



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	智慧實踐健康運動與飲食				
英文課程名稱 Course Name in English	Intelligent practice of healthy exercise and diet				
科目代碼 Course Code	PE__32550	班 別 Degree	學士班 Bachelor' s		
修別 Type	學程 Program	學分數 Credit(s)	3.0	時 數 Hour(s)	3.0
先修課程 Prerequisite					
課程目標 Course Objectives					
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		
本課程屬於智慧學程的健康促進核心課程，學習後能獲得具體、可行、有客觀回饋機制的運動和飲食實踐策略，並達到部分改善現況的成效。課堂學習包括專業知識和釐清問題，使用訓練及監控技術了解身心回饋與反應，例如穿戴裝置、智慧型手機APP協助運動與飲食管理，制定短、中程目標並定期檢核調整。課程當中結合當前最新健康運動與飲食議題，並邀請業師參與課程講授與討論。		
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		