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| Executive unit | Institute of Sports and Health |
| Project name | University social responsibility practice base (USR hub): "North Changhua Health Heart-Feeling. Enjoy Sports Project" |
| Project host | Jia-Chang Jhang |
| <p>1. Project summary:</p> <p>With the theme of "Feeling. Enjoy Sports", this project leads the community to live in the present, perceive themselves, and accept, change, and return to a sincere and happy heart from the "Heart" movement. The project mainly focuses on the elderly in the community, promotes youth through sports guidance courses, and encourages the whole family to move. Thus, the project aims to promote the health of the elderly, instil vitality and laughter in the family, and promote the health of the whole community.</p> <p>2. Results:</p> <p>2.1 In cooperation with local community development associations and health authorities:</p> <p>2.1.1 We invite the community to actively participate through relevant channels. We plan to invite cross-domain teachers to train students to conceive sports guidance schemes for the middle-aged and elderly. In local communities, we conduct physical activity courses, such as muscle strength training, interesting forms of physical fitness, mindfulness yoga, and breathing yoga. We provide mental exercise guidance, conduct intermittent circulatory system exercise for the middle-aged and elderly, and provide mental health cognitive services. We promote the physical and mental health of the elderly, implement education, and create community vitality. We also provide local elderly groups with professional consultation and guidance services for sports health promotion through consultation and guidance of community tour and sports.</p> <p>2.2.2 In combination with local resources, we signed a memorandum of cooperation on sports professional instructor training and service plans with Show Chwan Memorial Hospital (hereinafter referred to as Show Chwan Hospital) to provide health promotion activities and services for the elderly and the public, multiple and continuous services for personal sports health promotion, and so forth. Volunteers and teachers from the university are also stationed in Show Chwan Hospital for consultation and guidance on sports and health promotion. We deeply cultivate the local community to ensure that the service plan is fully effective.</p> <p>2.2 Relevant government policies and plans are promoted in the series:</p> <p>2.2.1 Combined with the implementation of the "Sports Professional Instructor Program of Colleges and Universities of the Sports Department of the Ministry of Education - Sports Guidance Pilot Program for the Elderly", we aim to train student sports instructors to promote the middle-aged and elderly to establish regular sports habits with sports professional guidance in the community, to create a friendly environment for the elderly, to promote the maintenance of the health of the elderly, and to delay disability.</p> <p>2.2.2 We cooperate with the national sports policy of the sports department of the Ministry of Education, jointly promote the implementation of the "Sports I Taiwan" program in 26 towns and cities in Changhua, provide sports course guidance services for the elderly in the community, and promote a sports atmosphere for elderly people in the community.</p> <p>2.2.3 We connect with the Sports Administration of the Ministry of Education to promote the "Pilot Program of Scientific and Technological Physical Fitness Testing". Through scientific and technological testing services, we provide fast, convenient, and safe testing methods, so that the community can</p> | |

quickly understand their personal, physiological, and physical status after testing and consultation, and choose sports suitable for individuals, so as to promote physical and mental health.

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| Corresponding association with SDG index | ☑SDG01☐SDG02☑SDG03☐SDG04☐SDG05☐SDG06☐SDG07☐SDG08☐SDG09☐SDG10☑SDG11☐SDG12☐SDG13☐SDG14☐SDG15☐SDG16☐SDG17 |
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Supporting photos



Illustration: Community tour and sports guidance, local service, and sustainable management implemented



Illustration: We cooperate with Changhua Show Chwan Memorial Hospital in industry–government–academia collaborations, and deeply cultivate the practice of on-site services.



Illustration: In response to COVID-19, people participated in outdoor mindfulness yoga courses.

Related links

- Taiwan Hot - Teachers and students at Changhua University of Education came into Carrefour to invite people to participate in the U-first movement for epidemic prevention
<https://reurl.cc/YOarEL>
<https://reurl.cc/gWAj6z>
- China Times - Grandparents move, Changhua University of Education joins hands to show and train sports instructors over 60 years old

<https://reurl.cc/MAQxjW>

- Epoch Times - Work together to create a friendly environment for the elderly. Changhua University of Education and Changhua Show Chwan Memorial Hospital work together <https://reurl.cc/LbOzQK>
- Today's news - Shadow/Changhua University of Education and Changhua Show Chwan Memorial Hospital work together to build a sports healthy and happy city <https://reurl.cc/VExvnY>
- ATA News - Changhua University of Education and Changhua Show Chwan Memorial Hospital work together to build a sports healthy and happy city
<https://reurl.cc/lRWjNd>
- Fan page of "U-first sports professional guidance of Changhua University of Education"
<https://reurl.cc/LbOz5e>
- [USRHUB_D Project] Promotion Video for the "North Changhua Health Heart-Feeling. Enjoy Sports Project"
<https://reurl.cc/W3Zln5>