

朝陽科技大學 097學年度第1學期教學大綱
Body Sculpt 身材雕塑

當期課號	1519	Course Number	1519
授課教師	王明月	Instructor	WANG,MING YUEH
中文課名	身材雕塑	Course Name	Body Sculpt
開課單位	休閒事業管理系(四日)二A	Department	
修習別	選修	Required/Elective	Elective
學分數	2	Credits	2
課程目標	<p>一 結合運動健康理論與有氧運動的實務操作,幫助學生雕塑美好體態與建立有氧健康概念。</p> <p>二、建立營養健康與活力養生的飲食觀念,從改變飲食習慣的全新健康生活塑身,讓學生動得健康也要吃得健康。</p>	Objectives	<p>1.Combining the health theories with aerobic exercising to help students stay fit and build up the concept of aerobic health.</p> <p>2.Building up the concept of nutritious food and healthy eating for students to improve their eating habits in a healthy way.</p>
教材	<p>劉建恒(1997)運動與體重控制教師體能指導手冊:國立台灣師範大學。</p> <p>方進隆(1993)健康體能的理論與實際,台北:漢文。</p> <p>沈劍威、阮伯仁,1998,《體適能基礎理論》,香港:香港體適能總會。</p>	Teaching Materials	<p>Aggrandize students ability to sculp beauty body shape, students may have knowledge about manage health weight by exercise.</p> <p>Design teaching class with use the exercise theory and practice to improve students exercise ability.</p> <p>Make students have a life-long sport in daily life by health exercise notion.</p> <p>Students can learn communication attitude, how to make a good relationship and cooperate with classmates.</p>
成績評量方式	<p>一、運動行為之實現 40%</p> <p>二、運動相關知識 30%</p> <p>三、學習態度 30%</p>	Grading	<p>Exercise behavior and practice 40%</p> <p>Exercise knowledge 30%</p> <p>Learning attitude 30%</p>
教師網頁	-		
教學內容	<p>一、運動飲食與體重控制</p> <p>二、健身運動之體驗與討論</p> <p>三、運動傷害預防與處理</p> <p>四、如何養成規律運動與雕塑健美身材</p> <p>五、健康體重管理計畫實作與分析</p>	Syllabus	<p>Exercise diet and body weight control</p> <p>To experience health exercise and discussion</p> <p>Prevent exercise injury and dispose</p> <p>How to acquire regularly exercise and sculp well-built body.</p> <p>How to manage a healthy weight plan.</p> <p>Do and analysis.</p>

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