



課 綱 Course Outline

體育與運動科學系學士班

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| 中文課程名稱 Course Name in Chinese | 運動行為 | | | | |
| 英文課程名稱 Course Name in English | Motor Behavior | | | | |
| 科目代碼 Course Code | PE__32360 | 班 別 Degree | 學士班 Bachelor' s | | |
| 修別 Type | 學程 Program | 學分數 Credit(s) | 2.0 | 時 數 Hour(s) | 2.0 |
| 先修課程 Prerequisite | 運動心理學 | | | | |
| 課程目標 Course Objectives | | | | | |
| 1. 了解運動行為的起源與發展趨勢。 2. 具備運動行為相關基礎知識。 3. 認知運動行為之動作要領與步驟，並建立正確指導觀念。 4. 培養終身規律運動的習慣。 | | | | | |
| 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 | | | | |

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| 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 | | |
| (一)運動行為之相關概念與功能介紹 (二)運動行為實務應用的基本能 | | |
| 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.) | | |
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| 課程要求和教學方式之建議 Course Requirements and Suggested Teaching Methods | | |
| 1. 課堂講授 2. 分組討論 | | |
| 其他 Miscellaneous | | |
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