

中華民國鐵人三項運動協會
2025 年國際教練 LEVEL 1 講習會

一、主辦單位：世界鐵人三項總會

二、承辦單位：中華民國鐵人三項運動協會

三、參加資格：

(1)取得 C 級鐵人三項運動教練證，具從事教練實務工作經驗。

(2)具基本英文聽、說、讀、寫能力。

四、實施方式：講習分為線上課程、學科課程及術科技術操作課程。

五、講習日期：2025 年 7 月 16~20 日(共 5 天)(暫定，依總會核定日期為主)。

六、學科地點：臺北市立大學（暫定）

七、術科地點：臺北市立大學（暫定）

八、報名方式：

(一) 申請表：請填妥申請表後寄至本會信箱 ctta99@ms34.hinet.net(附件二)。

(二) 報名日期：開放報名至 2025 年 5 月 15 日截止。

(三) 報名人數：最多 18 人，依女性學員及外國學員人數比例而定。滿額時將以教練證照級別及報名優先順序刪減。

(四) 報名費用：

(1)學員新台幣 8,000 元整（需符合參加資格）。

(2)以上未繳報名費者不可參加講習。

(五) 繳費連結：網路繳款

<https://sap.bot.com.tw/sap/sap1030s?MID=S00061> 或

匯入本會銀行帳戶：

(1) 台灣銀行 004 世貿中心分行

(2) 帳號:085-001-0000-87

(3) 戶名:中華民國鐵人三項運動協會

(六) 退費辦法：於報名截止前提出申請酌收報名費 5%手續費；報名截止後提出申請酌收報名費 10%手續費。

九、課程內容：課程表如附件一

十、 及格標準：

(一) 全程參加講習會者。

(二) 學術科測驗達 80 分者。

十一、發證方式：完成課程後由國際總會以 Email 直接通知學員及格與否。

十二、其它注意事項：

(一) 本課程學員應全程參與，任何形式的缺席、遲到或早退，皆視為未完成課程，不得參與學術科測驗。

(二) 學員於上課時間，應即進入教室就座，超過上課時間 3 分鐘後進入教室者視為曠課。

(三) 課程期間提供講義、午餐、保險。

十三、性騷擾申訴：如遇相關不適，請立即向警察機關提出告訴，並向本會尋求協助或申訴。本會申訴管道：02-87723350 / ctta99@ms34.hinet.net。

附件一

2025 年國際教練 LEVEL 1 教練講習會 課程表

(實體課程排程於報名截止後再行調整)

| 日期 | 時間 | 課程 |
|-------------------|-------------|---|
| 7 月 15 日 (星期二) | 07:00~17:00 | Candidates arrive. Facilitators set up room, and check resources and facilities |
| | 17:00~19:00 | Course Welcome Flexible welcome for candidates, Facilitators available |
| 7 月 16 日 (星期三) | 09:00~10:00 | Welcome and Introductions1A (60 min) |
| | 10:00~11:00 | What is Triathlon Coaching? Roles, Ethics & Philosophy 1B(60 min) |
| | 11:00~12:00 | The Coaching Process, Teaching & learning 1C (60 min) |
| | 12:00~13:00 | Lunch |
| | 13:00~14:15 | Principles of session delivery (inc. Warm up / cool down) 1DInclude mini practical (75 min) |
| | 14:30~16:30 | Run Theory Workshop1E (2 hours) |
| | 16:30~17:15 | Guide to online learning 1F (45 min) |
| 7 月 17 日 (星期四) | 09:00~11:30 | Run Practical (2.5 hours) |
| | 11:30~12:00 | Evaluation and Review 2A (30 min) |
| | 12:00~13:00 | Lunch |
| | 13:00~13:45 | Understanding Participants2B (45 min) |
| | 13:45~14:30 | Safety & Welfare2C (45 min) |
| | 14:30~16:20 | Bike Theory2D (1.75 hour) |
| | 16:30~17:15 | Transition Theory2E (45 min) |
| 7 月 18 日 (星期五) | 09:00~12:00 | Bike and transition Practical (3 hours) |
| | 12:00~13:00 | Lunch |
| | 13:00~16:00 | Swim Theory3A (3 hours) |
| | 16:00~17:00 | Open Water Theory3B (1 hour) |
| 7 月 19 日 (星期六) | 09:00~12:00 | Swim Practical (3 hours) |
| | 12:00~13:00 | Lunch |
| | 13:00~13:45 | Children & Young People4A (45 min) |
| | 13:45~15:00 | Improving Performance4B (75 min) |
| | 15:00~16:30 | Programme Planning4C (90 min) |
| | 16:30~17:00 | Preparation for assessment (30 min) |
| 7 月 20 日 (星期日) | 09:00~12:00 | Practical AssessmentSwim, Bike, Run (3 hours) |
| | 12:00~13:00 | Lunch |
| | 13:00~15:30 | 1-2-1 debrief and evaluation |
| | 15:30~17:30 | Next steps - Coaching and sport developmentCourse Close5A |

Application Form

2025 Taipei World Triathlon Coaches Level 1 Course

Taiwan, Chinese Taipei – 16-20 Jul 2025

Generic Information*

| | | | |
|--|----------|--------------|----------|
| National Federation | | | |
| First name (as worded on passport) | | | |
| Family name (as worded on passport) | | | |
| World Triathlon Registration Number (if applicable) | | | |
| Nationality | | | |
| E-mail address (individual) | | | |
| Phone Number (with country code) | | | |
| Date of Birth (dd/mm/yyyy) | | | |
| Gender | Male | Female | |
| Medical Insurance Details (insurance plan and number) Please scan a copy of insurance certificate with your application | | | |
| Please indicate if you have any special nutritional requirements. | | | |
| Emergency Contact Please list name and contact phone number (incl. country code) and email we can use in the case of an emergency. | | | |
| Your level of English (oral) | Beginner | Intermediate | Advanced |
| Your level of English (written) | Beginner | Intermediate | Advanced |
| Internet Access Do you have daily access to Internet? | Yes | | No |

| | | |
|--|-----|----|
| Computer / Laptop Access Do you have daily access to a computer/laptop? | Yes | No |
|--|-----|----|

Coaching Experience / Coach Profile*

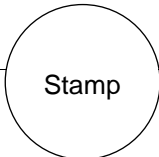
| | |
|---|--|
| Years in coaching | |
| In triathlon | |
| Other sports (Please specify) | |
| Level of athletes coached | |
| Age of athletes coached | |
| Coaching education ** List all coaching-relevant education, courses, etc. | |
| Coach Profile ** Please, provide a brief description of the coach's character and abilities. | |
| Reason for nomination ** Provide reasons why this coach was chosen for the course | |

* Please make sure that all details will be provided.

** NFs can supplement this information with the coach's sporting CV if available.

I, the undersigned, Representative of the National Federation and the Candidate, certify, that the information provided above is accurate, true and correct.

Expired (not revalidated) or lost (downgraded) certifications can be reinstated by attending a new certification

| | | |
|---|---|----------------------------|
| NF Representative Name, Function and Signature |  | Signature of the Candidate |
|---|---|----------------------------|

course on a self-funded basis.

This application must be sent to: [name] (e-mail) latest by the application deadline published on <https://www.triathlon.org/development/calendar>

