



課 綱 Course Outline
體育與運動科學系碩士在職專班

中文課程名稱 Course Name in Chinese	運動心理學專題研究				
英文課程名稱 Course Name in English	Special Topics in Sports Psychology				
科目代碼 Course Code	PE_5270Z	班 別 Degree	碩專班 Master's program		
修別 Type	選修 Elective	學分數 Credit(s)	2.0	時 數 Hour(s)	2.0
先修課程 Prerequisite					
課程目標 Course Objectives					
了解運動心理學之理論模式 了解心理技能應用與操作					
系教育目標 Dept.'s Education Objectives					
1	培養跨學科人才兼具運動自然科學與人文科學的體育師資。 Cultivate interdisciplinary talented teachers with ability of both movement of sports sciences and humanities.				
2	培育同時具有學理與實務能力之師資。 Cultivate teachers with both theoretical and practical teaching abilities.				
3	以學術研究能力為基礎，增進教師教學能力。 Based on academic research capacity, enhance teachers' teaching ability.				
系專業能力 Basic Learning Outcomes				課程目標與系專業能力相關性 Correlation between Course Objectives and Dept.'s Education Objectives	
A	具備跨領域之教學專業能力及發展運動自然科學與人文科學之能力。 Have the ability of teaching interdisciplinary expertise and Movement of sports sciences and humanities.				
B	培養運動自然科學與人文科學的體育專業人才。 Bring up talented person with sports specialized and Movement of sports sciences and humanities.				
C	培育同時具有運動學理與體育實務能力之人才。 Cultivate both talent management and sports practices kinematic ability.				
圖示說明 Illustration : ● 高度相關 Highly correlated ○ 中度相關 Moderately correlated					

課程大綱
Course Outline

1. 課程大綱與運動心理歷史與起源介紹
2. 動機、覺醒水準、壓力管理以及正念訓練之應用
3. 教練選手關係、目標設定與專注練習之應用
4. 自信心、意象訓練、依附型態之應用
5. 團隊凝聚力、領導行為之應用

資源需求評估（師資專長之聘任、儀器設備的配合．．．等）
Resources Required (e.g. qualifications and expertise, instrument and equipment, etc.)

課程要求和教學方式之建議
Course Requirements and Suggested Teaching Methods

其他
Miscellaneous