



課 綱 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	運動訓練理論與實務專題研究									
英文課程名稱 Course Name in English	Scientific Principle of Conditioning									
科目代碼 Course Code	PE_5481Z	班 別 Degree	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										
1. 了解運動訓練科學相關基礎理論。 2. 能以運動訓練科學知識(跨領域學科)應用於運動訓練指導。 3. 具備現代運動訓練科學觀，進而建立正確的指導要領。										
系教育目標 Dept.'s Education Objectives										
1	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.									
2	培育兼具學理與實務能力之運動科學人才。 To cultivate sports science professionals with both theoretical knowledge and practical skills.									
3	以學術能力為基礎，增進體育教師之專業成長。 To enhance the professional development of physical education teachers based on academic competence.									
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	具備運動自然科學與人文社會科學之學術研究能力。 To possess academic research capabilities in both the natural sciences of sports and the humanities and social sciences.					<input type="radio"/>				
B	具備體育運動專業領域之實踐能力。 To possess practical capabilities in the professional field of physical education and sports.					<input checked="" type="radio"/>				

C	具備運動學理與體育實務應用之能力。 To possess the ability to apply sports theory and physical education practices.	●
D	具備體育教學專業能力。 To possess professional competencies in physical education teaching.	
圖示說明 Illustration : ● 高度相關 Highly correlated ○中度相關 Moderately correlated		
課程大綱 Course Outline		
1. 運動訓練指導法的範圍 2. 現代運動訓練法的趨勢 3. 運動訓練指導的內容與方法 4. 運動技術指導與案例分析		
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		