic Education Studies Society at NTUS. This year, we invited an international tennis referee Mr. Lin (林孟平), Universiade weightlifting gold medalist Ms. Hong(洪萬庭), and celebrated athletes agent Mr. Lin (林昭任) as guest speakers, to share their journey and working experience in sport. We also organized some sporting challenges events including Frisbee, slacklining, and triathlon. This allowed all participants to experience different sports that they may not have played before.



Olympic Youth Camp



The camp was centered on new knowledge, new experiences and different looks regarding sports. Our Olympic Education Society members actively promoted sports education, sports occupation and career-related videos on the “OK Alliance” Facebook page in order to expand the opportunity for sports development. Students can review the two-day campaign through this video link <https://youtu.be/C4ZFKNuTW0g>.

