



課 綱 Course Outline  
體育與運動科學系碩士班

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| 中文課程名稱<br>Course Name in Chinese                             | 運動教練心理學研究  |                  |                  |  |     |
| 英文課程名稱<br>Course Name in English                             | Psychology of Coaching Sports  |                  |                  |  |     |
| 科目代碼<br>Course Code  | PE__5466Z  | 班 別<br>Degree    | 碩士班<br>Master' s |  |     |
| 修別<br>Type   | 選修<br>Elective   | 學分數<br>Credit(s) | 2.0              | 時 數<br>Hour(s)   | 2.0 |
| 先修課程<br>Prerequisite   |  |                  |                  |  |     |
| 課程目標<br>Course Objectives                                    |  |                  |                  |  |     |
| 1. 教練須具備基本條件。<br>2. 探討教練領導行為與選手間互動關係。<br>3. 協助教練瞭解競技運動的心理面向。 |  |                  |                  |  |     |
| 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>Foster science, technical subjects' research talented person in sports.                                      |                  |                  |  |     |
| 2  | 催生更多優質人才參與體育運動研究。<br>Generate more qualified people to participate in sports studies.  |                  |                  |  |     |
| 3  | 提供運動教育與體育研究良好的師資。<br>Provide sports and physical education studies good teachers.  |                  |                  |  |     |
| 4  | 以本土化之基礎及國際化之視野為學術界提供貢獻。<br>Provide foundation of localization and international vision as contribution to the academic community |                  |                  |  |     |
| 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  | 具備體育運動研究發展及跨領域之學術研究能力。<br>Have the ability of academic research capacity and sports science research.                            |                  |                  |  |     |
| B  | 具備學術知能及實務研究之能力。<br>Have the ability of academic knowledge and practical research.  |                  |                  |  |     |
| C  | 具備擁有體育運動教育教學能力。<br>Have the ability of sports teaching ability.  |                  |                  |  |     |

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| D   | 具備體育本土化及國際化之視野。<br>Have internationalization vision and sport localization. |  |
| 圖示說明Illustration：● 高度相關 Highly correlated ○ 中度相關 Moderately correlated  |   |  |
| 課程大綱<br>Course Outline  |   |  |
| 1. 瞭解教練須具備的能力<br>2. 瞭解教練與選手間互動關係<br>3. 如何有效指導並協助運動員提升競技實力與表現<br>4. 如何協助運動員生涯規劃與發展<br>5. 校外實際教學                        |   |  |
| 資源需求評估（師資專長之聘任、儀器設備的配合．．．等）<br>Resources Required (e.g. qualifications and expertise, instrument and equipment, etc.) |   |  |
| 課程要求和教學方式之建議<br>Course Requirements and Suggested Teaching Methods  |   |  |
| 其他<br>Miscellaneous   |   |  |
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