

出國報告（出國類別：參訪暨參加國際會議）

**參訪 German Sports University
Cologne 暨參加 15th ITTF Sports
Science Congress 與世界盃桌球錦標賽**

服務機關：國立虎尾科技大學

姓名職稱：陳裕芬 副教授兼體育室主任

派赴國家：德國

出國期間：2017/5/25-2017/6/4

報告日期：2017/07/03

摘要

The 15th International Table Tennis Federation Sports Science Congress 為國際桌 總(ITTF)所舉辦，每二年舉辦一次，每次的舉辦地點為該年舉辦世界個人桌球錦標賽之所在地。本屆的會議舉辦地在德國杜賽道夫舉行，因 German Sports University Cologne 為世界著名之體育大學，該校並設有一流的室內體育田徑場，且鄰近於杜賽道夫，因此決定在參與會議前先行前往 German Sports University Cologne 室內田徑場參訪。The 15th International Table Tennis Federation Sports Science Congress，堪稱桌球學術界最大之盛事，本次研討會共有 102 篇發表論文，參與本次研討會最大收穫是在這 100 多篇論文中針對桌球的技戰術，心理學及生理學生物力學等都有創新的研究及討論，因此在會中不僅獲取許多學者們具有創新價值的新論點外，也非常感謝他們在我所發表的論文上給予良好的建議，這對我在未來研究上將有莫大助益。研討會後並隨即參與世界個人桌球錦標賽的盛事，除了為台灣選手加油外，亦從其他國家菁英選手中了解國際上創新的桌球技戰術應用。桌球是台灣亞奧運重點培訓運動項目，國內選手如要有更優異成績表現，將更具科學性的學術研究運用到運動場上之實踐是不容忽視的。故建議有關單位應更加注重類似的活動，爭取舉辦國際桌球賽事，並同時辦理桌球相關國際學術會議，以提升國內桌球技術及學術之水準。

目次	頁
一、目的.....	1
二、過程.....	1
三、心得及建議.....	1
四、附錄.....	1

一、目的

The 15th International Table Tennis Federation Sports Science Congress 為國際桌總(ITTF)所舉辦，每二年舉辦一次，每次的舉辦地點為該年舉辦世界個人桌球錦標賽之所在地。因此此次前往德國杜賽道夫，最重要的行程則是參與本次會議，而由於 German Sports University Cologne 為世界著名之體育大學，該校並設有一流的室內體育田徑場，且鄰近於杜賽道夫，因此決定在參與會議時順道前往 German Sports University Cologne 室內田徑場參訪。

二、過程

2017/5/25 搭機前往德國杜賽道夫，於次日 2017/5/26 早上七點抵達，抵達杜賽道夫後將行李寄放於飯店，隨即前往 German Sports University Cologne 進行參訪，感謝 German Sports University Cologne 教師 Dr. Timo Klein-Soetebier 帶領我們參觀該校的體育設施，其中最令人羨慕的就是他們的室內田徑場，田徑場內除了有跳遠場地、跳高場地還有三鐵場地和一百公尺標準跑道，並設有健身區，讓 German Sports University Cologne 學生，一年四季皆能有良好的運動場地練習。

次日，開始此行的重點活動 The 15th International Table Tennis Federation Sports Science Congress，這是每二年舉辦一次的桌球運動專屬會議，而這是我第三次參加，這次會議與以往最大不同的地方在於主辦單位直接於飯店內舉辦，讓與會者不用舟車勞頓每天要奔波於飯店跟會場之間，而能專心與會，和世界各國的桌球研究學者討論桌球運動未來發展趨勢。

本次研討會有 102 篇論文參與發表，其中包括桌球的技戰術，心理學及生理學生物力學，等都有創新的研究及討論，其中，還有一個創新主題是針對 Children in table tennis，這是最感興趣的主題之一，桌球訓練，需從小做起，小學生該如何選材?如何訓練對他的未來發展才有幫助，再會議中都有熱烈的討論。

會後參與世界個人桌球錦標賽的盛事，除了看到台灣許多選手精湛的演出之外，還看到韓國及日本新秀的高昂鬥志，此行真的是學術兼備，獲益良多。

三、心得及建議

很感謝校方能補助我經費參加本次的研討會，由於自己是屬於桌球專長教師又能參與這樣具有意義的研討會對我而言感覺相當慶幸與莫大光榮。會議中的論文發表與熱烈討論，讓我獲益良多，建議有關單位應更加注重類似的活動，爭取舉辦國際桌球賽事，並同時辦理桌球相關國際學術會議，讓國內所有參與桌球運動相關的教師、教練及選手都能就近參與與學習，以提升國內桌球技術及學術之水準。而此行除了參與會議之外，還特別參訪了 German Sports University Cologne 的體育相關設施，對於來學校體育設施之整建，將能提供更多不同的看法。

四、附錄

1.會議手冊

http://www.ittfssc2017.com/wp-content/uploads/2017/06/Book-of-abstracts_ITTF-SSC-2017-Dusseldorf.pdf

2. German Sports University Cologne 運動區示意圖

Adresse Address

Deutsche Sporthochschule Köln
Am Sportpark Müngersdorf 6
50933 Köln
Tel.: 0221 4982-0
Fax: 0221 4982-8330
E-Mail: info@dshs-koeln.de
www.dshs-koeln.de

Presse-Kontakt Press-Contact

Presse und Kommunikation
Tel.: 0221 4982-3850
Fax: 0221 4982-8400
E-Mail: pressestelle@dshs-koeln.de
www.dshs-koeln.de/presse
Hauptgebäude, 4. OG, Raum 406

Studienberatung Student Guidance Centre

Informationen zum Studium
Tel.: 0221 4982-2520
E-Mail: studienberatung@dshs-koeln.de
Hauptgebäude, 1. OG, Raum 108-110

Studierendensekretariat

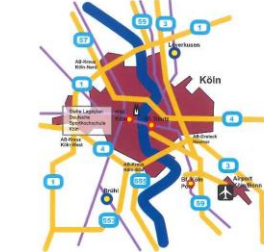
Student Administration Secretariat
Zulassungs- und Einschreibungsangelegenheiten
Tel.: 0221 4982-3370/-3010/-6155
E-Mail: studsekretariat@dshs-koeln.de
Hauptgebäude, 1. OG, Raum 102/103

International

Office of International Affairs
Tel.: 0221 4982-2180/-2160
E-Mail: international@dshs-koeln.de
Main Building, 1st Floor, Rooms 113-115 & 117

Anfahrt Directions

A1, AK Köln-West Richtung Köln-Lövenich,
Autobahnausfahrt Köln-Lövenich,
folgen Sie erst der Beschilderung zum RheinEnergie
Stadion, dann der Beschilderung zur Deutschen
Sporthochschule Köln



Öffentliche Verkehrsmittel Public Transport

Straßenbahn/Tram Linie 1
Busse/Busses Linie 141/143/144
Haltestelle/Station Junkersdorf/Sporthochschule

Maps and Directions

Lageplan und Wegweiser



3. German Sports University Cologne 簡介

Facts & figures - German Sport University Cologne

https://www.dshs-koeln.de/english/university-facilities/profile/facts-...

Home > University & Facilities > Profile > Facts & figures

Facts & figures

How many students attend the German Sport university? How many applicants pass the physical aptitude test? How large is the campus? Facts and figures on the German Sport University Cologne.

Did you know...?

- > that the Cologne Cathedral would fit into the area of the campus (187,000 m2) 26 times
- > that there are more than 1,600 trees on the campus
- > that the German Sport University has the largest specialised sport and exercise library in the world
- > that the campus has 61,000 square metres of sports areas

Number of students in summer 2016

Students	
Physical Education	1.931
Bachelor	2.717
Master	784
Ph.D.	433
Programme students	36
Master degrees in advanced studies	162
Guest Students	52
German language course	35
Total	6.150 (women: 34,9%)

Total students, including those on leave (12/2016)

Staff

Staff	
Full-Professors	31
Academic staff	316

1 von 3

12.05.17, 12:14

Staff

Non-academic staff	275
Research assistants	118
Student assistants	112
Trainees	7
Emeritus	6
Total	865

Summary of staff head count (as of 10/2016)

Physical aptitude test

May 2016

	Participants	Passed	Failed
Women	583	267 (45,8%)	316 (54,2%)
Men	621	288 (46,4%)	333 (53,6%)
Total	1.205	556 (46,1%)	649 (53,9%)

February 2016

	Participants	Passed	Failed
Total	961	471 (49,01%)	490 (50,99%)

KOMPAKT

In the President's Office report for the German Sport University Cologne "KOMPAKT", the University sets out important key data for the past academic year and budgetary year, set out in exciting interviews and reports and a figures section.

The topics range from introducing current research projects about study and teaching developments to construction measures on the campus or staff changes. The figures section, for example, supplies information on budgets, external grants, staff posts and developments in student numbers. It is a summary of the year at the German Sport University Cologne.

QM REPORT

The German Sport University Cologne stresses the importance of quality management and thus aims to become independent from external accreditation processes. The further development and achievement of quality objectives for

study and teaching is therefore in the university's hands alone.

The QM REPORT is a comprehensive report on the quality of study and teaching development at the German Sport University Cologne. It offers a summary of the instruments and procedures of quality assurance as well as an evaluation of quality in study and teaching.



More information

- Portrait
- University management
- Photos

Portrait



International reputation concentrated in Cologne

The German Sport University Cologne, founded in Cologne in 1947, combines qualified teaching and international research of the highest level.

The German Sport University Cologne is no ordinary university. It is the only university in Germany that is dedicated exclusively to the world of sport and exercise science. While sport and exercise science courses are available alongside many other subjects at other universities, the situation in Cologne is unique: all aspects of the exciting field of sport and exercise science are studied in detail at 20 institutes, four affiliate institutes and nine academic centres.

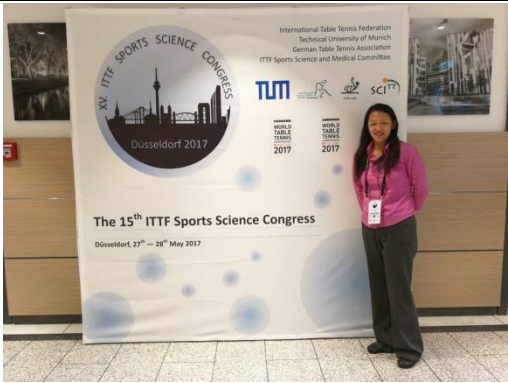
This expertise concentrated in one location allows for a unique interdisciplinary approach and provides the opportunity to examine complex social topics from various perspectives of sport and exercise science. The spectrum ranges from health to biomechanics and physiology, but also economic, historical and ethical considerations.

Perfect infrastructure

Located at the Müngersdorf Sport Park, in the heart of Cologne's green belt and within an almost perfect sport infrastructure, Europe's largest sport university offers an unique environment for 900 employees and more than 6.000 students from 72 countries. 60 university partnerships are a sign of its international focus. As an university aligned with European ideas and state-of-the-art graduate and postgraduate degree programmes, it has constantly encouraged and influenced sport and exercise science.

The spectrum of studies at the university includes five bachelor and nine master degree programmes as well as degrees in PE and six master degrees in advanced studies. Additionally PhD Studies in German and English are offered. The variety of training options enables precise orientation which aims to facilitate future career choices and prepares students optimally for the sport and exercise as well as health job market, which is constantly growing.

4.相關照片

	
與 Dr. Timo Klein-Soetebier 和同行台灣學者合影	German Sports University Cologne 室內田徑場
	
German Sports University Cologne 室內田徑場	參與會議
	
參與會議	世界杯桌球賽比賽場地