



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	體適能與全人健康				
英文課程名稱 Course Name in English	Fitness and Healthy Life				
科目代碼 Course Code	PE_23200	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					

介紹運動指導前必要的所有程序，包括健康評價與運動猝死風險評估、冠心病危險因子及風險分層觀念、給健康人群的體適能檢測與解釋，及運動處方原理和特殊考量。學習本課程可具備教育部國民體能指導員初級與中級學科背景知識，對於實務應用是非常重要的基礎。

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.	<input type="radio"/>
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.	<input type="radio"/>

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

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