



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	運動訓練理論與實務專題研究									
英文課程名稱 Course Name in English	Scientific Principle of Conditioning									
科目代碼 Course Code	PE_54700	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										
(一) 瞭解運動訓練之專業知識與技術 (二) 熟悉運動訓練介入研究之撰寫										
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.				<input type="radio"/>					
B	具備學術知能及實務研究之能力。 To possess both academic knowledge and practical research capabilities.				<input checked="" type="radio"/>					

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.	<input type="radio"/>
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.	<input type="radio"/>

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

課程大綱 Course Outline
透過教師講授的方式帶領學生瞭解運動心理訓練之理論與實務介入。並讓學生透過文獻閱讀與研究計畫撰寫，熟悉運動訓練的實驗設計與研究架構。使學生能在實務與研究上皆能有所學習。
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
其他 Miscellaneous