# 朝陽科技大學 097學年度第2學期教學大綱
# body suitable can the movement prescription 體適能運動處方

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| 當期課號 | 1479 | Course Number | 1479 |
| 授課教師 | 陳家成 | Instructor | Chen,Jia Chern |
| 中文課名 | 體適能運動處方 | Course Name | body suitable can the movement prescription |
| 開課單位 | 休閒事業管理系(四日)二A | Department | |
| 修習別 | 必修 | Required/Elective | Required |
| 學分數 | 3 | Credits | 3 |
| 課程目標 | 主要介紹體適能機能，依據體適能標準來檢測身體狀況，以及發展肌力、肌耐力、柔軟度、心肺耐力、身體組成，運動訓練計畫擬定及運動傷害預防。 | Objectives | Introduce the main fitness function, based on physical fitness standards to detect physical condition, and the development of muscular strength, muscular endurance, flexibility, cardiorespiratory endurance, body composition, exercise training program to develop and sports injury prevention. |
| 教材 | 教科本:<br>1.基礎全人健康與體適能(Fit to be well essential concepts ) 作者:Alton L. Thygerson 譯者:林正常總校閱 鄭景峰 吳柏翰 譯<br><br>參閱教書<br>2.ACE Group Fitness Instrucor Manual<br>3.ACE Personal Trainer Manual<br>4.體適能與全人健康的理論與實務 原著:Werner W.K.Hoeger & Sharon A.Hoeger 校閱:方進隆 編譯:李水碧 | Teaching Materials | 1.Fit to be well -- essential concepts:Alton L. Thygerson<br>2.ACE Group Fitness Instrucor Manual<br>3.ACE Personal Trainer Manual<br>4.Principles and Labs for Fitness Wellness |
| 成績評量方式 | 1.平時學習出缺席:30%<br>2.學習報告(2次):30%<br>3.期末考:40% (學科20%、術科20%) | Grading | 1.Attendance and Class participation 30 %<br>2.Learning and Writing report 30%<br>3.Final Examination 40% |
| 教師網頁 | | | |
| 教學內容 | 一.邁向健康的生活形態<br>第一章 全人健康概念<br>第二章 健康管理<br>第三章 運動基礎科學/生理學<br>第四章 體適能與運動處方<br><br>二.身體活動與運動前的準備<br>第五章 運動訓練原則與計畫擬訂<br>第六章 運動傷害預防<br>第七章 行為習慣的改變<br>第八章 運動指導(含括術科) | Syllabus | 一.Fit to be Well (Wellness)<br>1. Essential concepts<br>2. Health management<br>3. Changing to a Healthy Lifestyle<br>4. Preparing for Physical Activity and Exercise<br>5. Improving Cardio respiratory Endurance<br><br>二.Getting Started<br>6. Increasing Flexibility<br>7. Increasing Muscular Strength and Endurance<br>8. Assessing Body Composition<br>9. Managing Stress<br>10.Responsible Decision Making |

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