朝陽科技大學 099學年度第1學期教學大綱
Physical Education for Young Children 幼兒體能

當期課號	2193	Course Number	2193
授課教師	王惠姿	Instructor	WANG,HUI TZU
中文課名	幼兒體能	Course Name	Physical Education for Young Children
開課單位	幼兒保育系(四日)一A	Department	
修習別	選修	Required/Elective	Elective
學分數	2	Credits	2
課程目標	本課程將探討幼兒動作發展之理論基礎，並將使學生們得到知識運用於實務指導並有能力設計合適幼兒體能發展之課程。學生們將能夠學習到體能教學技巧，包括：身體變化、動作發展、實務動作指導課程設計及健康評量。	Objectives	The course will explore the fundamentals of physical education for young children, and prepare students with the knowledge and ability to design appropriate physical education curriculum for young children. Students will learn the methods and skills of physical education, including body movement variety, physical and motor development, practical instruction, curriculum design, and health assessment.
教材	*自編講義	Teaching Materials	Creative Dance for all Ages 2.Movement Experience:From birth to 8 3.Handouts
成績評量方式	1. 出席率30% 2. 課程參與度40% 3. 讀書報告30%	Grading	1.Attendance 30% 2.Participation 40% 3.Reading Report 30%
教師網頁			
教學內容	＊透過創造性肢體動作課程的介紹進行身體資源探索 ＊藉良好節奏、肢體活動及基本動作技巧訓練，使學生發揮創造力，勇於表現自我 ＊將所學知識及技能運用於學齡前幼兒課程進行 1 緒 論 課程介紹-何謂創造性肢體動作課程，緒論 2 BrainDance 3 動作教育+ 幼兒體能 4 動作教育與認知發展 5 動作教育與社會性和情緒的發展 6 動作創造力的本質 7 創造性肢體動作課程的內涵 8 探索動作要素-空間 方向 9 期中考 10 探索動作要素-尺寸大小 11 探索動作要素-路徑，探索動作要素-速度／節奏 124 探索動作要素-能量 13 探索動作要素-平衡 14 探索動作要素-力量	Syllabus	1. Introduction 2. Why and What is Creative Movement 3. BrainDance 4. Movement Education 5. Movement Education and Congenative Development 6. Movement Education and Social/Emotional Development 7. The Essential of Motor Creativity 8. The Essential of Creative Movement 9. Exploring on Movement Element-Space 10. Exploring on Movement Element-Direction 11. Exploring on Movement Element-Size 12. Exploring on Movement Element-pathway, speed 13. Exploring on Movement Element-Energy 14. Exploring on Movement Element-

	15 探索動作要素-流動 16 探索動作要素-水平 17 探索動作要素-關係、焦點		Balance 15. Exploring on Movement Element-Power 16. Exploring on Movement Element-Float 17. Exploring on Movement Element-Level 18. Exploring on Movement Element-Relation, Fucus

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