朝陽科技大學 096學年度第2學期教學大綱
Physical Education for Young Children 幼兒體能

當期課號	2091	Course Number	2091
授課教師	王惠姿	Instructor	WANG,HUI TZU
中文課名	幼兒體能	Course Name	Physical Education for Young Children
開課單位	幼兒保育系(四日)二B	Department	
修習別	選修	Required/Elective	Elective
學分數	2	Credits	2
課程目標	本課程將探討幼兒動作發展之理論基礎，並將使學生們得到知識運用於實務指導並有能力設計合適幼兒體能發展之課程。學生們將能夠學習到體能教學技巧，包括：身體變化、動作發展、實務動作指導課程設計及健康評量。	Objectives	The course will explore the fundamentals of physical education for young children, and prepare students with the knowledge and ability to design appropriate physical education curriculum for young children. Students will learn the methods and skills of physical education, including body movement variety, physical and motor development, practical instruction, curriculum design, and health assessment.
教材	*0-8歲嬰幼兒肢體動作經驗與教學.華騰文化(2006)	Teaching Materials	*Experiences in Movement:Birth to Age 8
成績評量方式	1. 出席率30% 2. 課程參與度30% 3. 讀書報告40%	Grading	1. Attendance 30% 2. Participation 30% 3. Reading Report 40%
教師網頁	http://elearning.ctc.edu.tw/1000110032/creative%20dance/index.htm		
教學內容	＊透過創造性肢體動作課程的介紹進行身體資源探索 ＊藉良好節奏、肢體活動及基本動作技巧訓練，使學生發揮創造力，勇於表現自我 ＊將所學知識及技能運用於學齡前幼兒課程進行 1.緒論 2.序論1 3.BrainDance 4.創造性肢體動作課程的內涵 5.探索動作要素-空間 6.探索動作要素-方向 7.影片欣賞 8.探索動作要素-尺寸,繳交心得(1) 9.期中討論-動作創造力的本質 10.探索動作要素-路徑 11.探索動作要素-速度／節奏,繳交心得(2) 12.探索動作要素-力量 13.探索動作要素-平衡 14.探索動作要素-關係、焦點 15.探索動作要素-流動,繳交心得(3) 16.探索舞蹈字元符號 17.動作要素運用,繳交心得(4) 18.成果欣賞,期末回顧	Syllabus	1.Introduction 2.Introduction2 3.BrainDance 4.The Essential of Creative Movement 5.Exploring on Movement Element-Space 6.Exploring on Movement Element-Direction 7.Media 8.Exploring on Movement Element-Size .Home work(1)Due. 9.Mid-term.The Essential of Motor Creativity 10.Exploring on Movement Element-Pathway 11.Exploring on Movement Element-Speed/Rhythm. Home work Due(2). 12.Exploring on Movement Element-Power 13.Exploring on Movement Element-Balance 14.Exploring on Movement Element-Relation, Fucus 15.Exploring on Movement Element-Float.Home work(3) Due. 16.Exploring on Movement Symbols 17.Presentation of All, Home work (4) Due. 18.Final Feedback

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