朝陽科技大學 096學年度第1學期教學大綱
Sport injury and taping(bandaging) 運動傷害與包紮

當期課號	0290	Course Number	0290
授課教師	黃宜綸	Instructor	Huang,Yi Lung
中文課名	運動傷害與包紮	Course Name	Sport injury and taping(bandaging)
開課單位	校訂選修(日間部)	Department	
修習別	選修	Required/Elective	Elective
學分數	1	Credits	1
課程目標	1.了解常見的運動傷害並學習預防與處理. 2.了解身體不同部位運動傷害的機轉,與疾病的相關性 3.具備處理運動傷害的基本常識	Objectives	1. To learn how to prevent and manage common sport injuries. 2.To understand sport injuries in different parts of the body and their relationships with diseases. 3. The ability to manage basic concepts of sport injuries.
教材	投影片以及上課講義	Teaching Materials	Power point and handout
成績評量方式	出席率 40% 期中報告 30% 期末報告 30%	Grading	Attendance 40% Midterm report 30% Final report 30%
教師網頁			
教學內容	1.運動傷害的原因與預防 2.疾病與運動傷害的關係 3.運動傷害的診斷與評估 4.運動傷害的處理 5.傷害急救 6.運動包紮之演練	Syllabus	1.Causes of sport juries and prevention 2.Relationships between diseases and sport injuries 3.Sport injury diagnosis and assessment 4.Treatment of sport injury. 5.First aid 6.Practical drill for sport injury scenario.(bandaging)

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