



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	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.			○	
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

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