



課 綱 Course Outline

體育與運動科學系學士班

中文課程名稱 Course Name in Chinese	健康行為科學				
英文課程名稱 Course Name in English	Psychology of Health Behavior				
科目代碼 Course Code	PE__23010	班 別 Degree	學士班 Bachelor' s		
修別 Type	學程 Program	學分數 Credit(s)	2.0	時 數 Hour(s)	2.0
先修課程 Prerequisite					
課程目標 Course Objectives					
1. 透過心理學領域建立良好的健康習慣。 2. 學生能夠了解健康心理與運動行為。 3. 學生能夠了解飲食與健康。 4. 學生能夠了解如何釋放壓力獲得心理健康。 5. 學生能夠了解非健康行為以及因應策略					
系教育目標 Dept.'s Education Objectives					
1	培養兼具人文與科學素養的優質體育師資。 To cultivate high-quality physical education teachers with both humanistic and scientific literacy.				
2	培養專業化之運動科研人才。 To cultivate specialized professionals in sports science research.				
3	培養運動與健康促進之專業人才。 To cultivate professionals in sports and health promotion.				
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	具備體育教學的專業知識與能力。 To possess professional knowledge and competencies in physical education teaching.				
B	具備運動技能示範與指導的專業知識與能力。 To possess professional knowledge and competencies in demonstrating and instructing sports skills.v				

C	具備健康體適能、運動處方及運動傷害處置的專業知能。 To possess professional knowledge in health-related physical fitness, exercise prescription, and sports injury management.	
D	具備運動科學研究的理論知識。 To possess theoretical knowledge in sports science research.	
E	具備專項運動訓練的知識與實務經驗。 To possess knowledge and practical experience in specialized sports training.	
F	具備體育行政與運動管理的能力。 To possess competencies in physical education administration and sports management.	
G	具備休閒運動規劃與行銷的能力。 To possess competencies in recreational sports planning and marketing.	

圖示說明 Illustration : ● 高度相關 Highly correlated ○ 中度相關 Moderately correlated

課程大綱
Course Outline

1. 飲食與健康
2. 肥胖與體重控制
3. 個人與健康行為
4. 學習模式與健康行為
5. 菸草與抽煙
6. 運動與活動

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.)

教室及視聽設備

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

1. 請準時出席(遲到五分鐘記遲到一次，二次遲到記曠課一次)
2. 請依規定時間繳交作業

其他
Miscellaneous