



## 課 綱 Course Outline

### 體育與運動科學系碩士在職專班

中文課程名稱 Course Name in Chinese	運動訓練理論與實務研究				
英文課程名稱 Course Name in English	Scientific Principle of Conditioning				
科目代碼 Course Code	PE__5481Z	班 別 Degree	碩專班 Master' s program		
修別 Type	選修 Elective	學分數 Credit(s)	2.0	時 數 Hour(s)	2.0
先修課程 Prerequisite					
課程目標 Course Objectives					
1. 了解運動訓練科學相關基礎理論。 2. 能以運動訓練科學知識(跨領域學科)應用於運動訓練指導。 3. 具備現代運動訓練科學觀，進而建立正確的指導要領。					
系教育目標 Dept.'s Education Objectives					
1	培養兼具運動自然科學與人文社會之人才。 To cultivate talents with expertise in both the natural sciences of sports and the humanities and social sciences.				
2	培育兼具學理與實務能力之運動科學人才。 To cultivate sports science professionals with both theoretical knowledge and practical skills.				
3	以學術能力為基礎，增進體育教師之專業成長。 To enhance the professional development of physical education teachers based on academic competence.				
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	具備運動自然科學與人文社會科學之學術研究能力。 To possess academic research capabilities in both the natural sciences of sports and the humanities and social sciences.				
B	具備體育運動專業領域之實踐能力。 To possess practical capabilities in the professional field of physical education and sports.				

C	具備運動學理與體育實務應用之能力。 To possess the ability to apply sports theory and physical education practices.	
D	具備體育教學專業能力。 To possess professional competencies in physical education teaching.	
圖示說明Illustration：● 高度相關 Highly correlated ○ 中度相關 Moderately correlated		
課程大綱 Course Outline		
1. 運動訓練指導法的範圍 2. 現代運動訓練法的趨勢 3. 運動訓練指導的內容與方法 4. 運動技術指導與案例分析		
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		