



課 綱 Course Outline  
通識教育中心學士班

中文課程名稱 Course Name in Chinese	體育(三)_獨木舟				
英文課程名稱 Course Name in English	Physiacle Education of Basic Sea Kayaking				
科目代碼 Course Code	YY_12200	班 別 Degree	學士班 Bachelor's		
修別 Type	必修 Required	學分數 Credit(s)	1.0	時 數 Hour(s)	2.0
先修課程 Prerequisite	無				
課程目標 Course Objectives					
<p>This course is designed to introduce students to the basics of sea kayak. Students will learn the basics of boat design, basic paddling skills and safety considerations for paddling on salt water environments. Maintaining a reasonable level of physical fitness and enthusiasm for the outdoors is essential. The course will end with a weekend paddling trip. Due to the length of time to prepare and transport kayaks, the class will meet every two weeks for 4 hours and toward the end of the semester, only once a month due to having to go to Liyu lake and the ocean</p>					
(校)教育目標 Objectives of General Education					
1	在地關懷與全球視野 Develop domestic and global perspectives				
2	人文素養與科學知識 Achieve humanistic values and scientific literacy				
3	全人健康與永續創新 Holistic Wellness and Sustainable Innovation				
(校)核心能力 Learning Outcomes				課程目標與校核心能力相關性 Correlation between Course Objectives and Basic Learning Outcomes	
A	自主學習與創新思考 Autonomous Learning and Creative Thinking				●

B	康健身心 Physical Fitness and Mental Balance	●
C	互動、溝通與解決問題 Interactive Communication and Problem Solving	○
D	情藝美感 Artistic Feeling and Aesthetic Perception	○
E	文化素養與尊重差異 Cultural Literacy and Respect for Differences	○
F	在地關懷與公民責任 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  
Course Outline

1. 認識、熟悉及操作海洋獨木舟及其配件。
2. 獨木舟內部裝填要領。
2. 海上安全。
3. 海上救援（救援技巧 - 含脫困自救/上船技巧、單艇/多艇救援）。
4. 戶外活動的風險評估判斷與管理。
5. 基礎戶外急救課程。
6. LNT (Leave No Trace) 不留痕跡的理念與原則。

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.)

海洋獨木舟及其相關配件

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

無

其他  
Miscellaneous