



## 課 綱 Course Outline

### 諮商與臨床心理學系學士班

中文課程名稱 Course Name in Chinese	健康心理學				
英文課程名稱 Course Name in English	Health Psychology				
科目代碼 Course Code	CP__30300	班 別 Degree	學士班 Bachelor' s		
修別 Type	學程 Program	學分數 Credit(s)	3.0	時 數 Hour(s)	3.0
先修課程 Prerequisite	心理學概論				
課程目標 Course Objectives					
一、瞭解健康心理學的領域與議題。 二、瞭解健康心理學的研究方法。 三、瞭解健康心理學的發展趨勢。					
系教育目標 Dept.'s Education Objectives					
1	培養人文與科學並重的心理學基礎知識，進而活化應用並解決問題 The department will train students to have a basic knowledge of psychology both in the humanities and the sciences; students will be able to apply their knowledge critically				
2	儲備助人的心理專業人力，並培養持續進修的人才，養成終身學習態度 The department will focus professional training as well as lifetime education.				
3	以學生的表現能力為核心，提升社會服務與公民實踐的涵養。 The department will focus on the students' ability to communicate and will promote their ability to provide social services				
4	拓展多元文化與國際視野，促進人類社會的尊重與合作 The department will help students to expand their global and multicultural thinking.				
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	應用專業知能瞭解現象與問題解決的基本能力。 Students should be able to apply their professional abilities to understand situations arising during the course of their work as well as to solve problems.			●	

B	公民關懷與倫理思考的能力。 Students should develop their social awareness and ethical thinking.	○
C	生涯規劃與自我發展的能力。 Students should be able to plan their professional and academic endeavors.	●
D	傾聽、統整與溝通合作的能力。 Students should have the ability to integrate their thoughts and disseminate them.	
E	正向與創新的能力。 Students should have the ability to innovate and to do critical thinking.	○

圖示說明Illustration：● 高度相關 Highly correlated ○ 中度相關 Moderately correlated

### 課程大綱 Course Outline

- 一、健康心理學導論。
- 二、社會流行病學和健康政策。
- 三、疾病的症狀與疼痛。
- 四、疼痛：評定、管理和處置。
- 五、醫生－病人的溝通。
- 六、生活風格與健康。
- 七、壓力與壓力管

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

本課程以講授方式進行，輔以課堂討

### 其他 Miscellaneous