朝陽科技大學 096學年度第2學期教學大綱
A Comprehensive Research on Sports and Leisure Behaviors 運動休閒行為綜合研究

當期課號	7116	Course Number	7116
授課教師	李素箱	Instructor	LEE,SU SHIANG
中文課名	運動休閒行爲綜合研究	Course Name	A Comprehensive Research on Sports and Leisure Behaviors
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	藉由課程的導入，可使學生瞭解台灣目前各年齡層民眾的運動與休閒行爲之現況，並透過相關文獻的研讀與討論，可提升學生對運動休閒行爲的研究能力。另外，再結合運動休閒體驗課程的實施，亦可激發學生對運動休閒之基礎能力的增進，對個人規律運動行爲的養成將可達到正面之效益。	Objectives	By means of the introduction of the course, students can understand the present conditions of sports and leisure behaviors of people of each age group in Taiwan; through the relevant literature studies and discussion, the students' research capability on sports and leisure behaviors can be elevated. In addition, with the combination and execution of sports and leisure experiencing course, the students' basic abilities on sports and leisure can also be inspired and promoted, and it can achieve the positive effect on the cultivation of individual regular exercise behavior.
教材	投影片以及電腦	Teaching Materials	Power point and computer.
成績評量方式	1.心得報告40% 2.課堂文獻研讀與 討論30% 3.出席率30%	Grading	1.Report: 40% 2.Literature studies and discussion in class: 30% 3.Attendance: 30%
教師網頁			
教學內容	1.人口結構現況 2.不同年齡層民眾之運動休閒行爲 3.規律運動行爲對健康的促進 4.運動行爲與心血管疾病預防 5.運動減肥重要機制 6.運動傷害預防與處理 7..運動休閒文獻研讀與討論 8.運動休閒體驗課程	Syllabus	1.The present conditions of population structure. 2.The sports and leisure behaviors of people of different age groups. 3.Health promoted by regular exercise behavior. 4.Exercise behavior and prevention of cardiovascular disease. 5.The important mechanism of reducing weight by exercise. 6.The prevention and handling of sports injuries. 7.Literature studies and discussion on sports and leisure. 8.Sports and leisure experiencing course.

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