



## 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	