



# 課 綱 Course Outline

## 體育與運動科學系碩士在職專班

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| 中文課程名稱<br>Course Name in Chinese                                                    | 運動訓練理論與實務專題研究                                                                                                                                       |                  |                          |                                                                                          |     |
| 英文課程名稱<br>Course Name in English                                                    | Scientific Principle of Conditioning                                                                                                                |                  |                          |                                                                                          |     |
| 科目代碼<br>Course Code                                                                 | PE__5481Z                                                                                                                                           | 班 別<br>Degree    | 碩專班<br>Master' s program |                                                                                          |     |
| 修別<br>Type                                                                          | 選修<br>Elective                                                                                                                                      | 學分數<br>Credit(s) | 2.0                      | 時 數<br>Hour(s)                                                                           | 2.0 |
| 先修課程<br>Prerequisite                                                                |                                                                                                                                                     |                  |                          |                                                                                          |     |
| 課程目標<br>Course Objectives                                                           |                                                                                                                                                     |                  |                          |                                                                                          |     |
| 1. 了解運動訓練科學相關基礎理論。<br>2. 能以運動訓練科學知識(跨領域學科)應用於運動訓練指導。<br>3. 具備現代運動訓練科學觀，進而建立正確的指導要領。 |                                                                                                                                                     |                  |                          |                                                                                          |     |
| 系教育目標<br>Dept.' s Education Objectives                                              |                                                                                                                                                     |                  |                          |                                                                                          |     |
| 1                                                                                   | 培養兼具運動自然科學與人文社會之人才。<br>To cultivate talents with expertise in both the natural sciences of sports and the humanities and social sciences.           |                  |                          |                                                                                          |     |
| 2                                                                                   | 培育兼具學理與實務能力之運動科學人才。<br>To cultivate sports science professionals with both theoretical knowledge and practical skills.                              |                  |                          |                                                                                          |     |
| 3                                                                                   | 以學術能力為基礎，增進體育教師之專業成長。<br>To enhance the professional development of physical education teachers based on academic competence.                       |                  |                          |                                                                                          |     |
| 系專業能力<br>Basic Learning Outcomes                                                    |                                                                                                                                                     |                  |                          | 課程目標與系專業能力相關性<br>Correlation between Course Objectives and Dept.' s Education Objectives |     |
| A                                                                                   | 具備運動自然科學與人文社會科學之學術研究能力。<br>To possess academic research capabilities in both the natural sciences of sports and the humanities and social sciences. |                  |                          | ○                                                                                        |     |
| B                                                                                   | 具備體育運動專業領域之實踐能力。<br>To possesspractical capabilities in the professional field of physical education and sports.                                    |                  |                          | ●                                                                                        |     |

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| C                                                                                                                     | 具備運動學理與體育實務應用之能力。<br>To possess the ability to apply sports theory and physical education practices. | ● |
| D                                                                                                                     | 具備體育教學專業能力。<br>To possess professional competencies in physical education teaching.                  |   |
| 圖示說明Illustration：● 高度相關 Highly correlated ○ 中度相關 Moderately correlated                                                |                                                                                                      |   |
| 課程大綱<br>Course Outline                                                                                                |                                                                                                      |   |
| 1. 運動訓練指導法的範圍<br>2. 現代運動訓練法的趨勢<br>3. 運動訓練指導的內容與方法<br>4. 運動技術指導與案例分析                                                   |                                                                                                      |   |
| 資源需求評估（師資專長之聘任、儀器設備的配合．．．等）<br>Resources Required (e.g. qualifications and expertise, instrument and equipment, etc.) |                                                                                                      |   |
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| 課程要求和教學方式之建議<br>Course Requirements and Suggested Teaching Methods                                                    |                                                                                                      |   |
|                                                                                                                       |                                                                                                      |   |
| 其他<br>Miscellaneous                                                                                                   |                                                                                                      |   |
|                                                                                                                       |                                                                                                      |   |