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Ministry of Sports Newsletter

2025 運動部電子報

運動部

Ministry of Sports

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Chen Chieh-hsien and Huang Hsiao-wen Honored as Best Male and Female Athletes at the 2025 Sports Elite Awards



- Premier Cho Jung-tai delivered a speech at the 2025 Sports Elite Awards Ceremony, encouraging athletes and coaches to strive for new heights.

On December 24, 2025, the Ministry of Sports held the “2025 Sports Elite Awards Ceremony” at the Taipei Performing Arts Center’s Globe Theater. Distinguished guests, including Premier Cho Jung-tai, Minister of Sports Lee

Yang, Chinese Taipei Olympic Committee President Lin Hong-dow, Republic of China Sports Federation President Yeh Cheng-yen, and Chinese Taipei Paralympic Committee Vice President Chang Lei-ming, gathered to honor

athletes, coaches, and sports figures who achieved outstanding results in domestic or international competitions during the year.

Premier Cho stated that the government will continue to provide comprehensive policy and budget support to athletes and actively prepare for major international events, including the 2026 World Baseball Classic and the Nagoya Asian Games, so that Taiwan stands tall on the world stage again. Premier Cho presented this year's Lifetime Achievement Award, received by Mr. Tsai Han-wen on behalf of his father, the late Mr. Tsai Chong-bin, and also presented a Special Award to the

Chinese Taipei National Baseball Team for winning the WBSC Premier 12. The Elite Awards winners were as follows: Best Male Athlete: Chen Chieh-hsien; Best Female Athlete: Huang Hsiao-wen; Best Coach: Tseng Hao-jiu; Best Sports Team: Chinese Taipei Women's Tug-of-War Team; Best Rookie Athlete: Chiang Jing-yuan; and Best Sportsmanship Award: Chou Tien-chen.

Minister of Sports Lee expressed gratitude to all athletes and coaches who achieved excellent results in international competitions this year and hoped that their fighting spirit will continue to shine internationally and that they will serve as role models.

114 年體育運動精英獎 陳傑憲、黃筱雯獲得最佳男運動員及女運動員獎

運動部於 114 年 12 月 24 日於臺北表演藝術中心球劇場舉行「114 年體育運動精英獎頒獎典禮」，行政院卓榮泰院長、運動部李洋部長、中華奧林匹克委員會林鴻道主席、中華民國體育運動總會葉政彥會長及中華帕拉林匹克總會張雷鳴副會長等貴賓齊聚，為表揚年度內我國參加國內或國際運動賽會成績優良的運動選手、有功教練及運動界人士。

行政院卓榮泰院長表示，將持續從政策與預算全方位支持選手，並積極布局 2026 年世界棒球經典賽與名古屋亞運等重要國際

賽事，讓世界再度看見臺灣。行政院卓榮泰院長頒發本屆終身成就獎，由蔡崇濱先生兒子蔡瀚文先生代表領獎；並頒發特別獎予十二強棒球賽中華代表隊。精英獎頒獎典禮揭曉結果，最佳男運動員陳傑憲、最佳女運動員黃筱雯、最佳教練曾豪駒、最佳運動團隊中華女子拔河隊、最佳新秀運動員江靜緣、最佳運動精神獎周天成。

運動部李洋部長感謝今年在各大國際賽事中創造佳績的選手與教練，並期盼他們的拚搏精神持續在國際大放光芒，成為典範。

2025 Guoguang Athletic Medal and Sports Science Research Award Presentation Ceremony Honoring Athletes, Coaches and Researchers



- ▶ Minister Lee Yang attended the 2025 Guoguang Athletic Medal and Sports Science Research Award Presentation Ceremony

To pay tribute to the Taiwanese athletes who have brought glory to Taiwan in international sporting events, the Ministry of Sports (the Ministry) held the “2025 Guoguang Athletic Medal and Sports Science Research

Award Presentation Ceremony” on December 11th. Distinguished guests in attendance included Minister of Sports Lee Yang, Political Deputy Minister Huang Chi-huang, Administrative Deputy Minister Hung Chih-chang,

Director-General of the Sports for All Agency Fang Jui-wen, Republic of China Sports Federation President Yeh Cheng-yen, and Chinese Taipei Olympic Committee President Lin Hong-dow. They encouraged all Taiwanese athletes to continue their efforts toward the 20th Asian Games Aichi-Nagoya 2026 and the LA 2028 Summer Olympics and to achieve further sporting success.

Minister Lee, transformed from awardee to awarder and symbolically serving as a link between the past and the future, expressed hope that athletes representing Taiwan at the Olympics and on various international sporting stages will continue to be a source of pride for Taiwan. He added that the Ministry will continue enhancing the sports environment, using sports to strengthen Taiwan, and looks forward to seeing even more recipients of the Guoguang Athletic Medal next year.

This year's ceremony publicly commended outstanding athletes and coaches who excelled in 55 multisport and individual international sporting events, including the 9th Asian Winter

Games Harbin 2025, the Rhine-Ruhr 2025 FISU World University Games, and the World Games 2025 Chengdu. A total of 747 Guoguang Athletic Medals were presented (450 athletes) along with one coach. In addition, NT\$164,475,000 in Guoguang scholarships and coaching bonuses were awarded. 19 sports science research achievements were also honored—one with top distinction, four with first-class awards, and fourteen with honorable mentions, with trophies presented at the ceremony.

As well as commending athletes and coaches, the ceremony also recognized researchers whose work has made significant contributions to the development and application of sports science in Taiwan. Through the efforts of leading sports science experts, athletes have significantly enhanced their performance through practical, science-based improvements in training methods, physical recovery, psychological preparation, and tactical development.

The Ministry emphasized that this ceremony not only affirms the efforts of

athletes and coaches but also expresses gratitude for the contributions of the sports science experts and support teams behind every medal. With two-time Olympic gold medalist Minister

Lee presenting awards in person, the Ministry hopes Taiwan will continue achieving outstanding results on the world sporting stage.

114 年國光體育獎章暨運動科學研究獎勵頒獎典禮 肯定運動員、教練及科研人員

運動部 114 年 12 月 11 日舉辦「114 年國光體育獎章暨運動科學研究獎勵頒獎典禮」，運動部李洋部長、黃啟煌政務次長、洪志昌常務次長、運動部全民運動署房瑞文署長、中華民國體育運動總會葉政彥會長以及中華奧林匹克委員會林鴻道主席等貴賓出席，期勉所有臺灣健兒繼續前進 2026 年名古屋亞運及 2028 年洛杉磯奧運，再創佳績。

李洋部長表示，今年頒獎典禮上，他從領獎人變成頒獎人的身分，藉此承先啟後的象徵，期望我國在奧運以及各種運動舞臺的選手，都能成為臺灣的榮耀，並期待明年更多人獲得國光體育獎章。

本次公開表揚在 2025 年第 9 屆哈爾濱亞洲冬季運動會、第 32 屆萊茵魯爾世界大學運動會、第 12 屆成都世界運動會等在內共 55 項綜合及單項國際運動賽事表現優異之選手及教練，總計 747 人次(選手 450 人)

及教練 1 人獲頒國光體育獎章，並頒發新臺幣 1 億 6,447 萬 5,000 元國光獎助學金及教練獎金；另獲選運動科學研究成果優等 1 件、甲等 4 件、佳作 14 件，共計 19 件科研成果，也於典禮上頒發獎座。

除表揚運動員及教練外，也表彰對於推動國內運動科學應用發展著作有成的研究人員。透過頂級運動科學專家的研究能量，促使我國運動員在賽場上的競技表現，以務實的科學理論作為發展基礎，實踐到我國選手在各種訓練方法、體能恢復、心理建設及技戰術等競技條件，都能有顯著的提升與進步。

運動部表示，本次頒獎典禮除對於選手及教練過去在運動場上付出的肯定，更是感謝在每一面獎牌後面，所有的運動科學專家及後勤團隊的貢獻。透過奪得兩面奧運金牌的李洋部長親自出席頒獎典禮，冀望我國在世界運動場上能續創佳績。

2025 Asian Para Youth Games Delegation Returned with Lasting Memories Minister of Sports Lee Yang Holds Welcome Banquet



- Minister of Sports Lee Yang (center), Political Deputy Minister Cheng Shih-chung (second from left), Director Lin Pei-chun (left), Vice President Dr. Chang Lei-ming of the Chinese Taipei Paralympic Committee (second from right), and Acting Secretary-General Chang Fu-kuei (right) raised a toast to commend the delegation for its outstanding performance.

The Taiwan delegation to the 5th Asian Para Youth Games in Dubai 2025 (the delegation) returned home gloriously on December 14, 2025, with an outstanding achievement of 13 gold, 14 silver, and 13 bronze medals. To celebrate the athletes' excellent perfor-

mance and to honor the hard work of the logistical support team, the Ministry of Sports (the Ministry) held a welcome banquet on December 15. Attendees included Minister of Sports Lee Yang, Political Deputy Minister Cheng Shih-chung, Vice Delegation Leader Chang

Lei-ming, and Acting Secretary-General Chang Fu-gui, all of whom expressed gratitude to all athletes, coaches, and support staff for their efforts and dedication.

Minister Lee first expressed his appreciation to the organizing unit, the Chinese Taipei Paralympic Committee, and the logistical team. He thanked all the delegation members for their dedication, which ensured that athletes and coaches could complete their missions safely and return home successfully. He emphasized that every member, whether athletes, coaches, team doctors, athletic trainers, caregivers, callers, ramp operators, wheelchair technicians, or guide runners, was an essential part of this journey. It was through everyone's collaboration that the world could witness Taiwan's excellence. The Ministry will continue to enhance the sporting environment, expand participation opportunities, and support athletes in pursuing their goals. The public is encouraged to follow and support these efforts.

To show gratitude for government support, the mixed doubles badminton gold medalists Wu Yu-yan and Lin Jia-xiang presented Minister Lee with a commemorative shirt featuring this edition's mascot. Gold medalists in swimming Yeh Feng-yuan and Wu Jun-You, track and field gold medalist Yao Yu-mi, and table tennis gold medalist Su Jin-Sian also presented the minister with the delegation's signed flag. Finally, attendees together expressed the hope that the athletes would continue striving for excellence, bringing honor to Taiwan, inspire the world to cheer for Taiwan, and together realize the policy vision of strengthening Taiwan through sports.

2025 亞洲帕拉青年運動會代表團帶回美好回憶 運動部李洋部長設宴迎接

2025 年第 5 屆杜拜亞洲帕拉青年運動會(下稱亞帕青)代表團於 114 年 12 月 14 日帶著 13 金 14 銀 13 銅的佳績榮耀返國，運動部於 12 月 15 日特別舉辦返國餐會，慰勉選手的精彩表現及後勤支援團隊的辛勞，運動部李洋部長、鄭世忠政務次長、代表團張雷鳴副團長及張富貴代理秘書長等共同出席，感謝所有選手、教練及後勤支援團隊的努力。

李洋部長首先表達對組團單位中華帕拉林匹克總會及後勤團隊的感謝，謝謝代表團所有隊職員的辛勤付出，讓選手教練們順利完成任務安全返國。他強調，無論是選手、教練、隊醫、運動防護員、照護員、點頭員、軌道運動員、輪椅維修員及陪跑員等，

所有團員都是這次旅程中不可或缺的關鍵，正是因為大家的共同協作，世界才能見證臺灣的風采。運動部將持續優化運動環境，提供多元參與機會，支持選手邁向自我實現與夢想，請國人持續關注及期待。

代表團為表示對政府支持的感謝，由羽球混雙奪金的吳于嫣、林家翔選手致贈部長本屆大會吉祥物紀念衫，並由游泳競賽奪金的葉豐源、吳俊佑選手與田徑種類奪金的姚宥米及桌球奪金的蘇晉賢選手，一同將代表團成員簽名團旗贈與部長。最後，與會者共同期許選手們再接再厲，持續為國爭光，讓世界為臺灣喝采，共同落實以運動壯大臺灣的政策願景。

The Ministry of Sports Partners with the Ministry of Economic Affairs to Support Innovative Business Models in the Sports Industry through Low-Carbon and Smart Solutions

收件截止日
115.1.30
17:30

115 服務業創新研發計畫(SIIR)

補助對象 | 依法辦理公司登記或商業登記之本國公司、有限合夥或商業。
服務內容 | 鼓勵商業服務業提出創新價值、商業模式清晰且具市場可行性的服務研發計畫。以「**智慧化、低碳化**」為核心，加速產業智慧轉型與淨零永續國際競爭力。

創新應用領域

流通
服務

餐飲
服務

設計
服務

生活
服務

休憩
服務

運動
服務

	個別創新	合作創新	國際化進階創新
適用條件	<ul style="list-style-type: none"> • 限單一企業申請 • 未曾獲SIIR補助優先 	<ul style="list-style-type: none"> • 至少3家企業聯合申請 • 連鎖體系由總部申請，需導入至少10家門店 	<ul style="list-style-type: none"> • 國際化服務貿易輸出 • 具海外輸出潛力者
補助上限	<ul style="list-style-type: none"> • 150萬元 (運動服務200萬元) 	<ul style="list-style-type: none"> • 500萬元 (運動服務700萬元) 	<ul style="list-style-type: none"> • 個別500萬元 • 合作1000萬元 (運動服務分別為600萬元、1200萬元)

註：企業須自籌與補助款相當之自籌款，須等於或小於企業於受理期間截止日之前之實收資本額(亦即補助款≤自籌款≤實收資本額)。

全面線上申請

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工商憑證
驗證登入

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計畫基本
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3

研發計畫
內容撰寫

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送出申請
取得收執

主辦單位: 經濟部商業發展署
Administration of Commerce, MOEA

執行單位: 財團法人中國生產力中心
電話: (02)2701-1769分機231~244

運動部
Ministry of Sports

SIIR計畫網站 商業審驗書專頁

廣告

► The Service Industry Innovation Research (SIIR) program has introduced, for the first time, a dedicated category for sports services to encourage innovation and diversify public sports service experiences.

The Ministry of Sports (the Ministry) and the Administration of Commerce (AOC), MOEA have officially launched inter-ministerial cooperation. For the first time, the AOC's 2026 "Service Industry Innovation Research (SIIR)" has added a dedicated field for "Sports Services," encouraging businesses to develop new services and technologies. The aim is to create more diverse sports service experiences for the public and, in turn, increase overall participation in sports. The program provides up to NT\$12 million in funding and is now open for applications until January 30, 2026.

The Ministry emphasized that upgrading the sports industry depends on how innovation is used to meet public demand for "sports." Therefore, it has partnered with the AOC's well-established review and support system to inject professional policy resources into the sports industry, helping businesses turn creative ideas into practical operational results. This collaboration focuses on two main axes: "intelligent innovation" and "low-carbon development." It guides companies to apply AI technology, immersive experiences, or sustainable green models to create

innovative business models, providing more fun and convenient sports service experiences while significantly lowering barriers for public participation. For example, a bicycle company previously created a one-stop platform where cycling enthusiasts can arrange rides and book maintenance services. When a cyclist brings a bike in for service, the technician calculates the next maintenance time and sends reminders through the platform. Using digital technology in this way not only improves service quality but also attracts more people to cycling.

The 2026 SIIR program offers substantial funding support for the Sports Services field. For Individual Innovation proposals submitted by a single company, the maximum grant is NT\$2 million. For Collaborative Innovation projects involving cross-industry partnerships, the maximum grant is NT\$7 million. For International Advanced Innovation projects with global market potential, funding can reach up to NT\$12 million. The Ministry hopes that this financial support will help reduce early-stage R&D risks for companies, stimulate innovation within the industry, and enable more high-quality

sports service solutions to become a reality.

The 2026 SIIR program fully adopts online applications. For application details and registration, please visit the AOC's "Service Industry Innovation and R&D Program" website: <https://gcis.nat.gov.tw/neo-s/Web/Index.aspx>.

This inter-ministerial alliance not only demonstrates the government's

determination to integrate resources and promote industrial upgrading, but also seeks to transform public perceptions of sports through the integration of technology and services. The Ministry sincerely invites sports businesses engaged in innovative R&D to submit proposals and work together to build a more dynamic and intelligent sports service ecosystem, enabling the public to fully enjoy the value of sports innovation.

運動部攜手經濟部 以低碳化、智慧化協助運動產業創新商業模式

運動部與經濟部商業發展署正式啟動跨部會合作，於 115 年度經濟部商業發展署「服務業創新研發計畫(SIIR)」中首度增設「運動服務」專屬領域，鼓勵業者開發新服務與新技術，為民衆創造更多元運動服務體驗，進而達成提升全民參與運動目標。本次計畫最高提供 1,200 萬元補助，即日起開放受理申請至 115 年 1 月 30 日止。

運動部指出，運動產業的升級關鍵在於如何運用創新思維來回應民衆「運動」需求，因此特別結合經濟部商業發展署成熟的

審查與輔導體系，挹注運動產業專業政策資源，協助業者將創意落地轉化為實際營運成果。本次合作聚焦「智慧化」與「低碳化」雙軸心，引導企業應用 AI 技術、沉浸式體驗或綠色永續模式打造創新商業模式，提供更有趣、便利的運動服務體驗，大幅降低民衆參與運動門檻。例如過去曾有自行車業者打造一站式平台，車友能夠過平台相約騎車、也能預約維修，技師也會在車主送廠保養時，計算好下次保養時間，透過平台提醒車主。運用數位科技既能提升服務品質，也能吸引更多人加入騎車的行列。

115 年度 SIIR 計畫針對「運動服務領域」規劃了豐沛的補助資源，針對單一企業提出的「個別創新」類別，每案補助上限為 200 萬元；若採取跨域結盟的「合作創新」類別，補助上限提高至 700 萬元；針對具備國際市場潛力「國際化進階創新」類別，最高補助更可達 1,200 萬元。運動部期望藉由實質經費支持，降低業者在研發初期的風險，激發產業內部自主創新動能，讓更多優質運動服務方案得以落地實現。

115 年度 SIIR 計畫全面採線上申請作業，相關申請資訊及網址請上經濟部商業發展署「服務業創新研發計畫網站」(<https://gcis.nat.gov.tw/neo-s/Web/Index.aspx>)查詢。此次跨部會結盟不僅展現政府整合資源推動產業升級決心，更希望透過科技與服務的結合，翻轉大眾對運動的既有想像。運動部誠摯邀請有意投入創新研發的運動業者踴躍提案，共同打造更具活力與智慧的運動服務生態系，讓全民都能享受創新帶來的運動價值。

2025 Exercise Participation Survey Results Released Regular Exercise Participation Continues to Rise, Supporting Healthier Lifestyles



- Director-General Fang Jui-wen of the Sports for All Agency explains the Agency’s future policy directions.

To understand the implementation of various national sports promotion policies, the Sports for All Agency (the Agency), Ministry of Sports, commissioned Shih Hsin University to conduct

the “2025 Exercise Current Situation Survey”, with the results released on December 22, 2025. The survey found that 83.3% of the population participated in sports, and the proportion of

people engaging in regular exercise reached 35.6% for the first time since 2014 (definition of regular exercise 7333 at least three times a week for 30 minutes or more per session, with sweating and shortness of breath). According to the survey: in 2025, the proportion of regular exercisers increased by 0.3%, the adequacy of and satisfaction with exercise environments slightly improved, and those who exercised regularly reported higher levels of self-perceived health and life happiness.

Key Survey Findings are as follows:

- The promotion of Sports for All has led to breakthroughs in the proportion of regular exercisers, showing continuous growth over the past five years and the highest level in ten years, reaching 35.6% in 2025.

The government actively promoted sports for all through the “iSports Taiwan” program (2016–2021) and continued with iSports Taiwan 2.0 Plan (2022–2027). As a result of these efforts, the proportion of people engaging in regular exercise reached 35.6% in 2025, with a

0.3% increase compared to the previous year.

- People are paying more attention to exercise intensity, which has increased the most in the past ten years, especially among women.

In 2025, 49.5% of people reported sweating and shortness of breath when exercising, an increase of 5.8% compared to 2016. Between genders, 44.8% of women exercised at this intensity (up 8.5% from 2016), and 54.4% of men (up 3.0% from 2016).

- Over the past ten years, indoor exercise has grown the most, followed by martial arts/stretching/dance and ball sports. Men participate in ball sports more than women, while women participate in martial arts/stretching/dance more than men.

In 2025, 22.9% of men engaged in ball sports (mainly basketball and badminton), compared to 17.4% of women. Conversely, 22.4% of women participated in martial arts/stretching/dance (mainly stretching, Pilates, and

yoga), compared to 12.7% of men.

Compared to 2016, indoor exercise increased by 5.8% to 16.5%, martial arts/stretching/dance increased 1.6% to 17.6%, and ball sports increased 0.4% to 20.2%. As for exercise venues, in 2025, 16.9% used civil sports centers or sports parks, up 9.1% from 2016; private gym use increased 1.5%. The popularity of badminton increased, likely influenced by Taiwanese athletes' recent international achievements, including the Paris Olympics men's doubles badminton championship and the 2023 Asian Badminton Championship women's title. In 2025, 9.4% of people played badminton, up 4.2% from 2016.

- Exercise environment adequacy and satisfaction have improved over the past ten years, with regular exercisers reporting higher adequacy and satisfaction than non-exercisers.

In 2025, 62.2% of the population considered exercise environments adequate, up 4.4% from

2016; 55.1% were satisfied with facilities, up 4.3%. Among regular exercisers, 65.0% considered the environment adequate (5.0% higher than non-exercisers), and 55.9% were satisfied (1.7% higher than non-exercisers).

- Regular exercisers feel healthier and happier than non-exercisers. In 2025, 81.8% of regular exercisers reported feeling healthy, 12.4% higher than non-exercisers; 73.6% reported "life happiness", 15.8% higher than non-exercisers. This indicates that regular exercise benefits physical and mental health.

- Over half of internet users use wearable devices, and most support tech-based fitness assessments.

In 2025, 51.9% of internet users reported using wearable devices to track exercise, up 5.5% from 2024. 49.7% had heard of "technology-based fitness assessment", up 10.3% from 2024, and 95.2% supported it. The survey also referenced items from the

2025 American College of Sports Medicine (ACSM) fitness trends survey, asking online respondents for opinions. Wearable technology ranked first, unchanged from two years before, showing it remains a major fitness trend. Functional training and health management guidance rose 4 and 3 places, respectively, compared to last year.

The Agency stated that the 2025 survey results show that exercise has become an important means of promoting health, driving continuous growth in the regular exerciser population. This survey, conducted by questionnaire, provides detailed insight into public exercise habits, serving as an important reference for planning diversified sports services in the future. Looking ahead, the Agency will continue promoting the “iSports Taiwan 2.0 Plan”, assist local governments in organizing city-and county-level sports ac-

tivities, develop local specialty sports, integrate health promotion measures, strengthen professional sports talent training, and actively build a friendly and well-equipped sports environment so that all citizens can safely participate in exercise and enjoy a healthy life.

Notes:

This study was conducted from June to August 2025 through landline interviews with individuals aged 13 and above. Stratified random sampling was used, with 25,472 valid samples collected. Sampling error is no more than $\pm 0.6\%$ at a 95% confidence level. The survey completed at least 385 samples in Lianjiang County and at least 1,510 samples in Taipei City, New Taipei City, Taichung City, Tainan City, Kaohsiung City, and Taoyuan City, respectively. In other counties and cities, at least 1,067 samples were completed in each.

114 年運動現況調查成果發表 規律運動人口再增加 運動習慣養成 健康生活達成

為瞭解各項全民運動推展政策的執行情形，運動部全民運動署委託世新大學進行「114 年運動現況調查」，於 114 年 12 月 22 日公布調查成果，國人參與運動人口比例達 83.3%，規律運動人口比例自 103 年以來，首度達到 35.6%（規律運動 7333 定義：每週運動 3 次以上；每次運動 30 分鐘以上；運動時會流汗也會喘），依據調查結果顯示，114 年規律運動人口增加 0.3%，運動環境充足性與滿意度略有小幅增加，且具規律運動者可獲得較高的自我健康與生活快樂度。

重要的調查結果分述如下：

- 全民運動計畫的推行，使得規律運動人口比例有所突破，近五年持續成長，近十年最高，114 年達 35.6%。
政府積極推動全民運動，於 105-110 年推行運動 i 臺灣計畫，111-116 年延續運動 i 臺灣，推行運動 i 臺灣 2.0。全民運動計畫的推行有所成果，114 年規律運動人口比例達 35.6%，較 113 年規律運動人口比例成長 0.3%。
- 民眾重視運動強度，運動強度近十年增加幅度最大，女性增加比例大於男性。

114 年運動強度會喘會流汗比例為 49.5%，較 105 年增加 5.8%。從性別來看，114 年女性運動時會喘會流汗比例為 44.8%，較 105 年增加 8.5%；男性動時會喘會流汗比例為 54.4%，較 105 年增加 3.0%。

- 近十年民眾運動類型以室內運動增加最多，其次為武藝／伸展／舞蹈與球類運動。男性在球類運動比例高於女性，女性在武藝／伸展／舞蹈比例高於男性。

從性別來看，114 年男性從事球類運動(22.9%) 較女性(17.4%) 高，主要運動項目為籃球及羽球；女性從事武藝／伸展／舞蹈(22.4%) 較男性(12.7%) 高，主要運動項目為伸展操／皮拉提斯／瑜珈。

與 105 年相比，114 年室內運動為 16.5%，增加 5.8%，其次為武藝／伸展／舞蹈為 17.6% 較 105 年增加 1.6%、球類運動 20.2%，較 105 年增加 0.4%。從運動場地來看，114 年國民運動中心／運動公園為 16.9%，較 105 年增加 9.1%，其次為民間健身房(+1.5%)；球類的運動項目中，可能受到近年我國羽球選手於國際賽事表現優異，榮獲巴黎奧運男子羽球雙打冠軍與 2023 年亞洲

羽球錦標賽女子冠軍，使得國人從事羽球運動比例增加。於 114 年羽球 (9.4%) 較 105 年增加 4.2%。

- 近十年運動環境充足性與滿意度皆有所提升，有規律運動者認為環境充足性與滿意度較無運動者高。

114 年 62.2% 的民衆認為運動環境是充足的，較 105 年提升 4.4%；55.1% 對運動場所設施感到滿意，較 105 提升 4.3%。進一步分析，114 年 65.0% 有規律運動者認為運動環境充足，較無運動者高 5.0%；55.9% 有規律運動者對運動環境感到滿意，較無運動者高 1.7%。

- 有規律運動者較無運動者感到更快樂與健康。

114 年民衆 81.8% 有規律運動者「自覺健康」較無運動者高 12.4%；73.6% 有規律運動者「自覺生活快樂」較無運動者高 15.8%。顯示具規律運動者有益增加身心健康。

- 逾半數網路民衆使用穿戴式裝置；大多網路民衆支持科技體適能。

114 年發現有 51.9% 的網路民衆表示目前有使用穿戴式裝置紀錄運動數據。比 113 年 (46.4%) 增加 5.5%。有 49.7% 的民衆表示有聽過「科技體適能」檢測活動，比 113 年 (39.4%) 增加 10.3%。95.2% 的

民衆表示支持「科技體適能」檢測活動。此外，本調查以美國運動醫學學會 (ACSM, American College of Sports Medicine) 2025 運動健身趨勢調查的項目，詢問網路民衆的意見。調查結果顯示，臺灣民衆認為穿戴式裝置科技排名第 1 名與前年一致，顯示穿戴式裝置科技仍是主要的運動健身趨勢。功能性訓練及健康管理指導較去年提升 4 名與 3 名。

全民運動署表示，透過 114 年度運動現況調查結果可以得知，運動已成為促進健康的重要方式，帶動規律運動人口持續成長。此次調查以問卷方式深入了解民衆運動習慣，作為未來規劃多元化運動服務的重要參考。展望未來，全民運動署將持續推動「運動 i 臺灣 2.0 計畫」，協助地方政府推動各項縣市體育活動，發展地方特色運動，並結合健康促進措施，強化運動專業人才培育，積極打造友善且完善的運動環境，讓全民都能安心參與運動、享受健康生活。

【備註：】

本調查針對全國 13 歲及以上的民衆，在 114 年 6 月至 8 月進行市話訪問。採用分層隨機抽樣法，成功訪問 25,472 份有效樣本，在 95% 信賴水準下，抽樣誤差不超過 ±0.6%。連江縣至少完成 385 份，臺北市、新北市、臺中市、臺南市、高雄市與桃園市等六都至少各完成 1,510 份，其餘 15 縣市各完成至少 1,067 份。

Sport Terms 運動詞彙

Asian Youth Para Games

亞洲帕拉青年運動會

Service Industry Innovation Research project

服務業創新研發 (SIIR) 計畫



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