

朝陽科技大學 098學年度第1學期教學大綱
Activities Designing for Elderly 老人活動設計

當期課號	3657	Course Number	3657
授課教師	黃雅鈴	Instructor	HUANG,YA LING
中文課名	老人活動設計	Course Name	Activities Designing for Elderly
開課單位	老人服務事業管理系(四進)三A	Department	
修習別	必修	Required/Elective	Required
學分數	2	Credits	2
課程目標	本課程在提供老人服務之理論與實務，透過活動設計與帶動的應用過程，以符合老人實務工作需求。	Objectives	This course is to provide theory and practice of elder service , through the application process for the activity design and perform, to match practice need of elder.
教材	1.Flatten, Kay/ Wilhite, Barbara (1988). Recreation activities for the elderly. Springer Publishing Company 2.M Jean Keller (2008). Activities with Developmentally Disabled Elderly and Older Adults (Activities Adaptation and Aging Ser). Haworth Press. 3.Vicki Dent (2003). Group Activities With Older Adults. Fred Sammons. 4.Patricia M Cornish (1983). Activities for the frail-aged. Fred Sammons. 5.Carol, Will, Sandra D., Parker, and Cheryl L., Burke (1993). Activities for the Elderly: A Guide to Quality Programming. Idyll Arbor. 6.Sandra Parker & Carol Will (1993). Activities for the Elderly: A Guide to Working With Residents With Significant Physical and Cognitive Disabilities. Idyll Arbor. 7.Kay Flatten, Barbara Wilhite, Eleanor Reyes-Watson (1988). Exercise activities for the elderly. Springer Publishing Company.	Teaching Materials	1.Flatten, Kay/ Wilhite, Barbara (1988). Recreation activities for the elderly. Springer Publishing Company 2.M Jean Keller (2008). Activities with Developmentally Disabled Elderly and Older Adults (Activities Adaptation and Aging Ser). Haworth Press. 3.Vicki Dent (2003). Group Activities With Older Adults. Fred Sammons. 4.Patricia M Cornish (1983). Activities for the frail-aged. Fred Sammons. 5.Carol, Will, Sandra D., Parker, and Cheryl L., Burke (1993). Activities for the Elderly: A Guide to Quality Programming. Idyll Arbor. 6.Sandra Parker & Carol Will (1993). Activities for the Elderly: A Guide to Working With Residents With Significant Physical and Cognitive Disabilities. Idyll Arbor. 7.Kay Flatten, Barbara Wilhite, Eleanor Reyes-Watson (1988). Exercise activities for the elderly. Springer Publishing Company.
成績評量方式	1. 個人平時20%：課堂參與出席情形20%。 2. 期中報告20%：以4~5人為一組，進行老人活動與輔具設計專題報告，每組以老人活動為主軸進行活動與輔具設計核心概念之報告。期中考前必須先行確定活動主題與相關輔具及書面報告大綱，於期中報告進行20分鐘的簡報，報告當天須同時繳交書面報告與電子檔案。 3. 期末報告30%：依循期中分組人員，進行老人活動與輔具設計實務應用成果報告。於期末報告應用所設計之活動輔具，進行30分鐘的老人活動帶動，以落實老人活動設計之體驗，報告當天須同時繳交書面報告與電子檔案。 4. 期末考30%：依學校考試規定進行筆試。 註：成績評量將依學生上課表現進行調整。	Grading	Midterm report 20% Final report 30% Final exam 30% Participation 20% Note: It will to modify with student's participation in class.
教師網頁	-		
	教授老人休閒與保健、銀髮族活動設計實務，以及身心機能活化運動介紹等概念；並結合高齡者模擬體驗課		Recreation programs should specify the intended participants, that is, for whom programs have been

<p>教學內容</p>	<p>程、活力養生操演練、溫熱運動、團體帶動設計要點（手指筋力暨伸展運動）、帶動實務（全身協調暨伸展運動）、團體競技運動規則說明（爾槌球、賓果投擲等）；最後，透過學期成果活動帶領之發表，讓學生學習到老人活動設計理論與實務課程。</p>	<p>Syllabus</p> <p>designed. After all, in effective recreation programming with elderly. Among elderly persons' demands are those for programs which increase life satisfaction and improve quality of life. Attempts to meet these demands have resulted in the development of many programs such as congregate meals, day care, and activity center programs. Finally, the students are could understand how to help older adults maintain newly acquired behaviors.</p>
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