

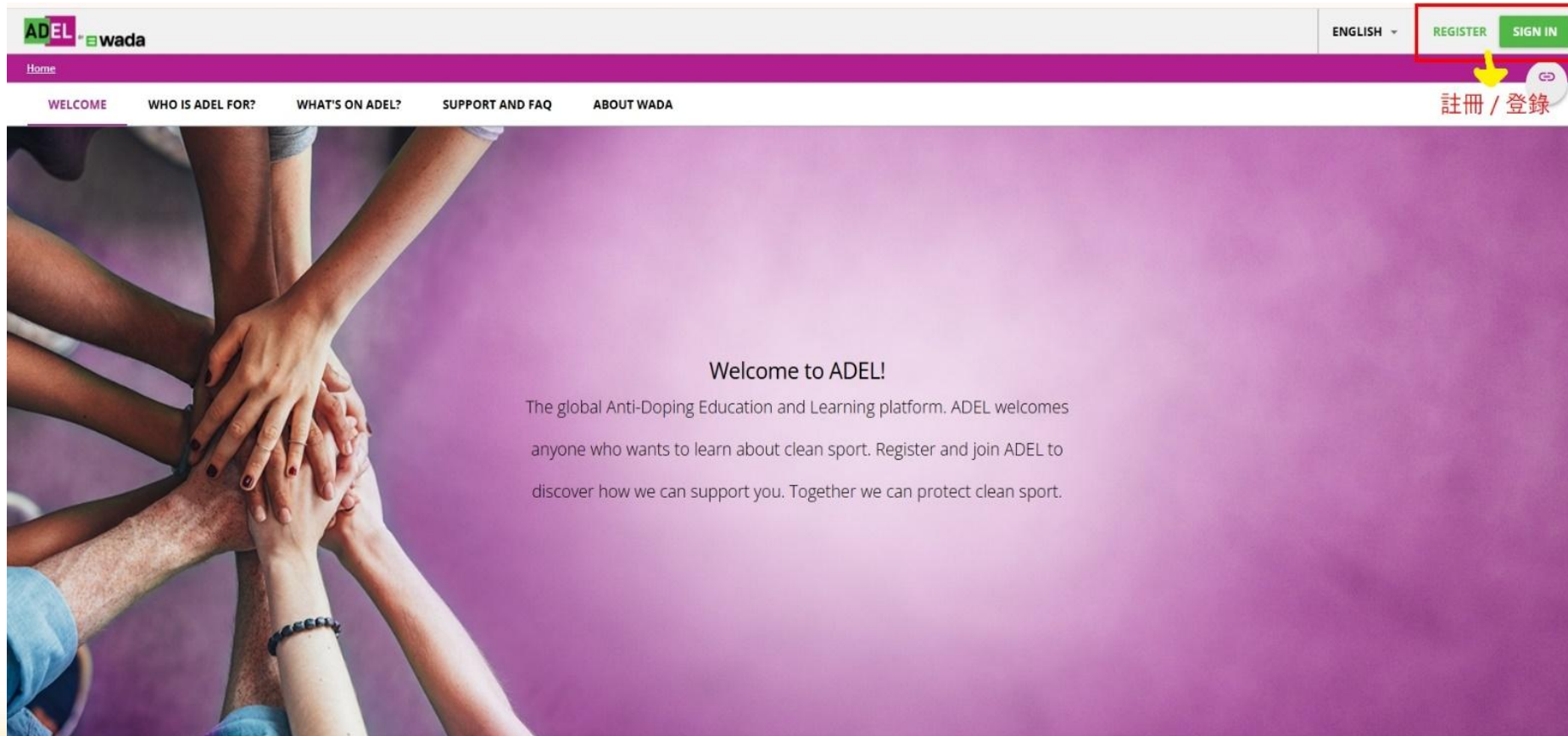
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# ADEL平台操作手冊

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# 步驟一、註冊/登錄

- ADEL平台連結: <https://adel.wada-ama.org/learn/signin>
- 註冊/登錄: 點選右上角 (register: 註冊 / sign in: 登錄)。



- 註冊：
- 1. 新使用者請點選網頁右上「註冊」，進行資料填寫。「身份」下拉選單部份除選手外，尚有教練(coach)、醫療專業人員(medical professionals)等，請依自己身份選取。
- 2. 使用者名稱及姓名部分請以英文填寫（需與護照一致）。
- 3. 密碼至少10位，包含英文及數字，且不能與使用者名稱相同。
- 4. 閱讀完後請勾選隱私政策與使用條款聲明。完成後請按「下一步」。

## Register here 註冊



IMPORTANT: \*The account of athletes under 18 must use a valid parent or guardian's email address. \*\*For access to the CISP resources, please select the role: 05 - Anti-Doping Practitioners

1 User profile 使用者資料

2 Additional fields

Username (required) 使用者名稱

Email (required)

First name (required) 名字

Last name (required) 姓氏

Password (required) 密碼



Retype password (required) 再次確認密碼

Language (required) 語言

Time zone

(GMT +08:00) Asia/Taipei

Role 身份

01 - Athletes

→ 運動員

I read and understood the ADEL Privacy Policy and accept its terms. [View privacy policy](#) (required)

隱私政策

I read and understood the ADEL Terms of Use and accept them. [View terms and conditions](#) (required)

使用條款

使用條款

Already registered? [Sign in](#)

CANCEL

下一步

NEXT

- 請依序填寫第二頁欄位。運動員等級請參照下方文字敘述選取。

## Register here



IMPORTANT: \*The account of athletes under 18 must use a valid parent or guardian's email address. \*\*For access to the CISP resources, please select the role: 05 - Anti-Doping Practitioners

✓ User profile

2 Additional fields

Sport (required) 運動項目



Level in sport (Athlete) (required) 運動員等級

Country (required)

國家



領域/訓練

Discipline 無需填寫

0 / 255

Gender 性別



Age range (required) 年齡層



Course/Resource Language (required) 課程/資料語言

繁體中文/Chinese Traditional



Already registered? [Sign in](#)

PREVIOUS

CANCEL

註冊

REGISTER HERE

International-level athlete (competing internationally - Major Games)

國際級

- 登錄:輸入好使用者名稱(email)及密碼後，點選登錄進入頁面。
- 若忘記登錄資料，請點選「忘記密碼或使用者名稱」。

### Sign in ×

Please insert your username and password to proceed

Username (required) 使用者名稱(email)

❗ Fill in your username

Password (required) (密碼) ⊙

❗ Fill in your password

**SIGN IN (登錄)**

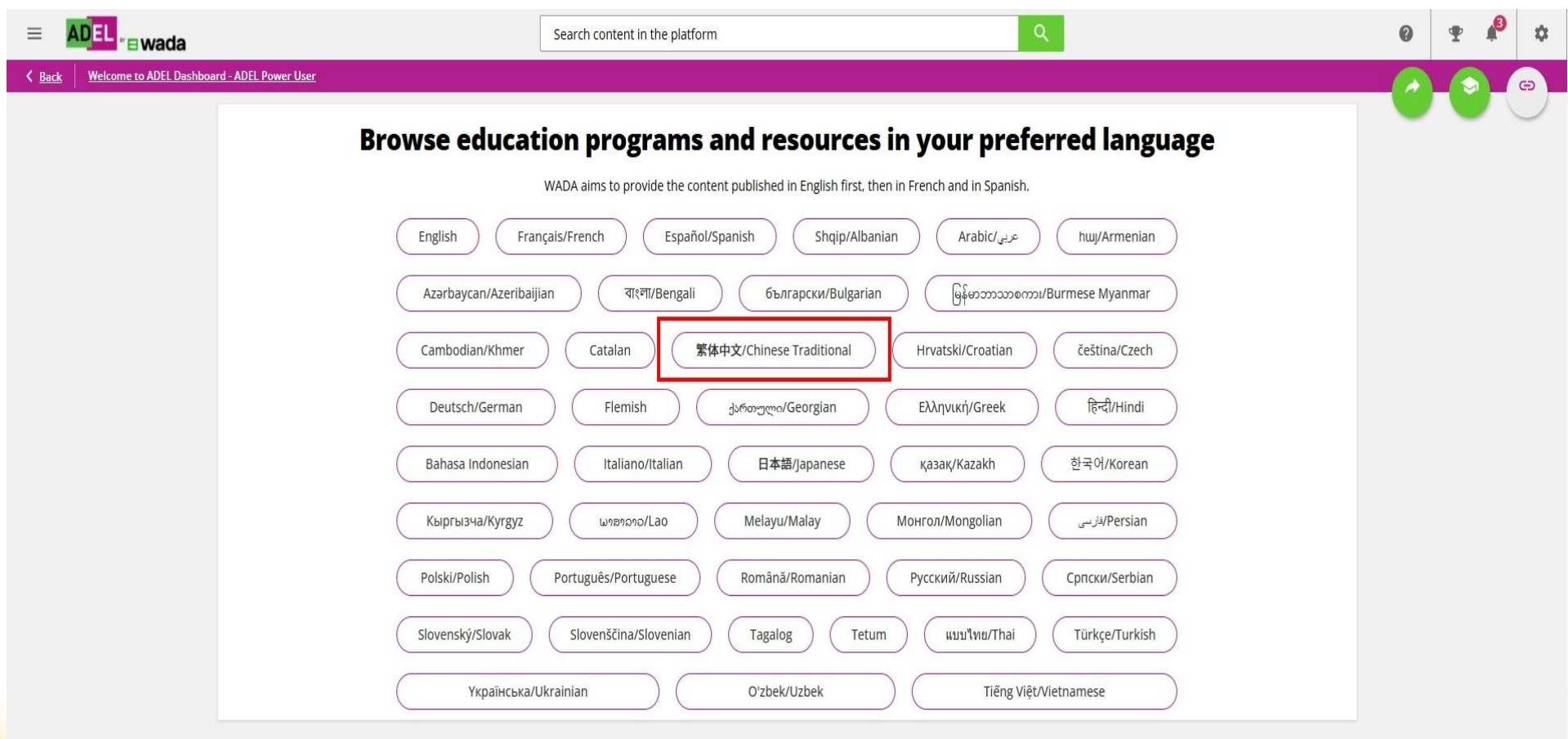
[Forgot your password or username?](#)  
忘記密碼或使用者名稱

**POWER USERS SIGN IN**

New to ADEL? [Register here](#)

## 步驟二、課程選取

- 登入後，頁面拉至最底選取「繁體中文」→進入中文課程頁面後，即可選取想學習的主題。



The screenshot shows the WADA dashboard interface. At the top, there is a search bar with the text "Search content in the platform" and a magnifying glass icon. Below the search bar, the dashboard title "Browse education programs and resources in your preferred language" is displayed. Underneath the title, a message states: "WADA aims to provide the content published in English first, then in French and in Spanish." Below this message, there is a grid of buttons representing various languages. The button for "繁體中文/Chinese Traditional" is highlighted with a red border. Other visible language options include English, Français/French, Español/Spanish, Shqip/Albanian, Arabic/عربي, հայ/Armenian, Azərbaycan/Azerbaijani, বাংলা/Bengali, български/Bulgarian, မြန်မာစာအုပ်/မြန်မာ/Burmese Myanmar, Cambodian/Khmer, Catalan, Hrvatski/Croatian, čeština/Czech, Deutsch/German, Flemish, ქართული/Georgian, Ελληνική/Greek, हिन्दी/Hindi, Bahasa Indonesian, Italiano/Italian, 日本語/Japanese, қазақ/Kazakh, 한국어/Korean, Кыргызча/Kyrgyz, ລາວ/Lao, Melayu/Malay, Монгол/Mongolian, فارسی/Persian, Polski/Polish, Português/Portuguese, Română/Romanian, Русский/Russian, Српски/Serbian, Slovenský/Slovak, Slovenščina/Slovenian, Tagalog, Tetum, ไทย/Thai, Türkçe/Turkish, Українська/Ukrainian, O'zbek/Uzbek, and Tiếng Việt/Vietnamese.







- 參與2026愛知名古屋亞運 **運動員** 請選擇ADEL國際及運動員教育計劃

### Chinese Traditional Catalog / 繁體中文

Contains education programs and courses in Chinese Traditional.

CATEGORIES FILTERS Search... CARDS NEWEST TO OLDEST

6 Items

 優秀運動員參加大型賽事 (繁體中文) (TAME_Chinese_traditional) ★ 5.0 E-learning	 ADEL 高水平教練教育計劃 (COA_Chinese_Traditional)) 2 courses Education Program	 ADEL 國際級運動員教育計劃 (ILA_Traditional Chinese) 2 courses Education Program	 運動員輔助人員指南－《2021年世界運動禁藥管制規範》的重大變革 (繁體中...) ENROLLED ★ 5.0 E-learning	 藥檢登錄名冊(RTP) - 行蹤填報要領 (繁體中文) ENROLLED ★ 5.0 E-learning	 2021年《世界運動禁藥管制規範》重大變更的運動員指南 (繁體中文 / Chinese...) ENROLLED ★ 5.0 E-learning
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- 參與2026愛知名古屋亞運 教練 請選擇ADEL國際及運動員教育計劃

### Chinese Traditional Catalog / 繁體中文

Contains education programs and courses in Chinese Traditional.

CATEGORIES FILTERS Search... CARDS NEWEST TO OLDEST

6 Items

-  **New**  
優秀運動員參加大型賽事 (繁體中文) (TAME\_Chinese traditional)  
★ 5.0  
E-learning
-  **ADEL 高水平教練教育計劃 (COA\_Chinese\_Traditional)**  
2 courses  
Education Program
-  **ADEL 國際級運動員教育計劃 (ILA\_Traditional Chinese)**  
2 courses  
Education Program
-  **Completed**  
運動員輔助人員指南－《2021年世界運動禁藥管制規範》的重大變革 (繁體中...)  
ENROLLED ★ 5.0  
E-learning
-  **Completed**  
藥檢登錄名冊(RTP) - 行蹤填報要領 (繁體中文)  
ENROLLED ★ 5.0  
E-learning
-  **Completed**  
2021年《世界運動禁藥管制規範》重大變更的運動員指南 (繁體中文 / Chinese...)  
ENROLLED ★ 5.0  
E-learning

## 步驟三、開始課程

- 開始課程後，完成的章節會標記打勾(如下圖頁面左邊所示)。
- 每個課程最後皆有測驗，通過分數為80分。

優秀運動員參加大型賽事 (繁體中文) (Chinese traditional)  
優秀運動員參加大型賽事 (繁體中文) (TAME\_Chinese traditional)

Previous lesson Next lesson

### 測驗結果

您的分數 90%

測驗 80%

Download certificate

下載證書

再試一次

100% 完成

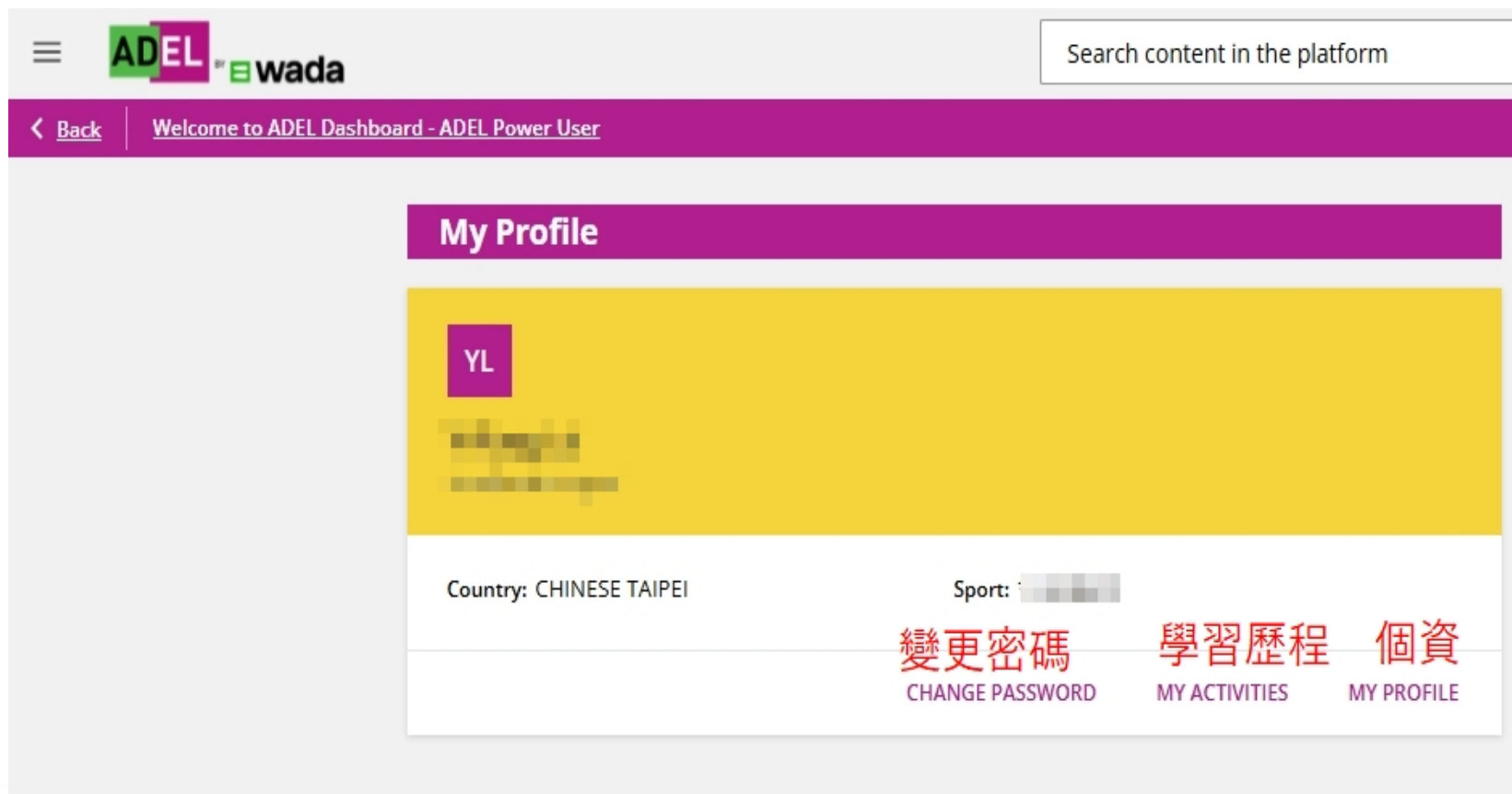
- 歡迎!
- 首先第一件事
- 參與乾淨運動最佳建議
- 大型賽會中的檢測
- 最後的話
- 測驗

- 證書下載：請點選頁面右上方即可下載(如下圖頁面右上框所示)。
- 證書樣式入下圖：



## 其他功能-修正個人資料、密碼、查詢個人學習紀錄

- 如有需修正個人資料，請點選「個資(MY PROFILE)」進行修正。



The screenshot displays the ADEL wada dashboard. At the top left, there is a menu icon and the logo 'ADEL wada'. To the right is a search bar with the text 'Search content in the platform'. Below the search bar is a purple navigation bar with a back arrow and the text 'Welcome to ADEL Dashboard - ADEL Power User'. The main content area features a purple header for 'My Profile'. Below this is a yellow profile card with a purple square containing 'YL' and a blurred profile picture. Underneath the profile card, it shows 'Country: CHINESE TAIPEI' and 'Sport: [blurred]'. At the bottom of the card, there are three navigation options: '變更密碼' (CHANGE PASSWORD), '學習歷程' (MY ACTIVITIES), and '個資' (MY PROFILE), with the latter being highlighted in red.

## 聯絡資訊

### ▶ 中華運動禁藥防制基金會

- 教育宣導組
- 電話: (03)-3273385
- Email: [antidoping@ctada.org.tw](mailto:antidoping@ctada.org.tw)
- 地址: 333325桃園市龜山區文化一路250號 (體育大學圖書館)
- 官網: <https://www.antidoping.org.tw> (Google搜尋**CTADA**)



**真實發揮**  
*Inspecting Health of Sports for Taiwan*