朝陽科技大學 092學年度第1學期教學大綱
Health Care I 軍護(一)

當期課號	1805	Course Number	1805
授課教師	李濟河	Instructor	LEE,JE HEO
中文課名	軍護(一)	Course Name	Health Care I
開課單位	校訂必修(四日)	Department	
修習別	必修	Required/Elective	Required
學分數	0	Credits	0
課程目標		Objectives	
教材	講授法 影片教學 討論法	Teaching Materials	intructions movie education discussion
成績評量方式	第一階段:國家安全概論,1.期中報告15%,2.出席率及課間討論發言15%,3.期中考試20%,採申論題,七選五 心得寫作10% 紙筆測驗20% 課堂表現20%	Grading	1.introduction of health 2.nutrition and health 3.exercise and health 4.physiology of sex Chapter 1 Introduction of healthy life definition of healthy and the factors that affect healthy definition of healthy promotion related policy healthy behavior chapter 2 diet vs healthy introduction nutrition ingredients and healthy protein, lipid, carbohydrate, vitamins, mineral, nutrition absorption and banlanced diet food preparation and healthy ideal weight chapter 3 sports and healthy the effect of sports to healthy five factors of healthy power promote the healthy sports the affairs that should take notice the proper concept of sports and the nursing of sports injury education movie -> the angle who fall down easily chapter 4 sex physiology common gynecology disease of female breeding system male breeding system and related disease sex physiology reaction education movie -> the first touch in man and women's life mid term exam intructions movie education discussion writing 10% test 20% behavior in class 20%
教師網頁			

教學內容	第一階段:國家安全概論,1.國家安全緒論,2.國家安全之政治因素,3.國家安全之經濟因素,4.國家安全之軍事因素,5.威脅我國家安全之因素,6.危機處理與國家安全 健康生活概論 營養與健康 運動與健康 性生理	**Syllabus**	First stage: introduction of nation secure 1. preface of nation secure 2. politics factors of nation secure 3. economic factors of nation secure 4.military factors of nation secure 5. the factors that threaten our nation secure 6. crisis handling and nation secure 1.introduction of health 2.nutrition and health 3.exercise and health 4.physiology of sex

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