

朝陽科技大學 099學年度第1學期教學大綱
Activities Designing for Elderly 老人活動設計

當期課號	3643	Course Number	3643
授課教師	黃雅鈴	Instructor	HUANG,YA LING
中文課名	老人活動設計	Course Name	Activities Designing for Elderly
開課單位	老人服務事業管理系(四進)三A	Department	
修習別	必修	Required/Elective	Required
學分數	2	Credits	2
課程目標	本課程在提供老人服務之理論與實務，透過活動設計與帶動的應用過程，以符合老人實務工作需求。	Objectives	This course is to provide theory and practice of elder service , through the application process for the activity design and perform, to match practice need of elder.
教材	<p>主要教材 張宏哲等人(2009)。長期照護活動設計手冊。台北：五南。 周芬姿等人(2009)。老人活動設計與規劃。台北：華都文化。</p> <p>參考教材 1.Flatten, Kay/ Wilhite, Barbara (1988). Recreation activities for the elderly. Springer Publishing Company 2.M Jean Keller (2008). Activities with Developmentally Disabled Elderly and Older Adults (Activities Adaptation and Aging Ser). Haworth Press. 3.Vicki Dent (2003). Group Activities With Older Adults. Fred Sammons. 4.Patricia M Cornish (1983). Activities for the frail-aged. Fred Sammons. 5.Carol, Will, Sandra D., Parker, and Cheryl L., Burke (1993). Activities for the Elderly: A Guide to Quality Programming. Idyll Arbor. 6.Sandra Parker & Carol Will (1993). Activities for the Elderly: A Guide to Working With Residents With Significant Physical and Cognitive Disabilities. Idyll Arbor. 7.Kay Flatten, Barbara Wilhite, Eleanor Reyes-Watson (1988). Exercise activities for the elderly. Springer Publishing Company.</p>	Teaching Materials	<p>Materials 張宏哲等人(2009)。長期照護活動設計手冊。台北：五南。 周芬姿等人(2009)。老人活動設計與規劃。台北：華都文化。</p> <p>Reference 1.Flatten, Kay/ Wilhite, Barbara (1988). Recreation activities for the elderly. Springer Publishing Company 2.M Jean Keller (2008). Activities with Developmentally Disabled Elderly and Older Adults (Activities Adaptation and Aging Ser). Haworth Press. 3.Vicki Dent (2003). Group Activities With Older Adults. Fred Sammons. 4.Patricia M Cornish (1983). Activities for the frail-aged. Fred Sammons. 5.Carol, Will, Sandra D., Parker, and Cheryl L., Burke (1993). Activities for the Elderly: A Guide to Quality Programming. Idyll Arbor. 6.Sandra Parker & Carol Will (1993). Activities for the Elderly: A Guide to Working With Residents With Significant Physical and Cognitive Disabilities. Idyll Arbor. 7.Kay Flatten, Barbara Wilhite, Eleanor Reyes-Watson (1988). Exercise activities for the elderly. Springer Publishing Company.</p>
	<p>1. 個人平時20%：課堂參與出席情形20%。</p> <p>2. 期中考20%：依學校考試規定進行筆試。</p> <p>3. 期中報告20%：以6~8人為一組，進行老人活動與輔具設計專題報告，每組以老人活動為主軸進行活動與輔具設計核心概念之報告。每組擇三種類型活動並設計活動案與完成計畫書，並擇一進行實務操作帶領，且必須完成輔具製作。（活動設計均需撰寫行銷與維持方案）。期中考前必須先行確定活動主題與相關輔具及書面報告大綱，於期中報告進行20分鐘的簡報，報告當天須同時繳交書面報告與電子檔案。每組針對各類型活動均需準備五分鐘的簡報，且各組必須提問至少一次，且撰寫學習回饋表單。</p> <p>4. 期末報告30%：依循期中分組人員，進行老人活動與輔具設計實務應</p>		<p>Participation 20% Midterm report 20% Midterm examination 30% Final report 30%</p> <p>Note: It will to modify with student's participation in class.</p>

<p>成績評量方式</p>	<p>用成果報告。於期末報告應用所設計之活動輔具，進行30分鐘的老人活動帶動，以落實老人活動設計之體驗，輔具製作均需詳列製作方式與過程（需附圖），報告當天須同時繳交書面報告與電子檔案。期末實務操作報告時，各組需安排照相與攝影人員，並納入成果報告之中。</p> <p>註：成績評量將依學生上課表現進行調整。</p> <p>**課程規範</p> <ol style="list-style-type: none"> 1. 排定上課座位。 2. 遲到十分鐘以缺課計。 3. 書面報告封面與內文格式，務必依照規定格式排版。 4. 將學期過程中所有報告與實務操作等內容，以書面形式集結並裝訂成冊與將所有資料檔案燒錄成光碟片，於期末考週繳交「期末成果報告書」及「光碟片」一份，占總成績10%。 5. 各種型態活動將搭配實務影片方式進行教學。 	<p>Grading</p>	
<p>教師網頁</p>	<p>-</p>		
<p>教學內容</p>	<p>教授老人休閒與保健、銀髮族活動設計實務，以及身心機能活化運動介紹等概念；並結合高齡者模擬體驗課程、活力養生操演練、溫熱運動、團體帶動設計要點（手指筋力暨伸展運動）、帶動實務（全身協調暨伸展運動）、團體競技運動規則說明（爾槌球、賓果投擲等）；最後，透過學期成果活動帶領之發表，讓學生學習到老人活動設計理論與實務課程。</p>	<p>Syllabus</p>	<p>Recreation programs should specify the intended participants, that is, for whom programs have been designed. After all, in effective recreation programming with elderly. Among elderly persons' demands are those for programs which increase life satisfaction and improve quality of life. Attempts to meet these demands have resulted in the development of many programs such as congregate meals, day care, and activity center programs. Finally, the students are could understand how to help older adults maintain newly acquired behaviors.</p>

尊重智慧財產權，請勿非法影印。