# 朝陽科技大學 099學年度第1學期教學大綱
# Practice of body image management and body care 身體管理與美體保健

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| 當期課號 | 0352 | Course Number | 0352 |
| 授課教師 | 黃宜綸 | Instructor | Huang,Yi Lung |
| 中文課名 | 身體管理與美體保健 | Course Name | Practice of body image management and body care |
| 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.了解自己的體質,並做合適的保養與護理<br>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.<br>3.學習利用按摩紓壓，達到身心調和的狀態。<br>4.了解保健食品的成分,可以評估自身及他人的需要作適當的補充<br>5.了解常見的身體問題,可以好好照顧自己 | Objectives | 1.To understand different types of your body and maintenance evaluation.<br>2.To understand the change in body figure and how to manage and control according to personal needs.<br>3.To learn massage techniques and relax the body<br>4.To understand the ingredient of health food and evaluation according to self and others need as supplement.<br>5.To understand common diseases and how to look after own self. |
| 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%<br>期中報告 30%<br>期末報告 30% | Grading | Attendance 40%<br>Midterm report 30%<br>Final report 30% |
| 教師網頁 | | | |
| 教學內容 | 1.教導學生評估自己的體質,並選擇合適的保養品<br>2. 體重的維持與管理<br>3. 舒壓與按摩在生活上的運用<br>4.講解保健食品的功效與成分與美體的相關性.<br>5.講解身體常見問題與疾病<br>6.講解月經週期生理的變化並教導如何解決生理痛的問題<br>7.教導學生正確的性觀念與安全避孕的觀念 | Syllabus | 1. Teaching students how to evaluate different body type & choosing suitable maintenance cosmetic.<br>2.Maintenance of weight control & management<br>3. Massage techniques & body relaxation<br>4.Explaining functions of health foods & its ingredient<br>5.Explaining common physiology problems relating to diseases<br>6. Explaining psychological changes during menstruation & guidance of how to solve the problems of period pain.<br>7.Guiding students the correct way of sex education and concepts of contraception |

尊重智慧財產權，請勿非法影印。