



World of Ocean Patrol

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海巡天地

Building a strong marine nation, Taiwan sets Sail

朋友！ 你功課做了沒？—游泳

My Friend, Have You Done Your Work? — Swimming

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炎

炎夏日，有什麼比跳進清涼的游泳池更能消暑？游泳是老少咸宜的有氧健身運動。昔日，在警界服務時，不論輪調至何處，首要之務，即是尋找當地的游泳池，好好舒展疲憊的身心；隨著年紀增長，生命中最愛的運動，漸漸由籃球移情至游泳，原因無他，除了健身之外，游泳也是放鬆心情、舒緩壓力、運動傷害最少的運動。

In the scorching summer days, what beats the heat more than leaping into a pool of cooling water? Swimming is an aerobic sport that all people can do. When I served as a police man, the first thing I did was find the local swimming pool when I was transferred to a new place. This is where I could relax my body and mind. As time passes, my favorite sport has changed from playing basketball to swimming. The obvious reason is that besides getting me into physical fitness, swimming also relaxes my pressures and is one sport that causes the least harm.

至海巡署服務後，游泳更成為生活中不可或缺的一部分，是每日必做的「功課」——要求自己每日盡可能游1,000公尺或1,000公尺以上，且期間不能停下休息，因為持續游1,000公尺，當日的運動量已足夠。在游泳的過程中，慢慢的將生活中、工作上的壓力或激盪情緒一一釋放，隨著水流而去。每當同仁在營區見我神情輕鬆、衣著輕便、手上拎著個溼答答的小袋子時，總不解的問我：「主任，你在做什麼？」我本能的回答：「做功課——游泳」！

游泳，是現在文明社會中對人體幫助最大的運動之一，除了是全身性運動外，還具有物理治療與紓解壓力的效果。游泳能夠運動全身肌肉，而且動作對稱協調，藉著水的保護與支撐，不易有運動傷害，因為在水中運動，水的浮力可減輕身體重量，減少負重，且水中的阻力是空氣的12倍，同樣的動作，水中則有更好的運動效果；即使不會游泳，利用浮力與阻力，在水中走路就有運動效果（將雙手舉高放在頭上，還能瘦腰）。況且我們的關節時時刻刻都在負重，若過度使用，會造成脊椎、髖關節與膝關節的磨損而退化，但到了水裡，關節負重是零，身體可自然伸展，游泳是唯一四肢都不需要支撐點，卻可以盡情伸展的運動，非常符合久坐辦公桌的現代人所需。

許多醫學報告指出，游泳運動對氣喘患者有正面助益，能強化氣喘患者之肺功能（增進心肺血管功能、不易引起氣喘過敏反應等），並增進氣喘病徵之改善；而在〈游泳運動對中老年人血脂肪與體適能之影響〉文中也提到，規律游泳對血脂肪及心肺功能具有正面效果，能降低發生心血管疾病的發生率。另外，這項運動也可以訓練核心肌群（脊椎附近肌肉、背部及腹部等），這

After serving in the CGA, swimming has even become one of the indispensable parts in my life. It is "homework" that I have to exercise everyday. I ask myself to swim for one kilometer or more daily, and I should try to finish it without any stops. Swimming for one kilometer is enough for my one's exercise amount. When I swim, I slowly release my pressures, no matter in life or in work, and let it flow away with current. Every time when my colleagues see me walking with great ease, clad casually and have a wet pouch in hand, they always ask me, "Chief, what are you up to?" And I answer out of instinct that "I'm doing my homework, I am swimming."

Swimming is one of the sports that are most helpful for human bodies in the modern world. It can exercise all your body and has physical therapeutic effects and helps release pressure. Swimming can train bodily muscles. Its symmetric movements are aided with the protection and support from water; therefore, one won't get harmed easily. Since one is having exercise in the water, its buoyancy can alleviate body weight and reduce load amount. Furthermore, the resistance in the water is 12 times bigger than in the air, the same movement can achieve better results in the water than in the air. Even if one doesn't know how to swim, he can attain the purpose of exercise simply by walking in the water because of its buoyancy and resistance (if you walk with hand held high over your head, you can even streamline your waist line). Our body joints are constantly bearing our weight, if we overuse them, our spinal, hip and knee joints will degenerate due to constant abrasion. However, once in the water, the joints don't have to suffer the weight and our bodies can stretch freely. Swimming is the only form that allows one to stretch freely without any supporting points. It is one sport that meets the needs of modern people.

There are many medical reports indicate that swimming is helpful to asthma patients. It can strengthen the pulmonary function of such patients (to improve their cardiovascular and pulmonary veins and ease the allergic reactions) and alleviate the severity of asthma occurrence. In an article titled "The Effects of Swimming to the



些肌肉有如房子的支柱，隨著年齡的增長而退化後，就會變的不穩，游泳正可強化核心肌群，增加身體的穩定度，瞧我，非常的「穩重」，不是嗎？

海域執法是本署核心任務之一，而泳技更是本署核心技能，不論是在岸際執行救援落海民眾，或是在海上執行海難救援，尤其是海象惡劣時，具備游泳技能，除能自救外，更有能力救人；重要的是，本署同仁不應僅以「學會」游泳而自滿，更應以「長泳」為目標（不論何種泳姿，至少游1,000公尺或以上，中間不能休息），長泳不僅可鍛練體力，更可以磨練毅力與耐力，如此方能在深不見底的大海、在海流的牽引與海浪的衝擊下自救並完成救難工作，才不枉身為海巡的一員，不負人民對海巡人員的期待。

朋友們，你們準備好了嗎？

讓我們一起來做功課吧！

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Blood Cholesterol and Physical Fitness of Middle- and Old-Aged People," regular swimming is good for decreasing blood cholesterol and improving cardiovascular and pulmonary functions. It is also helpful to lower the rate of cardiovascular diseases. Furthermore, the sport can also train core muscles (muscles around the spine, the back and abdomen) which act as the pillars of one's body. With aging, these muscles might degenerate and become unstable. Swimming is just the exercise to enforce these muscles and increase physical stability. Just look at me, and you know what it means.

Maritime law enforcement is one of the core missions of CGA and swimming is even one of the basic skills that everyone must have. No matter when trying to rescue drowning people at the coast or performing emergent rescue on the sea, being able to swim can save yourself and even others when the sea condition become rough. The most important of all is that we should not only "learn" to swim, but set up a goal to "swim long" (that is, swim for one kilometer or more without stopping in any style). Long distance swimming can train one's physical ability and develop one's perseverance and patience. When one is able to do that, he can save himself and perform rescue work in the deep sea and the clashes and current of waves. Being able to do will achieve CGA's expectation and fulfill the expectation from the people.

My friends, are you ready?

Let's do our homework together!

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