

朝陽科技大學 097學年度第1學期教學大綱  
Body weight control 體重控制

當期課號	0277	Course Number	0277
授課教師	黃宜綸	Instructor	Huang, Yi Lung
中文課名	體重控制	Course Name	Body weight control
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	<ol style="list-style-type: none"> <li>1.了解肥胖與過重對身體的危害，並有良好的健康觀念維持身材.</li> <li>2.了解體重變化的機轉，並能針對個人需求去規劃管理身型.</li> <li>3.能夠判別仿間減肥秘方對人體是否有實質效益</li> <li>4.能夠針對個人需求設計運動處方</li> </ol>	Objectives	<ol style="list-style-type: none"> <li>1. To understand the danger of obesity toward health and having correct concept of maintaining body figure.</li> <li>2. To understand the change in body figure and how to manage and control according to personal needs.</li> <li>3 The ability to judge whether dietary remedy are useful in treating obesity.</li> <li>4. The ability to plan sport prescriptions according to personal needs.</li> </ol>
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	<ol style="list-style-type: none"> <li>1.講解肥胖的成因與流行病學</li> <li>2.體重的維持與管理</li> <li>3.快速減重的傷害</li> <li>4.體適能與身體代謝率</li> <li>5.運動指導與訓練</li> <li>6.運動科學的應用</li> <li>7.不同族群之運動指導</li> </ol>	Syllabus	<ol style="list-style-type: none"> <li>1.Explanation of obesity factors &amp; epidemic disease</li> <li>2.Maintenance of weight control &amp; management</li> <li>3.Speedy recovery of injury</li> <li>4.Body fitness &amp; metabolism rate</li> <li>5.Sport guidance &amp; training</li> <li>6.Application of sport science Relating to obesity.</li> <li>7.Sport guidance among different groups of people.</li> </ol>

尊重智慧財產權，請勿非法影印。