



課 綱 Course Outline  
通識教育中心學士班

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|--|--|------------------|-------------------|--|-----|
| 中文課程名稱<br>Course Name in Chinese   | 體育(四)_太極拳  |                  |                   |  |     |
| 英文課程名稱<br>Course Name in English   | physical education of Tai-chi gun                              |                  |                   |  |     |
| 科目代碼<br>Course Code  | YY_48900   | 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)   | 2.0 |
| 先修課程<br>Prerequisite   | 無  |                  |                   |  |     |
| 課程目標<br>Course Objectives  |  |                  |                   |  |     |
| 循序漸進地教導太極拳步法、手法與太極心法。以套路演練為主，同時配合推手練習，練習聽勁、化勁、懂勁的互動式拳理；進而透過身體實際運動體會感受東方體育之精神與奧趣。 |  |                  |                   |  |     |
| (校)教育目標<br>Objectives of General Education                                       |  |                  |                   |  |     |
| 1  | 在地關懷與全球視野<br>Develop domestic and global perspectives          |                  |                   |  |     |
| 2  | 人文素養與科學知識<br>Achieve humanistic values and scientific literacy |                  |                   |  |     |
| 3  | 全人健康與永續創新<br>Holistic Wellness and Sustainable Innovation      |                  |                   |  |     |
| (校)核心能力<br>Learning Outcomes   |  |                  |                   | 課程目標與校核心能力相關性<br>Correlation between Course Objectives and Basic Learning Outcomes |     |
| A  | 自主學習與創新思考<br>Autonomous Learning and Creative Thinking         |                  |                   |  | ●   |
| B  | 康健身心<br>Physical Fitness and Mental Balance                    |                  |                   |  | ●   |
| C  | 互動、溝通與解決問題<br>Interactive Communication and Problem Solving    |                  |                   |  | ●   |
| D  | 情藝美感<br>Artistic Feeling and Aesthetic Perception              |                  |                   |  |     |
| E  | 文化素養與尊重差異<br>Cultural Literacy and Respect for Differences     |                  |                   |  | ○   |

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| F   | 在地關懷與公民責任<br>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<br>Course Outline  |  |  |
| 太極拳暖身操、五步功法、24式與42式太極   |  |  |
| 資源需求評估（師資專長之聘任、儀器設備的配合．．．等）<br>Resources Required (e.g. qualifications and expertise, instrument and equipment, etc.) |  |  |
| 坐墊、司令台半室外場地   |  |  |
| 課程要求和教學方式之建議<br>Course Requirements and Suggested Teaching Methods  |  |  |
| 講解、示範、跟隨、練習、分段練習、分組練習、對練、觀摩、矯正  |  |  |
| 其他<br>Miscellaneous   |  |  |
| 需穿著輕便之服裝  |  |  |