



課 綱 Course Outline

企業管理學系博士班觀光遊憩組

中文課程名稱 Course Name in Chinese	休閒社會心理學專論				
英文課程名稱 Course Name in English	Special Topics in Social Psychology of Leisure				
科目代碼 Course Code	BM__84930	班 別 Degree	博士班 Ph. D.		
修別 Type	選修 Elective	學分數 Credit(s)	3.0	時 數 Hour(s)	3.0
先修課程 Prerequisite	無				
課程目標 Course Objectives					
(一)認識休閒社會心理學的相關理論與研究 (二)透過社會心理學的角度檢視： (1)人們如何看待休閒時間、休閒行為 (2)人們如何運用休閒時間：如何安排休閒時間、從事哪些休閒行為 (3)人們如何作休閒選擇以及這些選擇具有什麼意義 (4)自由與內在動機的休閒意涵 (5)休閒動機、休閒阻礙、休閒效益、與休閒滿意度 (6)社會化過程與休閒 (7)休閒經驗對個人的人際（社會）意義 (8)個人特質與社會情境如何影響人們的休閒認知、經驗、或行為					
系教育目標 Dept.'s Education Objectives					
1	培養具有國際視野之觀光休閒遊憩專業人才。 Build a foundation of global perspective to prepare students for being managers.				
2	培養具有整合與解析在地觀光休憩課題優秀管理者。 Offer a program with an emphasis on management philosophy responsive to the Taiwanese business context.				
3	培養優秀的觀光休憩研究與教育人才。 Prepare students for being tourism researchers and excellent managers and teaching capabilities.				
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	具備具有「深度遊憩體驗」經營與規劃的觀光休憩專業智能。 Develop "deep recreation experience" of tourism and recreation management and planning knowledge.	●
B	具備具有「關懷社群健康」經營與規劃的觀光休憩專業智能。 Develop "Caring for the Community Health" of tourism and recreation management and planning knowledge	●
C	具備具有「強調資源永續」經營與規劃的觀光休憩專業智能。 Develop "emphasis on sustainable resource" of tourism and recreation management and planning knowledge.	○
D	具備多元邏輯思考、問題分析與解決之能力。 Students will be able to identify, analyze and solve business problems with logical thinking.	○
E	具備解析在地課題、掌握國際趨勢之專業素養。 Having global perspectives on key issues in academia, research, industry, and government	○
F	具備專業研究與教學能力 Students will be able to conduct professional research and teaching.	●

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

課程大綱 Course Outline

- 1.Understanding Leisure with Social Psychology
- 2.The Social Psychology of Leisure
- 3.Leisure as Behavior, Setting, and Time
- 4.Leisure as a Psychological State and Experience
- 5.Perceived Freedom and Intrinsic Motivation
- 6.Personality and Leisure
- 7.Leisure Motivation and Satisfaction
- 8.Socialization and the development of Leisure Orientations
- 9.Leisure Behavior Over the Life Span
- 10.Psychological Benefit of Leisure
- 11.Other Benefits of Leisure
- 12.Leisure Constraints

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

- 一、課堂講授。
- 二、主要教材：Mannell, R. C. & Kleiber, D. A. (1997). A Social Psychology of Leisure. PA: Venture Publishing.
- 三、參考教材：Iso-Ahola, S. E. (1980). The Social Psychology of Leisure and Recreation. Iwoa:Wm.C.. Brown Company.

其他 Miscellaneous