



課 綱 Course Outline
體育與運動科學系學士班

中文課程名稱 Course Name in Chinese	運動指導法				
英文課程名稱 Course Name in English	Athletic Training and Instruction Methods				
科目代碼 Course Code	PE__31600	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					
一、增進專業知識與技術 二、能瞭解運動訓練技能學習要領及教學步驟，並建立正確的指導觀念					
系教育目標 Dept.' s Education Objectives					
1	培養兼具人文與科學素養的優質體育師資。 To cultivate high-quality physical education teachers with both humanistic and scientific literacy.				
2	培養專業化之運動科研人才。 To cultivate specialized professionals in sports science research.				
3	培養運動與健康促進之專業人才。 To cultivate professionals in sports and health promotion.				
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	具備體育教學的專業知識與能力。 To possess professional knowledge and competencies in physical education teaching.			●	
B	具備運動技能示範與指導的專業知識與能力。 To possess professional knowledge and competencies in demonstrating and instructing sports skills.v			●	
C	具備健康體適能、運動處方及運動傷害處置的專業知能。 To possess professional knowledge in health-related physical fitness, exercise prescription, and sports injury management.			●	

D	具備運動科學研究的理論知識。 To possess theoretical knowledge in sports science research.	●
E	具備專項運動訓練的知識與實務經驗。 To possess knowledge and practical experience in specialized sports training.	●
F	具備體育行政與運動管理的能力。 To possess competencies in physical education administration and sports management.	○
G	具備休閒運動規劃與行銷的能力。 To possess competencies in recreational sports planning and marketing.	○

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

課程大綱
Course Outline

- 一、增進專業知識與技術
- 二、能瞭解運動訓練技能學習要領及教學步驟，並建立正確的指導觀念

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

- (一) 動作示範、講解
- (二) 個別指導
- (三) 器材操作

※學期成績計算方式
(一) 期末報告佔60%
(二) 筆試佔40%
(三) 出缺席 (一次不到，扣總分三分；三次不到扣考)

其他
Miscellaneous