



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	運動訓練法				
英文課程名稱 Course Name in English	Athletic Training Methods				
科目代碼 Course Code	PE__31600	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	無				
課程目標 Course Objectives					
一、增進專業知識與技術 二、能瞭解運動訓練技能學習要領及教學步驟，並建立正確的指導觀念					
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、增進專業知識與技術 二、能瞭解運動訓練技能學習要領及教學步驟，並建立正確的指導觀念		
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		
(一)動作示範、講解 (二)個別指導 (三)器材操作 ※學期成績計算方式 (一)期末報告佔60% (二)筆試佔40% (三)出缺席（一次不到，扣總分三分；三次不到扣考）		
其他 Miscellaneous		