



課 綱 Course Outline
體育中心學士班

中文課程名稱 Course Name in Chinese	體育(三)_匹克球				
英文課程名稱 Course Name in English	Physical Education (III) :Pickleball				
科目代碼 Course Code	YY__14930	班 別 Degree	學士班 Bachelor' s		
修別 Type	學程 Program	學分數 Credit(s)	1.0	時 數 Hour(s)	2.0
先修課程 Prerequisite					
課程目標 Course Objectives					
1. 了解匹克球的起源、規則與基本戰術 Understand the origin, rules, and basic tactics of pickleball					
2. 學習正確的握拍方式、基本擊球技巧與移動步伐 Learn proper grip, basic strokes, and footwork					
3. 培養良好的團隊合作與競賽精神 Develop teamwork and sportsmanship					
4. 增進心肺功能、協調性與運動興趣 Enhance cardiovascular fitness, coordination, and interest in sports					
(校)教育目標 Objectives of General Education					
1	在地關懷與全球視野 Develop domestic and global perspectives				
2	人文素養與科學知識 Achieve humanistic values and scientific literacy				
3	全人健康與永續創新 Holistic Wellness and Sustainable Innovation				
(校)核心能力 Learning Outcomes				課程目標與校核心能力相關性 Correlation between Course Objectives and Basic Learning Outcomes	
A	自主學習與創新思考 Autonomous Learning and Creative Thinking			●	
B	康健身心 Physical Fitness and Mental Balance			●	

C	互動、溝通與解決問題 Interactive Communication and Problem Solving	○
D	情藝美感 Artistic Feeling and Aesthetic Perception	○
E	文化素養與尊重差異 Cultural Literacy and Respect for Differences	○
F	在地關懷與公民責任 Local Commitment and Civic Responsibility	

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

課程大綱 Course Outline

匹克球課程旨在介紹匹克球的起源、規則與基本技巧，包括發球、接發、正反手擊球、網前控制與移動步伐。透過實作與比賽練習，培養學生的協調性、反應力及團隊合作精神，適合各年齡層參與，兼具趣味與健身效果。

The pickleball course introduces the origin, rules, and basic skills of the sport, including serving, receiving, forehand and backhand strokes, net play, and footwork. Through practice and game simulations, students will develop coordination, reaction time, and teamwork. The course is suitable for all age groups and combines fun with fitness benefits.

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. 球拍（Paddle）約50支
2. 塑膠球（Pickleballs）100顆以上
3. 球場（Court）5~10面
4. 球網（Net）5~10面
5. 記分板（Scoreboard）5~10組

課程要求和教學方式之建議

Course Requirements and Suggested Teaching Methods

1. 準時出席並積極參與實作活動
Attend class on time and actively participate in practice sessions.
2. 攜帶適當運動服裝與器材
proper sports attire and bring required equipment (e.g., paddle, shoes).
3. 遵守場地與安全規範，尊重隊友與教練
Follow court and safety rules; show respect to teammates and instructors.
4. 完成技術評量與期末小比賽
Complete skill assessments and participate in the final mini-tournament.
5. 期末繳交學習心得或課堂回饋問卷
Submit a final reflection or feedback form at the end of the course.

其他 Miscellaneous