朝陽科技大學 099學年度第1學期教學大綱
Leisure and Health 休閒與身心成長

當期課號	0088	Course Number	0088
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.主要教材：觀光遊憩資源實務(揚智文化、吳坤熙著；劉修祥主編) 2.參考教材：(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) 3.課堂補充：(網路、報章雜誌及個人實務體驗資訊) 心靈小品	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	考核： 平時30% 期中考〈書面報告〉30% 簡報製作與技巧10% 期末報告30%	Grading	Grade policy: attendence 〈papers〉30%, mid-term 30%, powerpoint 10%, Final30%
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、休閒的總類、一句話的力量 3休閒的總類、你喜歡休閒嗎、一日一生 4 你有休閒嗎、一生一定要八個朋友的 5 國家公園、人生不要太圓滿 6國家公園、人生悟性 7 休閒旅遊、國家公園、聰明人必做的十件事 8 休閒旅遊、國家公園、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、國家公園、五隨 11樂山健康休閒、國家公園、六個生活啓示 12親水健康休閒、健康生活、國家級風景區、心情轉折 13親水健康休閒、國家級風景區、	Syllabus	1 The relationship between Leisure and the healthy growth of body and mind (Students'backgrounds and expectations) 2 How to plan in leisure, All sorts of leisure, the strength of one sentence 3 All sorts of leisure, Do you like leisure,one day means a life 4 Do you enjoy your leisure,eight friends which you must make with 5 National Park、life should not be perfect 6 National Park、comprehension of life 7 Leisure and travel, National Park、ten things which the smart must do 8 Leisure and travel, National Park, twelve simply and profuse phrases 9 Midterm (Term paper of visiting leisure industry) 10 Leisure in the mountain, National Park, five casualness 11 Leisure in the mountain, National

	心靈小語 14文化健康休閒、國家級風景區、古今寓言集 15文化健康休閒、國家級風景區、找到生命的方向感 16養生健康休閒、國家級風景區、生命的啓示 17養生健康休閒、國家級風景區、生活三寶、價值 18期末考		Park,six inspirations in life 12 Leisure in the sea, healthy life, National scenic spot, mood transition 13 Leisure in the sea, National scenic spot,spiritual saying 14 Cultural healthy leisure, National scenic spot, ancient and modern tales 15 Cultural healthy leisure, National scenic spot, find the direction of life 16 Cultural healthy leisure and preserving health, National scenic spot,the inspirations of life 17 Cultural healthy leisure and preserving health, National scenic spot,three treasures in life, value 18 Final

尊重智慧財產權，請勿非法影印。