



and promote all kinds of action plans, integrate professionalism and resources, make citizens use “health, sustainable lifestyles, love of sports” and help them achieve through health and fitness “a happy life.”

- C. To encourage women to exercise regularly, “Women’s Sports Participation Promotion White Paper” was proposed.
- D. Caring for seniors’ health, extending the age limit for physical fitness exams and encouraging seniors to participate in outdoor activities and develop the habit of exercise.
- E. Continuing to promote exercise programs for the disabled and the indigenous peoples, in order to protect their rights to do sports.
- F. Continuing to promote further study and evaluation systems of sports professionals to root deeply the human resources for national sport.

4 Better Results in International Competitions

- A. Establishing the training system for competitive athletes: The MOE promotes the enhancement of sports training according to sports science as well as a sports science-based support system, integrating school sports and competitive sports and strengthening

the athlete selection and cultivation mechanism. Candidates for international competitions are chosen through a scientific and systematic training system. In addition to supporting athletes with training and award mechanisms through selection, counseling, and rewards, the functions of the National Sports Training Center will also be strengthened to improve international competitiveness.

- B. Sports care specialist certification: Sports injury prevention specialists provide services to people engaged in sports activities. They are professionals specialized in sports injury prevention, degeneration of physical functions, emergency care, sports science, fitness, and health management. To provide a well-founded system, the “Sports Injury Prevention Specialist Qualification Verification Rules” were promulgated, providing a legal basis for verification and certification of sports injury prevention specialists. Between 2002 and 2023, 806 specialists have been trained and certified with the aim of continuing to strengthen sports science in support of athletes in Taiwan.
- C. Upgrade of reinforcing competitive athlete cultivation performance with Gold Plan: Among the 2 gold, 4 silver, and 6 bronze medals Taiwan bagged in the 2020 Tokyo Olympics, most of the athletes participated in the initiative, with only 3 bronze medal winners outside of the plan. With the foundation and success of the “Tokyo 2020 Olympic Gold Plan” in training three levels of elite athletes, the MOE made adjustments to the program and renamed it “Gold Plan for Olympics Preparation (Gold Plan 2.0).” This new program runs on a cycle

of two Olympic Games and has training measures for five levels of athletes. Additionally, it considers the five factors including “Olympic Games performance,” “International competition performance,” “world ranking,” “physical fitness test,” and “training performance” in selecting elite athletes with gold medal potential for the 2024 Paris Olympics and 2028 Los Angeles Olympics, providing them with five levels of individualized and customized training schemes to build a team of potential gold medalists, strengthen athletes and Taiwan’s international competitiveness, and achieve the goals of meeting eligibility requirements and winning medals.

- D. Preparation for the 2024 Paris Olympics: The 33rd edition of the Summer Olympics will be held from July 26 to August 11 in Paris, featuring 32 sports. The Sports Administration has launched a training initiative, to be carried out in two phases since September 2022, in preparation for the event. The administration continues to collaborate with the National Sports Training Center to provide assistance and support to sports associations involved, aiming to enhance the national team's chances of success. Meanwhile, the National Sports Training Center is implementing the Olympic Gold Plan to nurture elite athletes. It is hoped that through the coordinated efforts of the administrative organs, the National Sports Training Center, and the various sports associations, the national team will be better prepared to pass qualification tests and secure medals in the Paris Olympics.

- E. Taiwan secured 19 gold, 20 silver, and 28 bronze medals at the 19th

Asian Games in Hangzhou, held from September 23 to October 8, 2023, totaling 67 medals. Among the 45 participating countries, Taiwan ranked 6th in the number of gold medals and 7th in the total number of medals. This edition not only surpassed the results of the previous 2018 Jakarta-Palembang Asian Games but also equaled the record for the highest number of gold medals won by the country in the Asian Games. This achievement fulfills the overall goal of training in this edition.

- F. Establishment of the National Sports Science Center: To promote research and application in sports science and enhance the training support capabilities for national teams, the Sports Administration formulated the “Regulations on the Establishment of the National Sports Science Center.” This was promulgated by the President on February 8th in 2023, followed by an Executive Yuan order on July 12 and implementation on August 1st of the year. The unveiling ceremony was held one month later on September 16th. Through the establishment of the National Sports Science Center, the aim is to invigorate the development of sports science organizations, increase autonomy in management, continuously support and enhance athletic capabilities, effectively cultivate outstanding sports talents for

