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	3551	Course Number	3551
授課教師	鄭勤貞	Instructor	JEN,CHENG CHIN
中文課名	幼兒體能	Course Name	Physical Education for Young Children
開課單位	幼兒保育系(四進)四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	利用性器材 專業性器材 活動特效教材 活動會場佈置教材	Teaching Materials	Applicable equipment Professional equipment Teaching material for special efficacy Teaching material for layout in event venue
成績評量方式	出席率25% 期末術科測驗25% 課堂參與討論25% 平時做業25%	Grading	Absence 25% Final-term subject testing 25% Class participation and discussion 25% Homework 25%
教師網頁	bodysmart.com.tw		
教學內容	幼兒體能課程與幼兒遊戲課程分析 指導體能遊戲時應具備的態度與形象 如何設計幼兒體能遊戲單元課程 幼兒體能教學要點 體能遊戲器材應用 遊戲律動與體操教學技巧 如何舉辦各項幼兒體能活動	Syllabus	Analysis on children's physical and activity programs Attitude and image prerequisite to giving instructions to physical activity How to design the program of physical activity for children Key points of children's physical teaching Application of physical activity equipment Teaching skills of activity rhymes and gym How to organize physical activities for children

尊重智慧財產權，請勿非法影印。