

Supplement 3.3.2C The U-first sports professional guidance service team of the University has been invested in the university social responsibility practice base (USR hub) – “North Changhua Good Heart Health-Feeling Enjoy Sports Program”

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1. The U-first sports professional guidance service team of the University has invested in the university social responsibility practice base (USR hub) - “North Changhua Good Heart Health-Feeling Enjoy Sports Program.” To cope with the trend in problems faced by the elderly and enable local middle-aged and elderly people to maintain the basic ability of independent living and self-care and achieve the promotion of whole person health, we signed a contract with Changhua Show Chwan Memorial Hospital. The “Memorandum of cooperation on sports professional instructor training and service planning” promotes the interdisciplinary integration of medical, academic, and sports majors. Taking the community as the base, we created a supportive environment, provided medical and health education consultation and professional sports guidance, improved the quality of life of people and local communities, created a model of mutual benefit and sustainable cooperation between industry, government, and education, maintained a healthy public welfare image, and developed urban health promotion for Changhua, to achieve the effect of successful and active aging.
2. Teachers led student volunteers to train sports instructors and testers to cross fields (physical fitness, yoga, mindfulness decompression, health promotion, and medical treatment) and cross teams (U-first sports guidance team, community psychological counselling and potential development centre, Community Development Association, and Changhua Show Chwan Memorial Hospital). In addition to implementing the University’s social responsibility, it also effectively improved the physical and mental health of the elderly in the community, promoted the integration of students’ learning and practice, enhanced employment competitiveness, and deepened the feelings of school students about the local context through good interaction with the elderly in the community and a sense of responsibility, to enable community health promotion to be developed sustainably.
3. We invite members of the community to participate actively through relevant channels, conduct physical activity courses such as muscle strength training, interesting physical fitness, mindfulness yoga, breathing yoga, physical and mental exercise guidance, and intermittent circulatory system exercise for the elderly in local communities, and provide mental health cognitive services. We also provide local elder ethnic groups through community Tour exercise consultation and guidance for sports health promotion consultation and guidance services to promote the physical and mental health of elderly people.

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4. The implementation of this plan also targets the health and well-being of employees in the workplace. Interested students at this school are provided with sports professional instructor training to provide teaching staff of this school and internal employees of Changhua Show Chwan Memorial Hospital with a sport health promotion plan. The guidance scheme is designed based on sports science, and sports health, safety, and participation are used as strategies to provide scientific and technological physical fitness. We analyse personal physical fitness before and after exercise to further improvement, carry out health consultation and health education, provide more effective sports medical treatment and guidance, increase health knowledge and ability, and achieve regular exercise and activate community participation so as to achieve individual health promotion and maintain physical and mental comfort.

5. Course modules

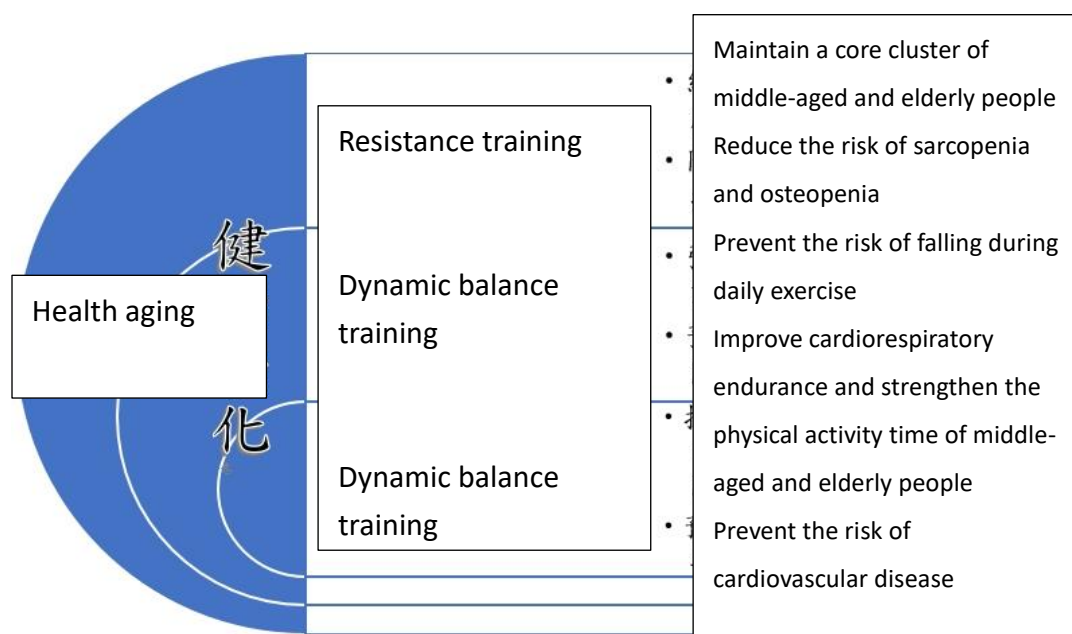


Figure: Community elderly sports curriculum program module

6. Supporting photos:

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Student sports instructors led the elders of neighbouring communities in muscle strength training courses



Before COVID-19, we led community elders in outdoor yoga courses in community parks.

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Before COVID-19, in the rhyming room of our school, a class in aerobic muscle strength was conducted for the elderly in the community.

7. Related links

1. 2020/03/29 Taiwan good news

Teachers and students at Changhua University of Education walked into Carrefour and invited people to participate in the U-first movement to prevent the epidemic

<https://life.tw/?app=view&no=1055991&uid=10049>

<https://www.taiwanhot.net/?p=808290>

2.2020/07/30 China Times

Grandparents move to join hands with Changhua University of Education to train sports instructors over 60 years old

<https://www.chinatimes.com/realtimenews/20200730006139-260405?chdtv>

3.2020/07/30 Epoch Times

To jointly create a friendly environment for the elderly, Changhua University of Education and Show Chwan Memorial Hospital work together

<https://www.epochtimes.com/b5/20/7/30/n12294292.htm>

4.2020/07/30 NOWnews

Changhua University of Education and Show Chwan Memorial Hospital work together to build a healthy and happy city of sports

<https://news.sina.com.tw/article/20200730/35907778.html>

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5.2020/07/30 ATA News

Changhua University of Education and Show Chwan Memorial Hospital work together to build a healthy and happy city of sports

<https://www.atanews.net/?news=70334>

6. Fan page of “U-first sports professional guidance of Changhua University of Education”

<https://www.facebook.com/ncueseniorsports>

7.[USRHuB_DProject] Promotion video for “North Changhua Good Heart Health-Feeling. Enjoy Sports Program”

<https://reurl.cc/W3Zln5>