朝陽科技大學 097學年度第1學期教學大綱
Practice of body image management and body care 身體管理與美體保健

當期課號	0311	Course Number	0311
授課教師	黃宜綸	Instructor	Huang,Yi Lung
中文課名	身體管理與美體保健	Course Name	Practice of body image management and body care
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	1.了解自己的體質,並做合適的保養與護理 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. 3.學習利用按摩紓壓，達到身心調和的狀態。 4.了解保健食品的成分,可以評估自身及他人的需要作適當的補充 5.了解常見的身體問題,可以好好照顧自己	Objectives	1.To understand different types of your body and maintenance evaluation. 2.To understand the change in body figure and how to manage and control according to personal needs. 3.To learn massage techniques and relax the body 4.To understand the ingredient of health food and evaluation according to self and others need as supplement. 5.To understand common diseases and how to look after own self.
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	1.教導學生評估自己的體質,並選擇合適的保養品 2. 體重的維持與管理 3. 舒壓與按摩在生活上的運用 4.講解保健食品的功效與成分與美體的相關性. 5.講解身體常見問題與疾病 6.講解月經週期生理的變化並教導如何解決生理痛的問題 7.教導學生正確的性觀念與安全避孕的觀念	Syllabus	1. Teaching students how to evaluate different body type & choosing suitable maintenance cosmetic. 2.Maintenance of weight control & management 3. Massage techniques & body relaxation 4.Explaining functions of health foods & its ingredient 5.Explaining common physiology problems relating to diseases 6. Explaining psychological changes during menstruation & guidance of how to solve the problems of period pain. 7.Guiding students the correct way of sex education and concepts of contraception

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