



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 | 營養教育 | | | | | | | | | |
| 英文課程名稱 Course Name in English | Nutrition Education | | | | | | | | | |
| 科目代碼 Course Code | PE_22800 | 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 | | | | | | | | | | |
| 課程目標 Course Objectives | | | | | | | | | | |
| 1. 了解營養學之基本知識。 2. 了解運動中營養素的代謝途徑。 3. 認識各運動項別的基本營養需求之探討。 | | | | | | | | | | |
| 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. | | | | | <input type="radio"/> | | | | |
| 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. | | | | | <input type="radio"/> | | | | |
| 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. | | | | | <input checked="" type="radio"/> | | | | |

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| D | 具備運動科學研究的理論知識。 To possess theoretical knowledge in sports science research. | <input type="radio"/> |
| 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. | <input type="radio"/> |
| 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 | |
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| 1. 營養學的基本原理。 | |
| 2. 各營養素對人體的重要性。 | |
| 3. 專項運動與特殊營養素之介紹。 | |
| 4. 進行運動時相關營養需求議題進行探討。 | |
| 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.) | |
| 1. 電腦可上網。 | |
| 2. 可使用投影機播放PPT及影片。 | |
| 課程要求和教學方式之建議 Course Requirements and Suggested Teaching Methods | |
| 講解、分組討論及分組報告。 | |
| 其他 Miscellaneous | |