

 國立東華大學
教學計劃表 Syllabus

課程名稱(中文) Course Name in Chinese	休閒與健康老化專論			學年/學期 Academic Year/Semester	115/1
課程名稱(英文) Course Name in English	Special topics in Leisure and healthy Aging				
科目代碼 Course Code	TRLS52090	系級 Department & Year	碩士	開課單位 Course-Offering Department	觀光暨休閒遊憩學系
修別 Type	選修 Elective	學分數/時間 Credit(s)/Hour(s)		3.0/3.0	
授課教師 Instructor	/陳上迪				
先修課程 Prerequisite					
課程描述 Course Description					
Population aging is reshaping public health, social policy, community life, and leisure services worldwide. Leisure participation may contribute to healthy aging through physical activity, emotion regulation, stress coping, cognitive stimulation, social connection, meaningful engagement, and supportive relationships with place. However, these benefits are not equally accessible and may vary across cultural, environmental, technological, and institutional contexts. This graduate-level research seminar examines the theories, policies, and empirical evidence linking leisure to healthy aging. Major topics include healthy aging policy, leisure-time physical activity, emotional well-being, stress and resilience, cognitive reserve, age-friendly environments, social connection, community resilience, digital leisure, and leisure-based interventions. Particular attention will be given to the quality of research evidence, theoretical mechanisms, cross-national differences, and implications for policy and practice. The course combines opening questions, instructor mini-lectures, student-led seminars, evidence synthesis labs, and weekly integration activities. Students will also participate in the 2026 International Conference for Healthy Ageing and Community Resilience and complete a Conference Portfolio. Throughout the semester, students will collaboratively develop a scoping or integrative review related to leisure and healthy aging. The course concludes with an academic poster session and the submission of a review manuscript suitable for further development toward academic publication.					
課程目標 Course Objectives					
學期結束時，學生應會 (a)了解老化的背景知識 (b)熟悉休閒與健康老化的相關知識 (c)闡釋老化的相關理論如何應用於休閒研究與實務上 (d)了解休閒遊憩於長期照顧的應用 (e)欣賞休閒與老化的重要研究					
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	具備觀光、休閒、遊憩之理論的進階知識To Have advanced knowledge on tourism、recreation and leisure.				●
B	具備多元邏輯思考、問題分析與解決的能力Students will be able to identify, analyze and solve business problems with logical thinking.				●
C	具備跨文化領導、溝通協調與團隊合作的能力Students will be able to demonstrate effective leadership, communication, coordination and teamwork skills.				

D	具備國際視野以及外語溝通的能力Students will be able to communicate in foreign languages and have an awareness of the global and cultural diversity issues.	○
E	善用資訊科技進行資訊搜尋、分析與統整To Use of technology for information gathering, analysis and integration.	○
F	熟悉「深度遊憩體驗」之經營與規劃的觀光休憩知識To Develop "deep recreation experience" of tourism and recreation management and planning knowledge.	
G	熟悉「關懷社群健康」之經營與規劃的觀光休憩知識To Develop "Caring for the Community Health" of tourism and recreation management and planning knowledge	●
H	熟悉「強調資源永續」之經營與規劃的觀光休憩知識To Develop "emphasis on sustainable resource" of tourism and recreation management and planning knowledge.	

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

授課進度表 Teaching Schedule & Content

週次Week	內容 Subject/Topics	備註Remarks
1	Course Introduction: Course Design, Learning Activities, and Assessment	Course orientation; introduction to the ICHA conference, student-led seminars, and the collaborative review project
2	No regular class meeting (replaced by participation in the ICHA conference)	
3	No regular class meeting (replaced by participation in the ICHA conference)	
4	From Active Aging to Healthy Aging: Policy Frameworks and the Role of Leisure	Introduction to scoping and integrative reviews; initial topic exploration and identification of research gaps
5	Leisure-Time Physical Activity, Functional Ability, and Healthy Aging	Development of the review question, PCC framework, and preliminary eligibility criteria
6	Leisure, Emotional Well-Being, Stress Coping, and Resilience in Later Life Special Event (Oct 16-17): 2026 International Conference for Healthy Ageing and Community Resilience	Literature search workshop; ICHA orientation; conference schedule planning; explanation of the Conference Portfolio
7	ICHA Debrief: From Conference Learning to Research Questions Cognitive Leisure, Cognitive Reserve, and Healthy Aging	Conference reflection and synthesis; refinement of the review topic, question, protocol, search strategy, and project responsibilities
8	No regular class meeting (replaced by participation in the ICHA conference)	
9	Midterm Review Protocol and Progress Presentation	
10	Place, Environment, and Healthy Aging	Review project workshop: literature management, screening calibration, and PRISMA documentation

11	Leisure, Social Connection, and Community Resilience in Later Life	Review project workshop: full-text screening, data charting, and preliminary data extraction
12	Digital Leisure, Technology, and Inequality in Later Life	Review project workshop: data extraction, evidence mapping, and thematic categorization
13	From Evidence to Action: Leisure Interventions for Healthy Aging	Synthesis of findings; development of research gaps and theoretical, policy, and practical implications
14	Review Manuscript and Academic Poster Development Workshop	Development of the Results and Discussion; translation of review findings into an academic poster; review of poster design and reporting principles
15	Leisure and Healthy Aging Academic Poster Session	Academic poster presentations, brief research pitches, questions and feedback, and final manuscript revision planning
16	No regular class meeting (replaced by participation in the ICHA conference).	
17	Final revised review manuscript due.	

彈性 教學 規劃 Flexible Teaching Plan	請勾選(至少需勾選1 個項目): Please tick the box(es). (At least one item is required.): ☒ 問題討論 Problem-based Discussion ☒ 翻轉教學 Flipped Classroom ☐ 展演實作 Performance / Practical Presentation ☐ 校外參訪 Off-campus Visit ☒ 講座活動 Lecture / Seminar ☐ 線上作業 Online Assignments ☒ 自主學習 Self-directed Learning ☐ 課業輔導 Academic Support ☐ 實驗操作 Experiment Operation ☐ 遠距教學(同步) Distance Learning (Synchronous) ☐ 遠距教學(非同步) Distance Learning (Asynchronous) ☐ 其他(請填寫) Others (Please specify.): 備註: 本校學期週數自115 學年度起調整為17 週, 為符合1學分18 小時之原則, 請教師規劃安排彈性教學。 Note: From the 115th academic year, the semester will be 17 weeks. Please include flexible teaching activities to meet the required 18 hours per credit.
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教學策略 Teaching Strategies

- ☒ 課堂講授 Lecture ☒ 分組討論 Group Discussion ☐ 參觀實習 Field Trip
☐ 其他 Miscellaneous:

教學創新自評 Teaching Self-Evaluation

創新教學 (Innovative Teaching)

- ☐ 問題導向學習 (PBL) ☒ 團體合作學習 (TBL) ☐ 解決導向學習 (SBL)
☒ 翻轉教室 Flipped Classroom ☐ 磨課師 Moocs

社會責任 (Social Responsibility)

- ☐ 在地實踐 Community Practice ☐ 產學合作 Industry-Academia Cooperation

跨域合作 (Transdisciplinary Projects)

- ☐ 跨界教學 Transdisciplinary Teaching ☐ 跨院系教學 Inter-collegiate Teaching
☐ 業師合授 Courses Co-taught with Industry Practitioners

其它 other:

學期成績計算及多元評量方式 Grading & Assessments									
配分項目 Items	配分比例 Percentage	多元評量方式 Assessments							
		測驗 會考	實作 觀察	口頭 發表	專題 研究	創作 展演	卷宗 評量	證照 檢定	其他
平時成績(含出席) General Performance (Attendance Record)	10%								
期中考成績 Midterm Exam									
期末考成績 Final Exam									
作業成績 Homework and/or Assignments									
其他 Miscellaneous (_____)	90%								
評量方式補充說明 Grading & Assessments Supplemental instructions Please read the syllabus on e-learning.									
教科書與參考書目(書名、作者、書局、代理商、說明) Textbook & Other References (Title, Author, Publisher, Agents, Remarks, etc.)									
課程教材網址(含線上教學資訊,教師個人網址請列位於本校內之網址) Teaching Aids & Teacher's Website(Including online teaching information. Personal website can be listed here.) Please read the syllabus on e-learning.									
其他補充說明 (Supplemental instructions) Please read the syllabus on e-learning.									