



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	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.	●

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.)

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