

**朝陽科技大學 097學年度第1學期教學大綱**  
**Introduction to Leisure, Recreation, and Tourism 休閒遊憩觀光概論**

<b>當期課號</b>	3228	<b>Course Number</b>	3228
<b>授課教師</b>	葉美智	<b>Instructor</b>	YEH,MEI CHIH
<b>中文課名</b>	休閒遊憩觀光概論	<b>Course Name</b>	Introduction to Leisure, Recreation, and Tourism
<b>開課單位</b>	休閒事業管理系(二進)三A	<b>Department</b>	
<b>修習別</b>	必修	<b>Required/Elective</b>	Required
<b>學分數</b>	3	<b>Credits</b>	3
<b>課程目標</b>	1.配合休閒概論性的課程需求，從哲理、心理層面、以及社會學觀點來解析當代休閒領域的議題。 2.本課程之教學目的是幫助學生瞭解體認休閒遊憩增進人類健康；觀光旅遊促進國際友誼的重大意義，並論及休閒觀光事業未來的發展及趨勢。	<b>Objectives</b>	1.Introduction to tie in with the leisure needs of the curriculum, from the philosophical to the psychological level, as well as the sociological perspective to resolve the areas of contemporary leisure issues. 2. The main purpose of this course is to help students: (1) Realize that leisure and recreation can increase the body and mental health and that tourism can promote international friendship. (2) The future development and trend of leisure, recreation, and tourism industry.
<b>教材</b>	休閒遊憩概論:探索生命中的休閒 葉怡矜等著 品度出版	<b>Teaching Materials</b>	Yeh, et al Leisure in your life- An exploration 6th edit.
<b>成績評量方式</b>	期中考30% 期末報告30% 作業及心得30% 出席10%	<b>Grading</b>	midterm exam. 30% term papaer 30% assingments 30% attendance 10%
<b>教師網頁</b>	-		
<b>教學內容</b>	單元(一)緒論：休閒、遊憩與觀光之概念 單元(二)休閒、遊憩與觀光之發展歷程 單元(三)時間利用及休閒涉入 單元(四)工作與休閒、休閒與工作 單元(五)休閒與生命週期 單元(六)休閒的預算花費 單元(七)休閒與性 單元(八)休閒與教育 單元(九)休閒與健康 單元(十)休閒遊憩治療 單元(十一)遊憩資源與旅遊目的地 單元(十二)休閒遊憩產業 單元(十三)休閒遊憩趨勢與發展	<b>Syllabus</b>	Unit1.The introduction of leisure and recreation. Unit2. The development history of Leisure, recreation and tourism. Unit3. Time use and leisure involvement. Unit4. Work and Leisure, leisure and work. Unit5. Leisure and life schedule. Unit6. The budgetof leisrue cost. Unit7. Leisure and sex. Unit8. Leisure and education. Unit9. Leisure and health. Unit10.Leisure and recreatoin therpathy. Unit11.Recreation resource and travel destination. Unit12.Leisure industry. Unit13.Leisure and recreation trend and development.

尊重智慧財產權，請勿非法影印。