

朝陽科技大學 099學年度第1學期教學大綱
Ergonomics 工作生理學

當期課號	7664	Course Number	7664
授課教師	吳欣潔	Instructor	WU,HSIN CHIEH
中文課名	工作生理學	Course Name	Ergonomics
開課單位	工業工程與管理系碩士在職專班二A	Department	
修習別	選修	Required/Elective	Elective
學分數	3	Credits	3
課程目標	旨在探討影響工作者工作能力與工作績效之相關外在因素，以期能透過對環境因素之控制或藉由介面設計，來提高工作者之工作能力，並減少長期工作可能引發的職業傷害與災害。	Objectives	This course introduces environmental factors that affect performance of humans at work. Students will learn how to promote workers' efficiency and abilities through environmental control and interface design so as to reduce probability of occupational hazards and injuries. Lectures cover topics of: respiration and circulation, muscle and skeletal system, physical performance and skill work, body dimension and physical training, fatigue and measuring fatigue, working hour and eating habits, shift work, et. al..
教材	工作生理學課本	Teaching Materials	Astrand, P-O, et al., Textbook of Work Physiology, Human Kinetics
成績評量方式	考試 40%, 分組口頭報告30%, 期末書面報告30%.	Grading	Test 40% Oral presentation 30% Final report 30%
教師網頁	-		
教學內容	本課程包括：肌肉和其收縮、呼吸、身體表現、以測試為基礎評估身體績效、疲勞，以及應用工作生理學。	Syllabus	This course include: the muscle and its contraction, respiration, physical performance, evaluation of physical performance on the basis of tests, fatigue, and applied physiology.

尊重智慧財產權，請勿非法影印。