Kowloon Park Fitness Trail
Intergenerational Play Space
九龍公園健身徑跨代共融遊樂空間

[Intergenerational]

[Interactivity]
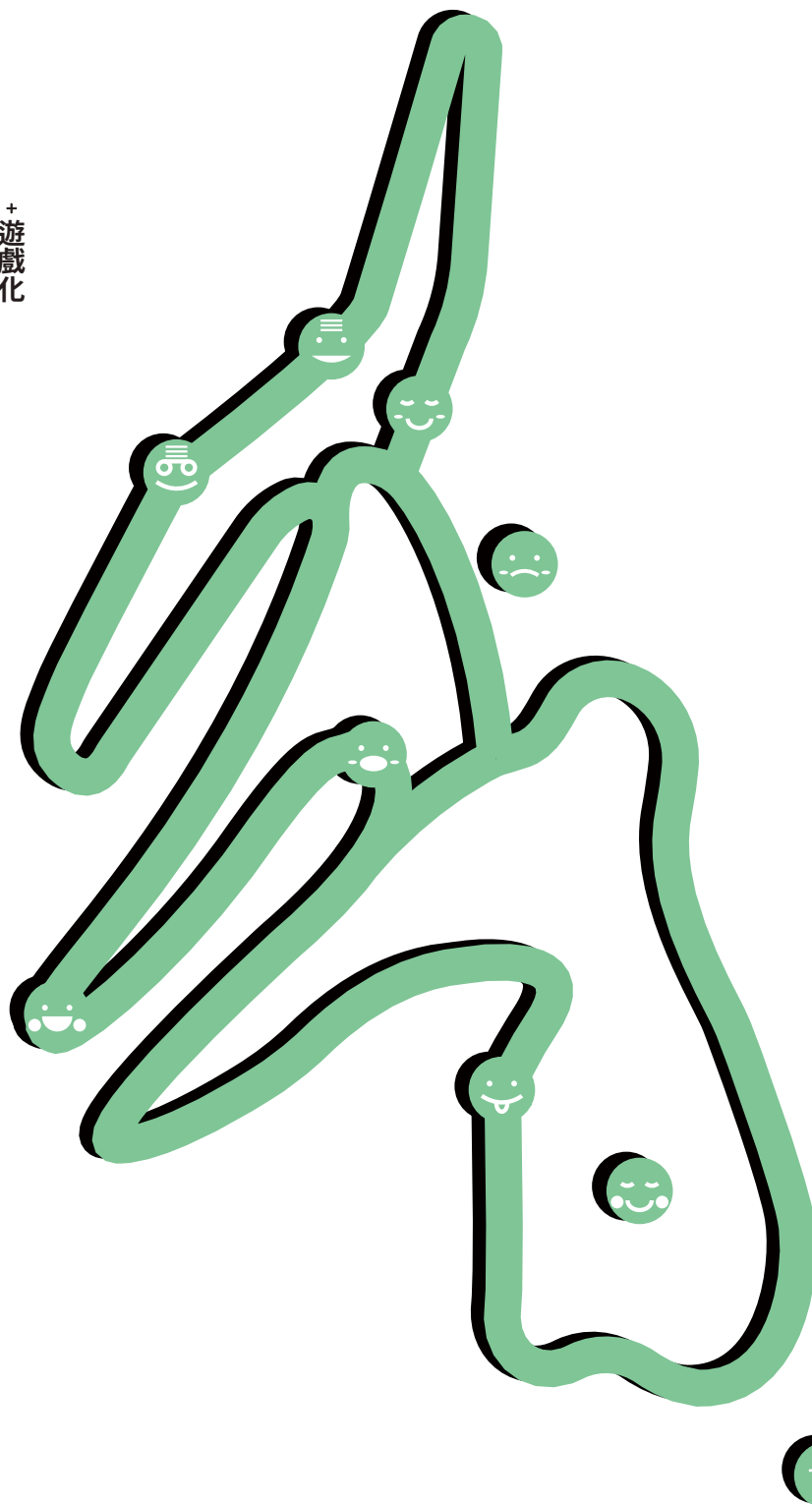
[Technology]

[Gamification]
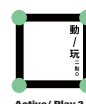
+
遊戲化

+
科技化

+
互動性

+
跨代共融

N
+

Kowloon park + 九龍公園

+

Active/ Play 2.0
動/玩

[04]

科技x體能訓練？
Technology crossover Fitness?

可以點樣結合科技同體能訓練？
一齊睇吓唔同地方嘅公園設計啦！

How to crossover technology and fitness?
Let's explore the park design in different places!

動／玩
Active/ Play 2.0

動／玩
Active/ Play 2.0
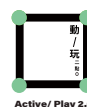
三個改善公園設施的方法-04 科技x體能訓練？

早前因疫情關係健身室全都關閉，您當時是如何處理做運動的意欲呢？

其實，很多人都轉已向室外的健身訓練，例如自攜訓練用品到公園進行運動，在樓梯

或斜坡來回跑等……在現今世代，很多人都習慣使用智能手機或智能手錶來監測個人運動表現，但您

又有否想過，持續的科技革新可以進一步提升您的運動體驗，並用作個人的健康管理？

在倫敦的伊麗莎白女王奧林匹克公園，TGO能源展示單元（EDU）系統利用了用家運動時產生的能量

轉化為電能。這個互動裝置，鼓勵不同年齡的用家參與，並能在電子屏幕上顯示個人的運動記錄，達

致不同的健康管理目標。此外，儲存的運動時間能夠轉換成電力，為用家提供充電設備。

Nike在馬來西亞建立了一個名為「無限體育場」的快閃運動場。他們將RFID技術應用在跑道上，用以

追蹤跑手的跑步時間。在完成第一圈之後，跑道旁的LED屏幕上會出現一個跑手的化身，並根據您上

一圈的記錄「繼續」跑步。這個技術可以用作鼓勵跑手挑戰自己紀錄或促進跨代互動，使運動變得更

有趣味性！

有了新的科技，能否吸引更多人去公園遊玩呢？

Three ways to design a better park -04 Technology crossover Fitness?

Earlier when gyms are all closed due to COVID19, how did you resist the urge to workout?

A lot of people have turned to outdoor fitness training, bringing their own training equipment to do training at parks, running up and down at stairs or slopes⋯ It would be great for users to develop health management through the technology system. Everyone seems to be very used to using their smartphones or smart watches to monitor their performance, but have you ever thought that the technology level can be further upgraded to boost your fitness training experience and support users' self-care and health management？

In Queen Elizabeth Olympic Park (QEOP), London, the TGO Energy Display Unit (EDU) system harnesses human energy and turns it into usable electricity. It is an interactive display that encourages users of different ages to participate. It is a display for personal exercise records on electronic screens to achieve different health management. In addition, the stored exercise time changes are converted into electricity to provide users with charging equipment.

In Malaysia, Nike has constructed a pop-up arena, "Unlimited Stadium". On the running track, RFID technology is used to track each runner to time their lap time. After the initial lap, an avatar of themselves will appear on the LED screen on the side and run according to your record. The further the faster, technology is used to encourage runners to "compete against" themselves or to participate in intergeneration, making the exercise more interesting!

This technology can also be used to encourage runners to compete with themselves or to participate in intergenerational communion, making sports more interesting!

With the help of technology, can it be a new attraction for people to go to parks?

[04.1]

Queen Elizabeth Olympic Park

科技x體能訓練？
Technology crossover Fitness?

[04.2]

Unlimited Stadium

科技x體能訓練？
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