# 朝陽科技大學 097學年度第1學期教學大綱
# Health management I 健康管理(一)

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| 當期課號 | 0290 | Course Number | 0290 |
| 授課教師 | 施秋娥 | Instructor | SHIH,CHIU O |
| 中文課名 | 健康管理(一) | Course Name | Health management I |
| 開課單位 | 校訂選修(日間部) | Department | |
| 修習別 | 選修 | Required/Elective | Elective |
| 學分數 | 2 | Credits | 2 |
| 課程目標 | 修畢本課程後<br>1.瞭解現代女性的健康與養生。<br>2.學習健康與養生技巧後付諸實行。<br>3.瞭解健康的重要性，主動推廣到家庭及社區。 | Objectives | The purpose of the course include:1.Students know the importance of health then promote that to family and community.2.Student learn health care nursing skill and to practice in their life. |
| 教材 | 期刊、網路資訊、多媒體教材 | Teaching Materials | journal；textbook； |
| 成績評量方式 | 期中考、期末考各一次：各佔30%<br>期中報告、出席參與課室討論：各佔20% | Grading | midterm、final:60%<br>report:20%<br>To take part in class:20% |
| 教師網頁 | | | |
| 教學內容 | 1.女性的生命週期（初生、青春期、結婚、懷孕、生育、更年期）<br>2.女性身體心像<br>3.青春期、婚姻期、更年期的健康照護<br>4.窈窕身材的保養照護（輕食、排毒）<br>5.皮膚的全方位照護（身心靈）<br>6.乳房的照護<br>7.現代女性的壓力與適應<br>8.緊急事故處理 | Syllabus | 1.Woman's span of life.<br>2.Body image of female.<br>3.Nursing care of adolescent、marriage and menopause.<br>4. Fit body weight control.<br>5.Nursing care of derma.<br>6.Nursing care of breast.<br>7.stress and adaptation.<br>8.management of emergency. |

尊重智慧財產權，請勿非法影印。