



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	民俗體育				
英文課程名稱 Course Name in English	Folk Sports				
科目代碼 Course Code	PE__32500	班 別 Degree	學士班 Bachelor' s		
修別 Type	學程 Program	學分數 Credit(s)	1.0	時 數 Hour(s)	2.0
先修課程 Prerequisite					
課程目標 Course Objectives					
1、瞭解遊戲的本質與意義 2、認識遊戲的範圍與內容 3、建立組織遊戲活動的能力與技巧 4、增進學習者獨立思考及靈活應用身體的能					
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

本課程主要包含兩個面向：

- (一) 遊戲相關理論概念與現象
- (二) 創造性遊戲活動的實作。

從遊戲的價值體系切入，進一步習得遊戲活動實作與規劃的概念與技巧，藉此提升對遊戲活動的認知與實作能力

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