



## 課 綱 Course Outline

### 師資培育中心中等教育

|                                                                                                                                            |                                                                                                                           |                  |                    |                                                                                                   |     |
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| 中文課程名稱<br>Course Name in Chinese                                                                                                           | 中等健康與體育領域體育專長教材教法2                                                                                                        |                  |                    |                                                                                                   |     |
| 英文課程名稱<br>Course Name in English                                                                                                           | Instructional Materials and Methods of Physical Education for Health and Physical Education Area in Secondary School 2    |                  |                    |                                                                                                   |     |
| 科目代碼<br>Course Code                                                                                                                        | EP__22240                                                                                                                 | 班 別<br>Degree    | 學士班<br>Bachelor' s |                                                                                                   |     |
| 修別<br>Type                                                                                                                                 | 必修<br>Required                                                                                                            | 學分數<br>Credit(s) | 1.0                | 時 數<br>Hour(s)                                                                                    | 1.0 |
| 先修課程<br>Prerequisite                                                                                                                       |                                                                                                                           |                  |                    |                                                                                                   |     |
| 課程目標<br>Course Objectives                                                                                                                  |                                                                                                                           |                  |                    |                                                                                                   |     |
| 本課程將依據12年國教素養導向之精神，限定具健康與體育課程之先備知能者修習，以培育健體領域教學能力與專業倫理的儲備師資；透過課程設計與實踐，規劃適合中等階段學生身體發展與健康知能之適切課程與多元評量方案，營造正向學習環境，並協助修課學生如何在教學過程中，提升適性輔導的實踐力。 |                                                                                                                           |                  |                    |                                                                                                   |     |
| 師培中心教育目標<br>Education Objectives                                                                                                           |                                                                                                                           |                  |                    |                                                                                                   |     |
| 1                                                                                                                                          | 培育優質專業師資。<br>Training quality and professional teachers                                                                   |                  |                    |                                                                                                   |     |
| 2                                                                                                                                          | 培育多元視野師資。<br>Training multiple vision teachers                                                                            |                  |                    |                                                                                                   |     |
| 3                                                                                                                                          | 培育關懷弱勢師資<br>Training teachers care disadvantaged minority                                                                 |                  |                    |                                                                                                   |     |
| 4                                                                                                                                          | 培育終身學習師資。<br>Training teachers do lifetime learning                                                                       |                  |                    |                                                                                                   |     |
| 核心能力<br>Basic Learning Outcomes                                                                                                            |                                                                                                                           |                  |                    | 課程目標與核心能力<br>相關性<br>Correlation<br>between Course<br>Objectives and<br>Basic Learning<br>Outcomes |     |
| A                                                                                                                                          | 具備關懷與熱忱教育理念與實務應用的素養<br>Students embrace concepts of caring and enthusiastic educational which they can apply in practice. |                  |                    |                                                                                                   |     |
| B                                                                                                                                          | 具備發展學習者需求課程及多元適性評量的素養<br>Students can develop curricula and multiple adaptive assessment types to meet learners' needs.   |                  |                    |                                                                                                   | ●   |

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| C | 具備建立正向學習與適性輔導的素養<br>Students are able to establish positive learning and engage in adaptive counseling.                                     | ● |
| D | 具備並認同實踐教師專業倫理的素養<br>Students can both recognize and practice teacher professional ethics.                                                   |   |
| E | 具備科技創新、跨域視野、社會責任、終身學習的素養<br>Students engage in technological innovation, interdisciplinarity, social responsibility, and lifelong learning. | ● |

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

課程大綱  
Course Outline

- 一、以素養導向之指標為核心，在課程中融入各類相關議題，協助師資生養成掌握社會脈動之敏銳度，並建構自身的教育理念與價值觀。
- 二、協助師資生了解並尊重中等階段學生的身心發展與學習需求。
- 三、培養師資生對中等階段學生，在健體領域的課程規劃、教學與多元評量之能力，並深化自身的技能示範能力。
- 四、養成師資生對教師專業倫理之實踐力，並能為中等階段學生規畫正向學習環境與提供適性輔導。

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.)

1. 教學教室
2. 教學視聽設備
3. 採專科知識教師與教材教法教師協同教學方式

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

1. 教案編寫練習
2. 單元教學活動設計與教具設計練習
3. 教學心得討論

其他  
Miscellaneous