



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	籃球				
英文課程名稱 Course Name in English	Basketball				
科目代碼 Course Code	PE__22900	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)	1.0
先修課程 Prerequisite					
課程目標 Course Objectives					
提昇學生對籃球教學方法的認識及技巧之提昇。 培養籃球運動能力，且具備基礎動作操作的能力與觀念。					
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.v				
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課程內容介紹
2-7個人進攻
8-9 個人防守
10 基本動作
11兩人進攻
12停課一次（校慶運動會）
13 兩人防守
14 兩人防守的綜合練習與測驗
15-16 三人進攻
17三人防守的綜合練習
18綜合練習與測驗

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.)

籃球50顆、球場三面

課程要求和教學方式之建議 Course Requirements and Suggested Teaching Methods

1. 教師課程講解。
2. 分組技能操作。

其他 Miscellaneous

無