



課 綱 Course Outline

體育與運動科學系學士班

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| 中文課程名稱 Course Name in Chinese | 運動心理學 | | | | |
| 英文課程名稱 Course Name in English | Sports Psychology | | | | |
| 科目代碼 Course Code | PE__22600 | 班 別 Degree | 學士班 Bachelor' s | | |
| 修別 Type | 學程 Program | 學分數 Credit(s) | 2.0 | 時 數 Hour(s) | 2.0 |
| 先修課程 Prerequisite | | | | | |
| 課程目標 Course Objectives | | | | | |
| 1. 熟識運動心理學的基本概念與理論架構。 2. 瞭解運動心理學的研究方法與實驗設計。 3. 探討運動心理學在「運動訓練」與「運動教學」的應用方法。 | | | | | |
| 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. | | | ● | |
| 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. | | | ● | |

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| 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. 運動心理學的學派
2. 人格與動機
3. 覺醒、壓力和焦慮
4. 回饋、增強與內在動機
5. 領導
6. 溝通
7. 歸因
8. 心理技能訓練的介紹
9. 覺醒的調整
10. 意象練習
11. 自信心
12. 目標設定
13. 專注
14. 團隊動力
15. 傷害、退出與過度訓練

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

1. 教師內容說明與主要理論架構講解。
2. 針對上課主體分組討論。
3. 實務問題研討。

其他 Miscellaneous