



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	體適能與運動處方				
英文課程名稱 Course Name in English	Fitness and Exercise Prescription				
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。 Bring up high-quality physical education teachers with both humanities and science literacy.				
2	培養專業化之運動科研人才。 Bring up personnel specialized sports science talents				
3	培養運動與健康促進之專業人才。 Bring up professional talented person with sport health and advance				
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、運動技能指導及實務專項運動訓練的專業知識與能力 Have physical education, sports skills instruction and practice specific sports training expertise and capabilities.				
B	具備體育行政、運動及活動規劃管理的能力。 Have the administrative capacity planning and management of sports and sports activities.				
C	具備運動科學研究的理論知識 Have theoretical knowledge of sports science.				

D	具備健康體適能、運動處方及運動傷害處置的專業知能。 Have health-related fitness, exercise prescription and sports injury professional knowledge disposal skills.	
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		