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## ②国玄東華大學

## 課 網 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	肌力與體能訓練專題研究					
英文課程名稱 Course Name in English	ourse Name in Special Topics in Muscle Strength and Fitness Training					
科目代碼 Course Code	PE5489Z	班 別 Degree	Masto	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						
一、介紹基礎人體解剖與生理學概念 二、討論不同肌力訓練的模式與設計 三、結合基礎生理的理論與應用實務,提供安全有效的訓練技巧。 四、研讀肌力與體能相關的研究與報告,了解最新的研究趨勢與資訊。 系教育目標						
Dept.'s Education Objectives						
培養兼具運動自然科學與人文社會之人才。  To cultivate talents with expertise in both the natural sciences of sports and the humanities and social sciences.						
培育兼具學理與實務能力之運動科學人才。 2 To cultivate sports science professionals with both theoretical knowledge and practical skills.						
以學術能力為基礎,增進體育教師之專業成長。 3 To enhance the professional development of physical education teachers based on academic competence.						
系 專業能力					課程目標與系專業能 力相關性 Correlation between Course	
Basic Learning Outcomes					es and Education es	
具備運動自然科學與人文社會科學之學術研究能力。 A To possess academic research capabilities in both the natural sciences of sports and the humanities and social sciences.				•		
具備體育運動專業領域之實踐能力。 B To possess practical capabilities in the professional field of physical education and sports.				0		

	具備運動學理與體育實務應用之能力。				
C	To possess the ability to apply sports theory and physical education practices.	•			
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D	具備體育教學專業能力。   To possess professional competencies in physical education				
ν	To possess professional competencies in physical education teaching.				
<b>同</b>	<u> </u>				
圖示說明Illustration : ● 高度相關 Highly correlated ○中度相關 Moderately correlated					
課程大綱					
Course Outline					
A. 肌肉構造、生物力學與能量代謝					
B. A	B. 機械式與自由重量器材介紹與動作分析				
C. 19	C. 阻力運動的內分泌反應、無氧與有氧訓練計畫的適應				
D. 1	D. 健康與運動營養、最大化運動表現的營養策略與增補劑				
E. 增強式訓練設計與計巧					
F. 阻力訓練設計與規劃					
G. 肌力與體能文獻導讀					
	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					