

# 台灣男子殘障桌球運動演進與未來趨勢發展

2008 年 12 月

研 究 生：張威爾

指 導 教 授：鄭 虎

## 摘 要

本研究以自編問卷，於民國 97 年 5 月 23 日於花蓮所舉辦之 97 年全國身心障礙運動會桌球賽會場對參賽之男子選手實問卷調查，希望能以獲得之數據資料，提供將來對身心障礙者體育活動、競賽成績之提高有所助益；並且更期望體育之專家學者對身心障礙體育學術方面有所著墨，提供確實數據，在技術、戰術上研究有效之訓練方法，以提高我國殘障運動競技成績甚且對殘障者之復健工作、身心靈之休養，有所助益。

本次發放問卷為 106 份，回收問卷 102 份（問卷回收率為 96.226%）。其中，有效問卷 96 份（佔 94.118%），無效問卷 6 份（佔 5.882%）。在有效問卷中，96 位選手之平均年齡為 45.5 歲。之中國手級 32 人平均為 45.4 歲，非國手級 64 人平均為 45.6 歲。在參賽級別中以站立組的選手居多，國手級 32 人中有 20 人；非國手級 64 人中有 38 人。選手殘障種類以小兒麻痺最多 61 人，截肢者最少只有 4 人。選手的工作類別前三名為行政經營、技術服務及財會金融，各有 9 人。獲選為正式國家代表隊選手者最少均接受 12 個月以上之訓練期；而未獲得國家隊國手資格者中有 43 人均接受 5 年以上的訓練，而樂此不疲。具國手資格者中有 23 人每週訓練強度都超過 4 小時；非國手資格者中有 41 人每週訓練強度未超過 4 小時。

關鍵詞：殘障桌球選手、具國手資格者、訓練強度

# **Progress and Future Development of Disabled Male Table Tennis Athletes in Taiwan**

December, 2008

Student : Will Chang

Advisor : Hu Cheng

## **Abstract**

The purpose of the study was to provide data to benefit people with disabilities on participating in sport activities and enhancing competition outcomes. The study was conducted utilizing questionnaires to investigate male table tennis players competing in 2008 national handicapped games in Hua-Lian. The results were expected to be used by experts and researchers of disabled sports in the future to develop efficient training methods for competition techniques and strategies. Results would also be beneficial for physical, mental, and spiritual recovery and convalesce for disabled people.

A total of 106 questionnaires were utilized with 102 returns, and the return rate was 96.266%. The number of valid questionnaire was 96 (94.118%), and the number of invalid questionnaire was 6 (5.882%). Mean age of 96 athletes was 45.5 years old. Mean age of the 32 national level athletes was 45.4 years old, and mean age of the 64 non-national level athletes was 45.6 years old. Most athletes were in the standing category including 20 national level athletes out of 32 and 38 non-national level athletes out of 64. Sixty-one athletes were polio, and only 4 athletes were amputee. Most athletes were having a career in administrative management, technical service, and economy with 9 people respectively. Athletes who were recruited in the national team had at least 12 months of training; 43 athletes who were not recruited in the national team, still enjoy the training, had at least 5 years of training. 23 athletes in the

national team were having the training intensity as more than 4 hours a week, and 41 athletes who were not in the national team were trained less than 4 hours a week.

**Key words:** disabled table tennis athletes, national team, training intensity

