**中華帕拉林匹克總會**

**心智障礙運動員資格認定申請及審查要點**

**附件-Virtus訓練歷史及運動限制清單(Virtus TSAL)**

訓練歷史及運動限制清單(簡稱TSAL)被用來做為運動分級的一部分。

*The Training History & Sport Activity Limitations Inventory (TSAL for short) is used as part of sports classification.*  
每位申請分級的運動員均須完填寫此份訓練歷史及運動限制清單。

*A TSAL must be completed by every athlete applying for classification.*  
訓練歷史及體育活動限制清單應由運動員個人或其主要教練填寫。

*The TSAL should be completed by the athletes personal/primary coach.*  
所有問題/項目均須於相應的框()中進行填答。

*All questions/items must be answered by checking the appropriate box ().*

1. 運動員基本資料*Athlete Details*
2. 運動員姓氏*Athletes Family/Last Name*：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. 運動員名字Athletes First Name (s)：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. 運動員國籍Athletes Nationality：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. 運動員性別Athlete gender： 男Male  女Female
6. 運動員身高(公分)Athlete Height (in cm)：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. 運動員體重(公斤)Athlete weight (in kg)：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. 運動員生日(年/月/日)Athletes Date of Birth(dd/mm/yy)：\_\_\_\_\_\_\_\_\_\_\_\_
9. 申請組別：II1-智能障礙 II2-重大智障 II3-自閉症(無智能障礙)
10. 運動訓練歷史*Sport Training History*

訓練歷史及體育活動限制清單應由運動員個人或其主要教練填寫。

*The Training History & Sport Activity Limitations Inventory (TSAL for short) is part of the athlete application process and must be completed by the athlete’s personal/primary coach.*

1. 運動員申請分級的運動項目

*Sport in which the athlete is applying for classification*

| 項目 | |
| --- | --- |
| 田徑*Athletics* | 北歐滑雪*Nordic Skiing* |
| 游泳*Swimming* | 籃球*Basketball* |
| 桌球*Table Tennis* | 網球*Tennis* |
| 柔道*Judo* | 划船*Rowing* |
| 足球/五人制足球*Football/Futsal* | 手球*Handball* |
| 自行車*Cycling* | 跆拳道*Taekwondo* |
| 板球*Cricket* | 其他：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 高山滑雪*Alpine Skiing* |  |

1. 上述填寫的運動項目是運動員的主要運動還是輔助/附加運動？

*Is this the athletes main sport or a secondary/additional sport?*

主要運動*Main Sport*

附加運動*Additional Sport*

1. 運動員從事此項運動訓練/競賽已有多長時間了？

*How long has the athlete been training/competing in the sport?*

不到1年*Less than 1 year*

1至3年*1 to 3 years*

4至6年*4 to 6 years*

7至9年*7 to 9 years*

10年(含)以上*10 years or more*

1. 在運動季節時，運動員每週從事幾小時的訓練？

*During the sport season, how many hours per week does the athlete train?*

少於4小時*Less than 4 hours*

4至9小時*4 to 9 hours*

10至15小時*10 to 15 hours*

16至20小時*16 to 20 hours*

21小時(含)以上*21 or more hours*

1. 運動員一年之中有幾個月在從事訓練活動？

*How many months of the year does the athlete train?*

少於4個月*Less than 4 months*

4至5個月*4 to 5 months*

6至7個月*6 to 7 months*

8至9個月*8 to 9 months*

10個月(含)以上*10 months or more*

1. 體育活動限制*Sport Activity Limitations*

注意事項：本節中所包含的題項旨在確認運動員的智能障礙對其主要運動的影響。為了確保準確地描述運動員個人情況，只要您與運動員一起工作，請根據運動員的整體訓練歷史考慮每個題項，而非只有考慮運動員當前的運動發展程度。

*Note/Instructions: Included in this section are questions/items designed to determine the effects of an athlete’s intellectual disability on his/her main sport. To ensure an accurate profile, it is essential that each question/item be considered in relation to the athlete’s overall training history, for as long as you have worked with the athlete—not just their present level in sport development.*

對於每個問題，請指出該項目是持續關注、過去曾擔憂還是從不擔心(並於框中打勾)。如果該題項不適用於運動員的運動，請於「不適用於該運動」框中打勾()。

*For each question, please indicate whether the item is an ongoing concern, a past concern, or never a concern (by checking the appropriate). If an item does not apply to the athlete’s sport, please check the “does not apply to the sport” box ().*

1. 運動員在學習運動所需的技能方面有困難嗎？

*Does the athlete have difficulty learning the skills required for his/her sport?*

|  |  |  |  |
| --- | --- | --- | --- |
|  | 持續關注  *Ongoing Concern* | 過去曾擔憂  *Past Concern* | 從不擔心  *Never a Concern* |
| 身體技巧  *Physical skills* |  |  |  |
| 運動排序和規劃技巧  *Movement sequencing & planning skills* |  |  |  |
| 技術能力  *Technical skills* |  |  |  |
| 運動規則  *Rules of the sport* |  |  |  |

1. 運動員在學習運動技能方面是否存在自我調節的困難？

*Does the athlete have difficulty with self-regulation in learning sport skills?*

|  |  |  |
| --- | --- | --- |
|  | 持續關注  *Ongoing Concern* | 過去曾擔憂  *Past Concern* |
| 在技能學習中辨識自己的錯誤  *Recognizing his/her own errors in skill learning* |  |  |
| 在技能學習中修正自己的錯誤  *Correcting his/her own errors in skill learning* |  |  |

1. 運動員在維持運動技能的學習上有困難嗎？

*Does the athlete have difficulty maintaining sport skill learning?*

|  | 持續關注  *Ongoing Concern* | 過去曾擔憂  *Past Concern* | 從不擔心  *Never a Concern* | 不適用於該運動  *Does not apply to the sport* |
| --- | --- | --- | --- | --- |
| 從一個訓練日到另一個訓練日  *From one training day to another* |  |  |  |  |
| 從一個訓練課程到另一個訓練課程  *From one training session to another* |  |  |  |  |

1. 運動員在運用(使用/做)他/她運動所需的技能時有困難嗎？

*Does the athlete have difficulty applying (using/doing) skills required for his/her sport?*

|  | 持續關注  *Ongoing Concern* | 過去曾擔憂  *Past Concern* | 從不擔心  *Never a Concern* | 不適用於該運動  *Does not apply to the sport* |
| --- | --- | --- | --- | --- |
| 身體技能(訓練)  *Physical skills (Training)* |  |  |  |  |
| 身體技能(比賽)  *Physical Skills (Competition)* |  |  |  |  |
| 運動排序和規劃技巧(訓練)  *Movement sequencing & planning skills (Training)* |  |  |  |  |
| 運動排序和規劃技巧(比賽)  *Movement sequencing & planning skills (Competition)* |  |  |  |  |
| 運動技術(訓練)  *Technical skills of the sport (Training)* |  |  |  |  |
| 運動技術(比賽)  *Technical skills of the sport (Competition)* |  |  |  |  |
| 運動策略(訓練)  *Strategies of the sport (Training)* |  |  |  |  |
| 運動策略(比賽)  *Strategies of the sport (Competition)* |  |  |  |  |
| 運動規則(訓練)  *Rules of the sport (Training)* |  |  |  |  |
| 運動規則(比賽)  *Rules of the sport (Competition)* |  |  |  |  |

1. 運動員在沒有受監督的情況下，於運動中遵循指示和管理自身行為是否有困難？

*Does the athlete have difficulty following directions and managing his/her behaviour (without supervision) in sport?*

|  | 持續關注  *Ongoing Concern* | 過去曾擔憂  *Past Concern* | 從不擔心  *Never a Concern* | 不適用於該運動  *Does not apply to the sport* |
| --- | --- | --- | --- | --- |
| 他/她在訓練過程中是否遵循教練的指示  *Does he/she follow the coaches instructions during training* |  |  |  |  |
| 他/她在比賽過程中是否遵循教練的指示  *Does he/she follow the coaches instructions during competition* |  |  |  |  |
| 他/她在比賽過程中是否服從官員(例如：裁判員)的決定  *Does he/she obey the decisions of officials (e.g., referees) during competition* |  |  |  |  |
| 在訓練過程中，他/她是否難以準確地獨力完成指定的任務？(例如：完成必要的重複動作、圈數及暖身動作等)  *Does he/she have difficulty accurately completing assigned tasks independently (e.g., completing required repetitions, number of laps, warm-up routines) during training* |  |  |  |  |
| 在比賽過程中，他/她是否難以準確地獨力完成指定的任務？(例如：完成必要的重複動作、圈數及暖身動作等)  *Does he/she have difficulty accurately completing assigned tasks independently (e.g., completing required repetitions, number of laps, warm-up routines) during competition* |  |  |  |  |

1. 運動員在運動中所需的社交和其他技能方面是否有困難？

*Does the athlete have difficulty with social and other skills required in sport?*

|  | 持續關注  *Ongoing Concern* | 過去曾擔憂  *Past Concern* | 從不擔心  *Never a Concern* | 不適用於該運動  *Does not apply to the sport* |
| --- | --- | --- | --- | --- |
| 他/她在訓練過程中是否與隊友適當互動  *Does he/she appropriately interact with team mates during training* |  |  |  |  |
| 他/她在比賽過程中是否與隊友適當互動  *Does he/she appropriately interact with team mates during competition* |  |  |  |  |
| 他/她在比賽過程中是否與其他競爭對手適當互動  *Does he/she appropriately interact with other competitors/opponents during competition* |  |  |  |  |
| 他/她在訓練過程中是否與教練適當互動  *Does he/she appropriately interact with coaches during training* |  |  |  |  |
| 他/她在比賽過程中是否與教練適當互動  *Does he/she appropriately interact with coaches during competition* |  |  |  |  |
| 他/她在比賽過程中是否能適當回應官員的決定(例如：裁判員、線審員)  *Does he/she appropriately respond to decisions of officials(referees, line judges) during competition* |  |  |  |  |
| 他/她在訓練過程中是否展現出「運動家精神」  *Does he/she demonstrate “sportsmanship” during training* |  |  |  |  |
| 他/她在比賽過程中是否展現出「運動家精神」  *Does he/she demonstrate “sportsmanship” during competition* |  |  |  |  |
| 他/她在訓練過程中是否做出適當的決定  *Does he/she make appropriate decisions during training* |  |  |  |  |
| 他/她在比賽過程中是否做出適當的決定  *Does he/she make appropriate decisions during competition* |  |  |  |  |
| 他/她在訓練過程中是否能適當地溝通  *Does he/she communicate appropriately during training* |  |  |  |  |
| 他/她在比賽過程中是否能適當地溝通  *Does he/she communicate appropriately during competition* |  |  |  |  |
| 他/她在訓練過程中，是否有動力(意志力)上的困難  *Does he/she have difficulty with motivation during training* |  |  |  |  |
| 他/她在比賽過程中，是否有動力(意志力)上的困難  *Does he/she have difficulty with motivation during competition* |  |  |  |  |
| 他/她在訓練的過程中是否有情緒控制的困難  *Does he/she have difficulty controlling their emotions during training* |  |  |  |  |
| 他/她在比賽的過程中是否有情緒控制的困難  *Does he/she have difficulty controlling their emotions during competition* |  |  |  |  |

1. 教練資訊*Coaches Information*
2. 您在何種運動項目中指導此位運動員？

*In what sport have you coached the athlete for whom you have completed this questionnaire?*

答覆*Ans*：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. 您指導此位運動員已有多長時間？

*For how long have you coached the athlete for whom you have completed this questionnaire?*

少於1年*Less than 1 year*

1至3年*1 to 3 years*

4至6年*4 to 6 years*

7年(含)以上*7 or more years*

1. 下列哪項最能描述您的教練背景？請於適用於您背景說明的框中打勾(可複選)。

*Which of the following best describes your coaching background today? Please indicate by checking () all statements/boxes that apply to you. (可複選)*

我擁有知名大學的體育或運動科學學位

*I have a degree in physical education or sport science from a recognized university*

我擁有全國認可的教練證書

*I have nationally recognized education/certification in coaching*

我接受過教育/培訓，以指導智障運動員

*I have education/training in coaching athletes with intellectual impairment*

我擁有我所指導運動項目的技術要求方面的全國認可教育/認證

*I have nationally recognized education/certification in the technical requirements of the sport I am coaching*

我擁有指導非智能障礙的高水平運動員經驗

*I have experience coaching high-level athletes without intellectual impairment*

1. 教練聲明：我在此確認自己是第1節中提到的運動員的教練。在簽署本文件時，我承認並承擔Virtus訓練歷史和運動限制清單中信息的真實性和準確性。

*Coaches Declaration: I hereby verify that I am the coach of the athlete named in section 1. In digitally signing this document I acknowledge and accept full responsibility for the honesty and accuracy of the information contained in the Virtus Training History and Sport Activity Limitations Inventory.*

簽名*Signature*：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. 運動員聲明：我在此確認，我承認並接受對此培訓歷史記錄和體育活動限制清單中信息的誠實性和準確性承擔全部責任。

*Athlete Declaration: I hereby verify that I acknowledge and accept full responsibility for the honesty and accuracy of the information contained in this Training History and Sport Activity Limitations Inventory.*

簽名*Signature*：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. 新增其他資訊或註記：

*Add any additional information or comments here:*

答覆*Ans*：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

作答完畢

*End of TSAL*