朝陽科技大學 099學年度第1學期教學大綱
Body weight control 體重控制

當期課號	0348	Course Number	0348
授課教師	黃宜綸	Instructor	Huang,Yi Lung
中文課名	體重控制	Course Name	Body weight control
開課單位	校訂選修(日間部)	Department	
修習別	選修	Required/Elective	Elective
學分數	1	Credits	1
課程目標	1.了解肥胖與過重對身體的危害，並有良好的健康觀念維持身材. 2.了解體重變化的機轉，並能針對個人需求去規劃管理身型. 3.能夠判別仿間減肥秘方對人體是否有實質效益 4.能夠針對個人需求設計運動處方	Objectives	1. To understand the danger of obesity toward health and having correct concept of maintaining body figure. 2. To understand the change in body figure and how to manage and control according to personal needs. 3 The ability to judge whether dietary remedy are useful in treating obesity. 4. The ability to plan sport prescriptions according to personal needs.
教材	投影片以及上課講義	Teaching Materials	Power point and handout
成績評量方式	出席率 40% 期中報告 30% 期末報告 30%	Grading	Attendance 40% Midterm report 30% Final report 30%
教師網頁	_		
教學內容	1.講解肥胖的成因與流行病學 2.體重的維持與管理 3.快速減重的傷害 4.體適能與身體代謝率 5.運動指導與訓練 6.運動科學的應用 7.不同族群之運動指導	Syllabus	1.Explanation of obesity factors & epidemic disease 2.Maintenance of weight control & management 3.Speedy recovery of injury 4.Body fitness & metabolism rate 5.Sport guidance & training 6.Application of sport science Relating to obesity. 7.Sport guidance among different groups of people.

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