



課 綱 Course Outline
體育與運動科學系碩士班

中文課程名稱 Course Name in Chinese	體適能研究				
英文課程名稱 Course Name in English	Studies in Physical Fitness				
科目代碼 Course Code	PE__54640	班 別 Degree	碩士班 Master' s		
修別 Type	選修 Elective	學分數 Credit(s)	3.0	時 數 Hour(s)	3.0
先修課程 Prerequisite					
課程目標 Course Objectives					
1. 能獨立設計並進行體適能相關研究。 2. 能針對不同年齡及對象設計體適能處方。 3. 能分析不同體適能處方並改進。					
系教育目標 Dept.' s Education Objectives					
1	培育學、術科的體育運動研究人才。 To cultivate research talents in academic and practical disciplines of physical education and sports.				
2	催生更多優質人才參與體育運動研究。 To foster the emergence of more high-quality talents in sports research.				
3	提供運動教育與體育研究良好的師資。 To provide excellent faculty for sports education and physical education research.				
4	以在地關懷及國際化視野為基礎，創造體育運動學術之貢獻。 To contribute to the academic field of sports through local engagement and a global perspective.				
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	具備專業領域之學術研究能力。 To possess academic research capabilities in specialized fields.				
B	具備學術知能及實務研究之能力。 To possess both academic knowledge and practical research capabilities.				

C	具備體育運動研究發展之能力。 To possess the capability for research and development in physical education and sports.	
D	具備體育本土化及國際化之視野。 To possess a localized and globalized perspective in physical education.	
圖示說明Illustration：● 高度相關 Highly correlated ○ 中度相關 Moderately correlated		
課程大綱 Course Outline		
1. 搜尋相關體適能設計處方分組討論。 2. 針對不同對象設計體適能處方且討論其可行性。		
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. 投影機可播放影片及PPT。		
課程要求和教學方式之建議 Course Requirements and Suggested Teaching Methods		
分組討論、分組報告。		
其他 Miscellaneous		