



Otecnologias científicas avançadas. A regra de jogo desportivo é modificada por causa do desenvolvimento da sociedade e do próprio jogo. A técnica do jogo é sempre renovada. O melhoramento do método de treinar aperfeiçoa os efeitos de desporto.

mantendo o bom estado da própria saúde, aprender sempre vários tipos de informação e técnica sobre desporto é a via indispensável para realizar desporto vitalício. Por isso, o desenvolvimento sustentável do desporto vitalício depende muito do papel estimulador importante da aprendizagem vitalícia.

O melhoramento e desenvolvimento dos factores acima referidos, trazem sempre nova informação. Se queremos praticar continuamente e efectivamente jogos desportivos, aperfeiçoar sempre o próprio interesse e capacidade para desporto,

Doutor Leung Hong Bo (Instituto do Desporto de Macau)
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04 Talk About the Interactive Relationship between Life-long Learning and Life-long Sports

There is a close interrelationship between human life course, the society, time space and all things of creation. The development of a human being's body and mind is a continual process interchanging with outside world's substances and information. Once this process stops, it means the end of a human life. According to the expert's report, a human being starts to receive outside information at the time when he is inside the body of his mother. Antenatal instructions have good effects on human fetus and a human being starts to learn from this moment.

people's life-long development of the interaction between life-long learning and life-long sports.

Life-long learning promotes healthiness at different stages in life

Money is not all powerful, and cannot buy healthiness. Healthiness is the most precious wealth and is useful for our whole life. If anyone is always in the state of sickness, he cannot learn well; cannot work effectively and cannot live normally. Weak conditions of health and illness affect people's whole life and bring much burden to the individual, family and society.

The life-long learning advocate, Paul Lengrand, suggested "Learning does not end during childhood and adolescence. It should accompany oneself throughout one's life continually. Learning should satisfy individual and society's eternal request in this mode." Life-long learning will never end. People need to learn continually at different stages. Everyone must experience and should have a life-long learning to meet the needs of today's rapid development society.

Children and adolescents are educated in school in behaviour, wisdom, physical exercises, group and aesthetics. This is the only educational channel to promote the comprehensive developments of students. School sports promote a healthy foundation for the comprehensive development of student since childhood. In this stage, a student's body is growing and developing; the body's organs and systems metabolize vigorously and are at the formative years of body and mind. Student receives training in order to take hold of fundamental sport technology and skills; develops his interest and sport habit through suitable exercises to have a strong physique, which brings profound effects on his life-long physical exercise and health conditions.

During the development of people's body and mind, knowledge, feelings and skills are obtained through learning. Even body development is closely connected to learning experiences. In one's life, body development experiences different stages, from formation of embryo to infancy, childhood, adolescence, maturity and old ages. Following people's increased knowledge and deeper understanding in the intrinsic quality of sports and the continuous heightened demand by nowadays' social development, they need to take physical training in different ages in order to maintain a healthy body and mind and a good physique to satisfy the needs of learning, work and living. The integration between principle of life-long sports and individual implementation provides a strong guarantee for the development needs of people.

Generally, there is a regular pattern for body growth. When adolescents reach the age of about 25, the organ system has grown to maturity and the golden period of learning, working and living comes. When our bodies are mature and we perform sports continually, we are able to operate the body organs and system efficiently. Sports help to strengthen our health conditions that we build up in childhood and adolescence and lay a solid foundation for a stronger body in the future.



Advocacy of life-long sports, besides affected by life-long education and life-long learning, is also affected by the needs of human being's own development. Among these, the profound effect of the Olympic Games and globalisation of public sports bring life-long sports to integrate into the lives of people in all places of the world in a rapid development trend. Below let us talk about the effects on

“教育暨青年局2009年牛年利是封”換領辦法：

市民只需集齊於2008年11月至2009年1月期間出版的4本刊物《百分百家長》、《教師雜誌》、《教育文摘》及《語言聊天室》內刊載的其中兩種顏色的印花，便可於2009年1月19日至23日在辦公時間內前往下列地點換領牛年利是封2包，數量有限，換完即止。

Formas de troca dos "Envelopes de Laisi do Ano do Búfalo de 2009 da Direcção dos Serviços de Educação e Juventude":

Os cidadãos que consigam reunir os selos de duas das quatro cores, que constam nas quatro publicações (a saber: Pais 100%, Revista dos Professores, Educação e Nós, Dialogando...) editadas entre Novembro de 2008 e Janeiro de 2009, poderão entre 19 e 23 de Janeiro de 2009, dentro do horário de expediente, nos locais abaixo mencionados, trocar dois pacotes de envelopes de laisi do ano do Búfalo. A quantidade de pacotes para troca é limitada e esta termina quando estes se esgotarem.

Exchanged method of the "DSEJ red envelopes for the Year of the Ox 2009":

Residents who collect any two of the stamps of four different colours from the 4 periodicals of DSEJ - "100% Parents", "Teacher Magazine", "Education Digest" and "Talking" published between November 2008 and January 2009, can exchange the stamps for 2 packets of red envelopes of the Year of the Ox during the office hours from 19th to 23rd January 2009 at the following locations. The number of red envelopes is limited, it will be provided at first come first serve basis.

換領地點資料如下：

教育暨青年局 (DSEJ) —地點：澳門約翰四世大馬路7-9號一樓；辦公時間：星期一至四上午9時至中午1時，下午2時30分至5時45分；星期五上午9時至中午1時，下午2時30分至5時30分；聯絡電話：28555533

教育資源中心 (CRE) —地點：澳門南灣大馬路926號；辦公時間：星期一至五上午10時30分至晚上7時；聯絡電話：83959200

氹仔教育活動中心 (CAET) —地點：氹仔濠景花園24至26座地下；辦公時間：星期一至日上午10時至晚上9時30分；聯絡電話：28841284

德育中心 (CEM) —地點：澳門台山新街利達新邨三樓；辦公時間：星期一至星期六上午10時至晚上10時；聯絡電話：28403200

駿菁活動中心 (CJH) —地點：澳門順景廣場近馬場東大馬路；辦公時間：星期一至星期日上午9時至晚上10時30分；聯絡電話：28425110/28425112





In the process of life development, we attain maturity before the age of 35, and then our bodies fall into decline after 40. At our middle and old ages, the bodily adaptability and resistance decline due to changes of organic system in all aspects. At this time, if we sustain to continue performing suitable sports we can slow down the decline of our bodies; maintain a good health condition effect and keep a good body figure. If we carry on sports frequently, we can adjust our spiritual pressure, fulfill our spirit and keep a happy mind to bring an energetic life in our middle and old ages.

By following the above process, life-long sports bring out the sports principle of having comprehensive ways of physical exercises in different stages according to the natural pattern of body growth from prosperity to old age. It enables our bodies to be adaptable to growth and reduces the effect of declination, achieving a healthy physique and slowing down the process of aging. Thus, we benefit throughout our life from participating in life-long sports.

Life-long sports provide sustainable conditions and foundation for life-long learning

Life-long sports mean the process that people perform physical exercises according to sports principle and continually receive and learn sports information and knowledge. People of life-long sports carry on physical exercises during the stages of infancy, childhood, pre-schooling, primary school, secondary school and university as well as when working in the society. We have to perform physical exercise continually to maintain a continual development situation.

Sports have unexpected positive effects on the development of cerebrum and control of emotion. Maintaining a suitable degree of long term sports allows us to have a good body metabolism and organic activities. Lack of sports activities for a prolonged period will weaken our catabolism and slow down organic activities. It is well demonstrated by the theory "Usage promotes improvement and idleness entails backwardness". When we perform sports, our limbs and trunks and muscles are exercising. In the meantime, we receive outside information through different ways of transmission. Sources of information are received through visual and body feelings. This information is sent to our cerebrum which adjusts the body and controls body to react correspondingly according to the pattern of sports. If we keep our cerebrums in this state frequently, we help the neurons of our brains to join closely, speeding up information management and improving our memory. Besides, continual physical exercises allow our cerebrums to obtain more oxygen and keep our brains in a clear and active state. Therefore, if we keep on physical exercise from the stage of babyhood to old age, the above same results will come out. It is an aggressive motivation for people to learn in different stages of age.

Having good physique, healthiness and simultaneously a clear and active brain is useful for achieving life-long sports. It helps to maintain a good and continual health foundation and provides necessary conditions for life-long learning. These are the fundamental guarantee and continual development foundation for life-long learning.

Life-long sports need the motivation of continual life-long learning

As technology develops rapidly, new knowledge and technique innovate continually, and human beings update their knowledge on themselves, life-long sports need guidance of science. In the past people believed that sport was a kind of simple game for fun. Actually it is not that simple if we want perform sports well without getting hurt and producing positive effect on our body.

Sports evolve in step with social developments in all aspects. People discover new sport events continually; new values of traditional sports are discovered through promotion and propaganda; sport venues and facilities are continually innovated and replaced by pioneer sciences; rules and regulations are also amended in line with the development needs of society and sport events; innovation of sport technique is ongoing and the improvement of physical exercises methods enhance the effects.

The elements of improvement and development as described above allow the continual creations of new information. If people want to perform sports continually and effectively, they had to: enhance their interest in sports and abilities; maintain a continually healthy condition; continue to learn knowledge and technique in all aspects. These are the only paths to practice life-long sports. Therefore, life-long learning is an important driving force to achieve life-long sports.

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(Macau Sport Development Board)
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Centro de Recursos Educativos (CRE) – Avenida da Praia Grande, n.º 926, Macau; Horário de expediente: de segunda a sexta, das 10:30 às 19:00 horas; Telefone 83959200.
Centro de Actividades Educativas da Taipa (CAET) – Rua de Bragança, Lotes 24-26, Nova Taipa Garden, Taipa; Horário de expediente: de segunda a domingo, das 10:00 às 21:30 horas; Telefone 28841284.
Centro de Educação Moral (CEM) – Rua Nova de Toi San, Edifício Litoral, 2º andar, Macau; Horário de expediente: de segunda a sábado, das 10:00 às 22:00 horas; Telefone 28403200.
Centro de Juventude do Bairro do Hipódromo (CJH) – Praceta da Serenidade junto da Avenida Leste do Hipódromo, Macau; Horário de expediente: de segunda a domingo, das 9:00 às 22:30 horas; Telefones 28425110 e 28425112.

Exchanged locations are as follows:

Education and Youth Affairs Bureau (DSEJ) – Location: Avenida de D. João IV, No. 7-9, 1st Floor, Macao; Office hours: 9:00 to 13:00, 14:30 to 17:45 (Monday to Thursday); 9:00 to 13:00, 14:30 to 17:30 (Friday); Telephone: 28555533
Centre of Educational Resources (CRE) – Location: Av. da Praia Grande, No. 926, Macao; Office hours: 10:30 to 19:00 (Monday to Friday); Telephone: 83959200
Centre of Educational Activities of Taipa (CAET) – Location: Rua de Bragança, Nova Taipa Garden, Block 24-26, Ground Floor, Taipa; Office Hours: 10:00 to 21:30 (Monday to Sunday); Telephone: 28841284
Centre of Moral Education (CEM) – Location: Rua Nova de Toi San, Edifício Litoral, 2nd Floor, Macao; Office hours: 10:00 to 22:00 (Monday to Saturday); Telephone: 28403200

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