

朝陽科技大學 095學年度第2學期教學大綱
Studies on Specific Leisure Behavior 特定人口休閒行為綜合研究

當期課號	7116	Course Number	7116
授課教師	李素箱	Instructor	LEE,SU SHIANG
中文課名	特定人口休閒行為綜合研究	Course Name	Studies on Specific Leisure Behavior
開課單位	休閒事業管理系碩士班二A	Department	
修習別	選修	Required/Elective	Elective
學分數	3	Credits	3
課程目標	讓學生了解特定人口如女性、老人、青少年、及殘障等人士的休閒與問題，並從公平(fairness)、擴權(enpowerment)、及社會變遷(social change)的角度探討特定人口的休閒行為及為其建構一個公平的休閒環境。	Objectives	Definition and Issues of Specific Population Historical View of Women Leisure Feminist Perspectives of Leisure Critique of Feminist Leisure Women Leisure in Different Countries Women Leisure in the Future Introduction to Leisure Services for Elders Settings of Leisure Environment for Elders Counseling and Planning Leisure Services for Elders Intergenerational Activities for Elders Leisure Services for Elders in the Future Leisure Pattern for Youth Creating Leisure Spaces for Youth Comprehensive Program for Youth Leisure Leisure Perspectives for Disabilities Outdoor Program for Disabilities Adapt and Overcome for Disabilities: Physical Education and Recreation Activities Term Examination.
教材	一、電腦 二、體適能檢測教室	Teaching Materials	1.Computer 2.Fitness Testing Classroom
成績評量方式	1.出席率 2.期末報告	Grading	1.Attendance 2.Term Paper
教師網頁	-		
教學內容	一、人口結構現況－平均壽命的變遷與高齡化社會的衝擊 二、運動與健康 三、運動傷害預防與處理 四、銀髮族的運動休閒規劃 五、中老年人運動休閒文獻研讀 六、體適能與健康 七、體適能檢測與實務 八、體驗課程	Syllabus	I.The Present Conditions of Population Structure—The Change of Average Life Expectancy and the Impact of An Aging Society II. Exercise and Health III. Sports Injury Prevention and Handling IV. The Exercise and Leisure Life Planning for Silver Hair Group (Silver Peers) V. Literature studies of Middle-Aged and Aged People on Sports and Leisure VI. Fitness and Health VII. Fitness Test and Practice VIII. The Experiencing Course

尊重智慧財產權，請勿非法影印。