



## 課 綱 Course Outline

## 體育與運動科學系碩士班

|   |   |                  |                 |   |                                  |  |  |  |  |  |
|---|---|------------------|-----------------|---|----------------------------------|--|--|--|--|--|
| 中文課程名稱<br>Course Name in Chinese        | 運動訓練理論與實務專題研究   |                  |                 |   |                                  |  |  |  |  |  |
| 英文課程名稱<br>Course Name in English        | Scientific Principle of Conditioning  |                  |                 |   |                                  |  |  |  |  |  |
| 科目代碼<br>Course Code                     | PE_54700  | 班 別<br>Degree    | 碩士班<br>Master's |   |                                  |  |  |  |  |  |
| 修別<br>Type                              | 選修<br>Elective  | 學分數<br>Credit(s) | 3.0             | 時 數<br>Hour(s)  | 3.0                              |  |  |  |  |  |
| 先修課程<br>Prerequisite                    |   |                  |                 |   |                                  |  |  |  |  |  |
| 課程目標<br>Course Objectives               |   |                  |                 |   |                                  |  |  |  |  |  |
| (一) 瞭解運動訓練之專業知識與技術<br>(二) 熟悉運動訓練介入研究之撰寫 |   |                  |                 |   |                                  |  |  |  |  |  |
| 系教育目標<br>Dept.'s Education Objectives   |   |                  |                 |   |                                  |  |  |  |  |  |
| 1                                       | 培育學、術科的體育運動研究人才。<br>To cultivate research talents in academic and practical disciplines of physical education and sports.       |                  |                 |   |                                  |  |  |  |  |  |
| 2                                       | 催生更多優質人才參與體育運動研究。<br>To foster the emergence of more high-quality talents in sports research.                                   |                  |                 |   |                                  |  |  |  |  |  |
| 3                                       | 提供運動教育與體育研究良好的師資。<br>To provide excellent faculty for sports education and physical education research.                         |                  |                 |   |                                  |  |  |  |  |  |
| 4                                       | 以在地關懷及國際化視野為基礎，創造體育運動學術之貢獻。<br>To contribute to the academic field of sports through local engagement and a global perspective. |                  |                 |   |                                  |  |  |  |  |  |
| 系專業能力<br>Basic Learning Outcomes        |   |                  |                 | 課程目標與系專業能力相關性<br>Correlation between Course Objectives and Dept.'s Education Objectives |                                  |  |  |  |  |  |
| A                                       | 具備專業領域之學術研究能力。<br>To possess academic research capabilities in specialized fields.  |                  |                 |   | <input type="radio"/>            |  |  |  |  |  |
| B                                       | 具備學術知能及實務研究之能力。<br>To possess both academic knowledge and practical research capabilities.                                      |                  |                 |   | <input checked="" type="radio"/> |  |  |  |  |  |

|   |  |                       |
|---|--|-----------------------|
| C | 具備體育運動研究發展之能力。<br>To possess the capability for research and development in physical education and sports. | <input type="radio"/> |
| D | 具備體育本土化及國際化之視野。<br>To possess a localized and globalized perspective in physical education.                | <input type="radio"/> |

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

課程大綱  
Course Outline

透過教師講授的方式帶領學生瞭解運動心理訓練之理論與實務介入。並讓學生透過文獻閱讀與研究計畫撰寫，熟悉運動訓練的實驗設計與研究架構。使學生能在實務與研究上皆能有所學習。

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