朝陽科技大學 097學年度第2學期教學大綱
Leisure and Health 休閒與身心成長

當期課號	0142	Course Number	0142
授課教師	陳耀南	Instructor	Chen,Yao Nan
中文課名	休閒與身心成長	Course Name	Leisure and Health
開課單位	心理與自我成長課群(日)	Department	
修習別	選擇必修	Required/Elective	Topics in Psychology and Self Growth
學分數	2	Credits	2
課程目標	協助學生瞭解休閒、遊憩、觀光、遊戲等重要性，同時從多種角度引領學生探討正確的休閒觀及運動、健康概念，藉以規劃日常休閒活動，提升生活品質。	Objectives	The objectives of this course are to assist students to understand the importance of leisure activities, recreation, traveling, playing or sporting etc. This course also introduces multi-perspectives to explore the concepts of leisure activities, sports, and health and helps students draw up a plan of their daily leisure time activities to improve the quality of life.
教材	休閒、運動、遊憩、觀光類 心靈小品	Teaching Materials	
成績評量方式	考核：平時20%期中考30%簡報製作與技巧20%書面報告30%	Grading	
教師網頁	_		
教學內容	週次 教學進度及內容 1 休閒與身心成長健康之關係（同學背景 自我期許） 2 如何休閒 一句話的力量 3 休閒活動的種類 一日一生 4 休閒活動的種類 一生一定要有的八個朋友 5 你喜歡休閒嗎 人生不要太圓滿 6 你有休閒嗎 人生悟性 7 休閒旅遊 聰明人必做的十件事 8 休閒旅遊 十二個簡單與豐富 9 期中考（參訪休閒產業之心得報告） 10 樂山健康休閒 五隨 11 樂山健康休閒 六個生活啓示 12 親水健康休閒 健康生活 心情轉折 13 親水健康休閒 心靈小語 14 文化健康休閒 古今寓言集 15 文化健康休閒 找到生命的方向感 16 養生健康休閒 生命的啓示 17 養生健康休閒 生活三寶、價值 18 期末考	Syllabus	1The relationship between Leisure and the healthy growth of body and mind (Students'backgrounds and expectations) 2How to plan in leisure, the strength of one sentence 3All sorts of leisure, one day means a life 4All sorts of leisure, eight friends which you must make with 5Do you like leisure, life should not be perfect 6Do you enjoy your leisure, comprehension of life 7Leisure and travel, ten things which the smart must do 8Leisure and travel, twelve simply and profuse phrases 9Midterm (Term paper of visiting leisure industry) 10Leisure in the mountain, five casualness 11Leisure in the mountain, six inspirations in life 12Leisure in the sea, healthy life, mood transition 13Leisure in the sea, spiritual saying 14Cultural healthy leisure, ancient and modern tales 15Cultural healthy leisure, find the direction of life 16Cultural healthy leisure and preserving health, the inspirations of life 17Cultural healthy leisure and preserving health, three treasures in life, value 18Final

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