

朝陽科技大學 093學年度第1學期教學大綱  
Ergonomics 工作生理學

當期課號	7625	Course Number	7625
授課教師	羅世忠	Instructor	LOU,SHU ZON
中文課名	工作生理學	Course Name	Ergonomics
開課單位	工業工程與管理系碩士在職專班二A	Department	
修習別	選修	Required/Elective	Elective
學分數	3	Credits	3
課程目標	旨在探討影響工作者工作能力與工作績效之相關外在因素，以期能透過對環境因素之控制或藉由介面設計，來提高工作者之工作能力，並減少長期工作可能引發的職業傷害與災害。	Objectives	This course introduces environmental factors that affect performance of humans at work. Students will learn how to promote workers' efficiency and abilities through environmental control and interface design so as to reduce probability of occupational hazards and injuries. Lectures cover topics of: respiration and circulation, muscle and skeletal system, physical performance and skill work, body dimension and physical training, fatigue and measuring fatigue, working hour and eating habits, shift work, et. al..
教材	Robert A. Rogers & Scott O. Roberts, 2000. Fundamental principle of exercise physiology: for fitness, performance, and health. McGraw Hill/ 合記代理	Teaching Materials	
成績評量方式	1.Reading*3 (45%) 2.Lab experiment (25%) 3.Final (30%)	Grading	1.Reading*3 (45%) 2.Lab experiment (25%) 3.Final (30%)
教師網頁	-		
教學內容	旨在探討影響工作者工作能力與工作績效之相關外在因素，以期能透過對環境因素之控制或藉由介面設計，來提高工作者之工作能力，並減少長期工作可能引發的職業傷害與災害。課程內容介紹：1.呼吸及循環系統 2.骨骼肌肉系統 3.體力性與技巧性工作 4.人員體型與訓練效應 5.環境照明 6.噪音與震動影響 7.疲勞與疲勞量測 8.工作時間與飲食之影響 9.工作排班因素 10.其他(高度、壓力、氧氣、酒精、藥物...)影響。	Syllabus	This course introduces environmental factors that affect performance of humans at work. Students will learn how to promote workers' efficiency and abilities through environmental control and interface design so as to reduce probability of occupational hazards and injuries. Lectures cover topics of: respiration and circulation, muscle and skeletal system, physical performance and skill work, body dimension and physical training, fatigue and measuring fatigue, working hour and eating habits, shift work, et. al..

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