



課 綱 Course Outline
通識教育中心學士班

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| 中文課程名稱 Course Name in Chinese | 體育(三)_阻力訓練 | | | | |
| 英文課程名稱 Course Name in English | physical education of Resistance Training | | | | |
| 科目代碼 Course Code | YY_13100 | 班 別 Degree | 學士班 Bachelor' s | | |
| 修別 Type | 必修 Required | 學分數 Credit(s) | 1.0 | 時 數 Hour(s) | 2.0 |
| 先修課程 Prerequisite | 無 | | | | |
| 課程目標 Course Objectives | | | | | |
| <ol style="list-style-type: none"> 1. 認識骨骼肌肉系統的動作原理與動作分析 2. 學會使用校內現有阻力訓練器材與超過50項訓練動作 3. 懂得阻力訓練基本原理與計畫元素、進一步能夠自我訓練 4. 搭配飲食與恢復之安排，提升生理組成與功能之訓練效果 | | | | | |
| (校)教育目標 Objectives of General Education | | | | | |
| 1 | 在地關懷與全球視野 Develop domestic and global perspectives | | | | |
| 2 | 人文素養與科學知識 Achieve humanistic values and scientific literacy | | | | |
| 3 | 全人健康與永續創新 Holistic Wellness and Sustainable Innovation | | | | |
| (校)核心能力 Learning Outcomes | | | | 課程目標與校核心能力相關性 Correlation between Course Objectives and Basic Learning Outcomes | |
| A | 自主學習與創新思考 Autonomous Learning and Creative Thinking | | | | ● |
| B | 康健身心 Physical Fitness and Mental Balance | | | | ● |
| C | 互動、溝通與解決問題 Interactive Communication and Problem Solving | | | | ○ |
| D | 情藝美感 Artistic Feeling and Aesthetic Perception | | | | |

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| E | 文化素養與尊重差異 Cultural Literacy and Respect for Differences | ○ |
| F | 在地關懷與公民責任 Local Commitment and Civic Responsibility | |
| 圖示說明Illustration：● 高度相關 Highly correlated ○ 中度相關 Moderately correlated | | |
| 課程大綱 Course Outline | | |
| 1. | 骨骼、肌肉與關節之解剖學基礎與關節動作分析簡介 | |
| 2. | 阻力訓練基本原理與訓練動作教學 | |
| 3. | 訓練計畫擬定與營養學基礎理 | |
| 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.) | | |
| 各種阻力訓練器材與適當場地、演講教學之教 | | |
| 課程要求和教學方式之建議 Course Requirements and Suggested Teaching Methods | | |
| 講解、示範、操作演練 | | |
| 其他 Miscellaneous | | |
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