朝陽科技大學 096學年度第1學期教學大綱
Sports leisure and health manage 運動休閒與健康管理

當期課號	7110	Course Number	7110
授課教師	李素箱	Instructor	LEE,SU SHIANG
中文課名	運動休閒與健康管理	Course Name	Sports leisure and health manage
開課單位	休閒事業管理系碩士班一A	Department	
修習別	選修	Required/Elective	Elective
學分數	3	Credits	3
課程目標	1.幫助同學知曉運動休閒與健康促進關係(知識) 2.幫助學生學習運休閒相關技能 (技能) 3.藉由運動休閒體驗建構同學學習樂趣與態度(態度) 4.可提供學生作爲未來參與運動休閒和健康促進之基礎(其他)	Objectives	1.Help student understand and connect sports & leisure with health enhancement. (knowledge) 2.Help students learn sports & leisure related skills (skill) 3.Utilizing experiences from sports & leisure to construct students' learning pleasures and attitudes (attitude). 4.Can provide as fundamental concepts for student's future participation in sports & leisure activities and health enhancement (Others).
教材	電腦、錄影帶	Teaching Materials	Computer、Video recorder
成績評量方式	期中考30% 期末考30% 平時成績40%	Grading	mid-test 30% final-test 30% Ordinary-test 40%
教師網頁			
教學內容	一、 人口結構現況 二、 運動與健康之關係 三、 體適能與健康之關係 四、 體適能檢測與實務 五、 規律運動對健康的益處 六、 運動降低死亡率的效果 七、 運動對疾病的預防與機制 八、 運動與心血管疾病預防和可能機制 九、 運動對高血壓的預防與機制 十、 運動減肥重要機制 十一、運動傷害預防與處理 十二、運動休閒文獻研讀與討論	Syllabus	I. Present conditions of population structure. II. The relationship between sports and health. III. The relationship between fitness and health. IV. The fitness tests and practice. V. The benefits of regular exercise on health. VI. A sport's effect of lowering the death rate. VII. A sport's effect on the prevention of diseases and its mechanism. VIII. Sports and the prevention of cardiovascular diseases, and the possible mechanism. IX. A sport's effect on the prevention of hypertension, and its mechanism. X. The important mechanism of reducing weight by exercise. XI. The prevention and handling of sports injuries. XII. Reading and discussion of sports and leisure documents.

尊重智慧財產權，請勿非法影印。