

2016年度學術講演會報告

Sports Science Support to Olympic Sports in Taiwan

Wen-Tzu TANG

Sports Science support for Olympic Sports in Taiwan started in 1997 for the 1998 Asian Games. It was organized by Professor Chen, who worked at Chukyo University. It was the first time Taiwan won 19 gold medals in the Asian Games by the support. Since then, the sport science support for the national Olympic teams and Asian Games teams has continuously been provided and will further help athletes in future competitions. The sport science support includes: physiology, psychology, sport biomechanics, sport nutrition and chemistry, as well as injury prevention and athletic training. In 2004, with project based sport science on archery

and taekwondo for the Olympic Games, Taiwan's national teams (Chinese Taipei) won 2 gold medals, 2 silver medals, and 1 bronze medal, which are the best results for Taiwan in Olympic competition. The sport science support was based on problem-solving and regular monitoring. The sport science support also improved through accumulated experience by altering the management system, budgets and spending, etc. It is expected that the Sports Science support for Olympic Sports will continue to blossom with the prospects of further development of sports technology in the future.



