

寒假、暑假、週末 場地全天付費借用

Winter vacation、Summer vacation、weekend all day need Pay to use

行事曆請以「週」查詢

Calendar please choose "week view" to check schedule

學期間空堂教職員生免付費時段

(室內) indoor

羽球場 Badminton Field / Monday to Friday 9AM-18PM

桌球 Table tennis / Monday to Friday 8AM-18PM

(室外) outdoor

排球場 Volleyball / Monday to Friday 8AM-18PM

籃球場 Basketball / Monday to Friday 8AM-18PM

網球場 Tennis / Monday to Friday 9AM-18PM

田徑場/僅供跑步、散步 Track and Field / Only for running and walking / Monday to Friday 6AM-18PM

法式滾球場 Boules court / Monday to Friday 8AM-18PM

活動時間：110.3.1-110.6.11 (課程共 15 週;第十六週同時為體適能檢測) Period of event: 2021/03/01 to 2021/06/01 (15-week course, and the 16th week is the fitness test)

檢測時間：110/6/7 ~110/6/11。第十六週 週一至週五 15:00-18:00「健身中心」檢測 (17:00-18:00 提供職員體適能諮詢) Test period: 2021/06/07 to 2021/06/11. On the 16th week, Monday to Friday, 15:00 to 18:00, at the Fitness Center (17:00-18:00 is for staff fitness consultation)

報名截止日期：110/2/26 (五)前 Registration deadline: Before 2021/02/26 (Fri)

報名方式：本校教職員工請上本校學習發展平台報名系統。 Registration method: For the School's faculty and staff, please go to the Learning Development Platform Registration System.

認列教育點數注意事項 Notes for recording the academic points

(一) 臺北醫學大學教職員工：(I) Faculty and staff of Taipei Medical University:

職員：1.出席 10 小時以上，並完成體適能檢測，即可認列 2 小時 Staff: 1. 2 hours to be recorded for an attendance of more than 10 hours and the completion of fitness test.

2.出席 24 小時以上，並完成體適能檢測，即可認列 4 小時 2. 4 hours to be recorded for an attendance of more than 24 hours and the completion of fitness test.

3.體適能及校內選修體育課程併計，至多 4 小時 3. Up to 4 hours can be counted for the combination of physical fitness test and in-school elective physical education classes.

教員：1.出席 10 小時以上，並完成體適能檢測，即可認列 2 小時 Faculty: 1. 2 hours to be recorded for an attendance of more than 10 hours and the completion of fitness test.

2.出席 24 小時以上，並完成體適能檢測，即可認列 4 小時 2. 4 hours to be recorded for an attendance of more than 24 hours and the completion of fitness test.

3.體適能及校內選修體育課程併計，至多 4 小時 3. Up to 4 hours can be counted for the combination of physical fitness test and in-school elective physical education classes.

(二) 附屬醫院員工：依各院之認列規定辦理。(II) Employees of affiliated hospitals: In accordance with the rules on recording of each hospital.

課程名稱 Course Name	星期/時間 Day/Time	場地 Venue	授課教師 Instructors	教師現職 Instructor's Current Position
瑜珈提斯 Yogalates	Mon / 1700-1800	韻律教室 Aerobics classroom	詹筱薇 Ava Chan	臺北醫學大學私人教練、團課老師 動動博創負責人 Personal trainer at Taipei Medical University, team course instructor, Responsible person of Dong-Dong-Po-Chuang
派對有氧 X-party X-party aerobics	Tue / 1700-1800	韻律教室 Aerobics classroom	郭佳盈 Chia-Ying Kuo	大直緹力士/派對有氧 True Yoga Fitness 全真瑜珈 Word Gym 世界健身俱樂部 Action LIFE in Da-Zhi / X-party aerobics True Yoga Fitness full body yoga World Gym
網球基礎班 Basic tennis	Tue / 1700-1800	硬地網球場 Hardcourt	薛朋馳 Peng-Chi Hsueh	大學兼任講師 Adjunct lecturer
羽球運動練反應 Reflex training for badminton	Thu / 1700-1800	體育館二樓 2nd floor of gym	張清泉 Ching-Chuan Chang	臺北醫學大學通識教育中心教授 Professor at Center for General Education at Taipei Medical University
Nike Training Club (NTC) courses	Fri / 1700-1800	韻律教室 Aerobics classroom	黃慶旻 Josh Huang	Johnny G Spinning 飛輪三星教練 Three-star coach for flywheel training AFAA 美國有氧體適能協會重量訓練指導員 Athletics and Fitness Association of America (AFAA) weight training instructor TAFE 台灣水中體適能協會指導員 Taiwan Aqua Fitness Association (TAFE)

				instructor
籃球鬥牛趣 Basketball fun	Fri / 1700-1800	體育館二樓 2nd floor of gym	-	-
自主訓練 (跑步) Self-directed training (running)	一~日 Mon - Sun	下載APP軟體 Download an App	-	透過 APP 軟體計算跑步距離，每週一次至少 5 公里 (含) 以上數據回傳體育處。 (免費軟體下載可參考: Nike+ Running、馬拉松世界、Endomondo、Runkeeper、Runtastic、mySports 等...。) App can calculate the running distance, and the data for at least one run of 5 kilometers (including) is transmitted to the Office. (Free Apps available: Nike+ Running, Marathon World, Endomondo, Runkeeper, Runtastic, mySports)
校外路跑活動累積認列 Recording of participation in marathons	一~日 Mon - Sun	須提供 完賽證明 Must provide certificate of completion	-	3 公里內累積 1 小時、3-9 公里累計 2 小時、10-21 公里累計 4 小時 1 hour for 3 kilometers or less, 2 hours for 3 to 9 kilometers, 4 hours for 10 to 21 kilometers
單堂體驗課/知能講座 Single session for trial / Functional seminars	一~日 Mon - Sun	運動場館 Sports venue	-	不定期舉行 Held from time to time