

國科會計畫

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「對！我動 (YA! iMOVE!)」個人化休閒教練 APP 軟體研發計畫
"Ya, iMOVE" Personalized Leisure Coaching App Software Development Project

姜義村; 林振盛; 張家昌; 楊忠和

中文摘要

本研究計畫目的為開發一協助個人參與休閒運動的資訊軟體，協助許多靜態生活或特殊需求的族群進行休閒運動的參與，透過科學學習軟體的軟體，使用者將能學習到以身體學習自然科學中的健康教育、動作教育、運動教育，其中更是涵蓋運動生理學、運動心理學、運動生物力學、運動社會學和教練科學等許多的科普教育，本軟體對於對於自我無法設計運動課程的族群：如未成年學生，坐式工作族群：如辦公室、電子科技業、醫護專業、家庭主婦、高齡族群等族群將有教育其運動的平台，此外，對於想運動但不知從如何開始，具有多重運動阻礙的族群：如無法上健身房運動或因為生活壓力太大沒有時間運動，也可利用網路虛擬社群陪伴運動，彈性選擇運動的種類與方式。本計畫軟體為搭配使用者方便使用，將以電視遙控器‘概念進行防呆設計，讓所有使用者能順利使用本科學學習軟體，目前市面上的軟體多為複雜而不易操作或是沒有中文化的版本，此點也將是本軟體切入此市場的契機。

Abstract

The purpose of the study is to develop an individualized coaching software for individuals who have sedentary/inactive lifestyle or are with special needs to participate recreational sports and leisure activities. This science educational software are going to help users to learn health education, movement education, and sport education which include sport physiology, sport psychology, sport biomechanics, sport sociology and coaching science. This software are going to target on the following populations: students, sedentary workers, house wives, older adults. Additionally, this software also helps those populations who have sport constraints (e.g., lack of knowledge in sport and exercise, time limitation) to find an easy way to start exercise and participate sports with virtual friends wirelessly. This software will use the concept of "TV remote controller" for its foolproof design and have Traditional and Simplified Chinese version to create its market opportunities.