朝陽科技大學 098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	0126	Course Number	0126
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	(1)觀光行政與法規(華立書局、蕭仕榮著) (2)休閒事業概論(揚智文化、張宮熊著) (3)導覽解說實務(華立書局、陳炳輝編著) (4)觀光遊憩資源規劃(揚智文化、李銘輝・郭建興著) (5)休閒活動設計規劃(揚智文化、吳松齡著) (6)觀光規劃(田園城市、李英弘・李昌勳譯)	Teaching Materials	Main text book : Practice of Tourism resources Reference text book Overview of tourism Practice of tourism guide Planning of Tourism Recreation Resource Design and planning leisure activities Planning of tourism Supplement : website, newspaper, magazine, and personal experience
成績評量方式	1.全程出席，不遲到不早退（有困難請提出） 2.缺課需向學校請假缺席1/3時數（36*1/3）即12小時，無法取得學分。 3.選定主題進行個人報告，報告以不超過15分鐘爲原則，每個人皆須以power point上台報告。 4.報告一律電腦打字及輸出。 考核：平時20%期中考30%簡報製作與技巧20%書面報告30%	Grading	1. Students should attend classes on time. If you are inconvenient, please contact me. 2. Students who are absent for 3 times cannot pass this course. 3. Choose a topic to present. Presentation should be typed in the powerpoint format. Oral Presentation should not be over 15 minutes. 4. Presentation should be typed and printed. Grade policy: attendence 20%, mid-term 30%, powerpoint 20%, papers 30%
教師網頁	_		
	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休閒的總類 一日一生 4休閒的總類 一生一定要八個朋友的 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 十二個簡單語豐富 9期中考（參訪休閒產業之心得報告） 10樂山健康休閒 五隨		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

教學內容	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**	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

尊重智慧財產權，請勿非法影印。