朝陽科技大學 098學年度第2學期教學大綱
Movement nutrition and body weight control 運動營養與體重控制

當期課號	3338	Course Number	3338
授課教師	陳家成	Instructor	Chen,Jia Chern
中文課名	運動營養與體重控制	Course Name	Movement nutrition and body weight control
開課單位	休閒事業管理系(四進)二A	Department	
修習別	選修	Required/Elective	Elective
學分數	2	Credits	2
課程目標	針對增進健康促進與醫療，運動指導教練專業人員，對於運動教練與選手，在於運動行爲與飲食習慣，對運動能力與健康交互影響關係。	Objectives	Aimed at improving health promotion and health care, the guidance of coach sports professionals, sports coaches and players for is to exercise behavior and eating habits, exercise capacity and health of the interaction relationship.
教材	運動營養學(Exercise Nutrition) 郭家驊、邱麗玲、張振崗、劉珍芳、劉芳青、祁業榮、郭婕等編著	Teaching Materials	運動營養學(Exercise Nutrition) 郭家驊、邱麗玲、張振崗、劉珍芳、劉芳青、祁業榮、郭婕等編著
成績評量方式	1.出缺席:30% 2.期中考:30% 3.期末考:40%	Grading	Rating criteria: 1. Peacetime study of absence: 30% 2. Midterm: 30% 3. Final exams: 40%
教師網頁			
教學內容	課程設計主要了解體重控制基本認識與身體能量機能基本運作的認識和正確運動處方。健康營養、飲食習慣與醫療，對於運動能力與日常生活功能性體適能的交互影響關係。	Syllabus	Course Design: The main understanding of the basic knowledge of weight control and body awareness of the basic operation of the energy function and the correct exercise prescription. Health, nutrition, eating habits and medical care, for the functional exercise capacity and daily physical fitness of the interaction.

尊重智慧財產權，請勿非法影印。