Please consult Intellectual Property Rights before making a photocopy. Please use the textbook of copyrighted edition.

②图玄束牵大學

課 網 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		PE23200	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	拉姜酒動的健康促准之重要人士。						
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 To possess profe education teachi	ssional knowledge and	competencies	s in physical		0	
В	To possess profe	與指導的專業知識與能力 ssional knowledge and d instructing sports	competencies	s in		0	

С	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.	0					
Е	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.	O					
	具備體育行政與運動管理的能力。						
F	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							