



課 綱 Course Outline

縱谷跨域書院學士學位學程學士班

中文課程名稱 Course Name in Chinese	茶道生活與太極拳法				
英文課程名稱 Course Name in English	Tea Life and Taichi Method				
科目代碼 Course Code	RVIS20150	班 別 Degree	學士班 Bachelor's		
修別 Type	學程 Program	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. 藉由茶道，培養五感品味、提升生活美感。 2. 藉由太極拳，鍛鍊健全的身心體魄。 3. 藉由茶道與太極拳的學習，體驗陰陽動靜、虛實相生的哲學思想，並培養動靜皆宜的性格特質。					
系教育目標 Dept.'s Education Objectives					
1	靈敏探索的智識：保有思維的靈活與自由，培養豐厚的學理素養。 Intellectual knowledge of sensitive exploration: to keep the flexibility and freedom of thinking, cultivate rich academic literacy.				
2	客觀同理的情感：保有視野的遼闊與深刻，培養利他的公民責任。 Objective and empathic emotion: to keep the breadth and depth of vision, cultivate altruistic civic responsibility.				
3	堅若磐石的企圖：保有態度的誠摯與積極，培養永續的生涯目標。 Be firm as a rock: to keep a sincere and positive attitude, cultivate a sustainable career goal.				
4	自強不息的鬥志：保有人格的獨特與完整，培養創新的社會實踐。 Ceaseless effort of self-improvement: keep the uniqueness and integrity of personality, cultivate innovative social practice.				
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	放心：具備內在省察的心靈體驗 Seek for the Self: spiritual experiences with internal inspection				○

B	博學：具備跨域視野的教育理念 Study Extensively: one' s own educational philosophy with a cross domain perspective	○
C	審問：具備嚴謹研討的問學精神 Enquire Prudently: learning spirit with rigorous discussion	●
D	慎思：具備獨立思考的論證素養 Reflect Carefully: demonstration literacy based on independent thinking	
E	明辨：具備辨別真相的專業知識 Discriminate Clearly: expertise which can identify the truth	
F	篤行：具備社會實踐的生命熱忱 Practice Earnestly: social practice from great enthusiasm for life	

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

課程大綱
Course Outline

1. 認識茶文化
2. 學習茶葉相關知識
3. 學習泡茶的技法
4. 茶席美感表現
5. 茶會主題設計
6. 認識傳統武術之內家拳
7. 腿法與樁法訓練
8. 楊太極拳
9. 內修八卦掌
10. 昆吾劍術

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. 中式泡茶器具、煮水器具、茶桌椅與周邊配備。（三人一組為佳，一組最多以四人為限。）
2. 木劍（一人一把。）
3. 拳法教學需有開闊空間。

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

理論講授配合茶道與拳法、劍術實際演練進行。

其他
Miscellaneous