朝陽科技大學 099學年度第2學期教學大綱
Leisure and Health 休閒與身心成長

當期課號	0118	Course Number	0118
授課教師	王健良	Instructor	WANG,CHIEN LAING
中文課名	休閒與身心成長	Course Name	Leisure and Health
開課單位	心理與自我成長課群(日)	Department	
修習別	選擇必修	Required/Elective	Topics in Psychology and Self Growth
學分數	2	Credits	2
課程目標	協助學生瞭解休閒、遊憩、觀光、遊戲等重要性，同時從多種角度引領學生探討正確的休閒觀及運動、健康概念，藉以規劃日常休閒活動，提升生活品質。	Objectives	The objectives of this course are to assist students to understand the importance of leisure activities, recreation, traveling, playing or sporting etc. This course also introduces multi-perspectives to explore the concepts of leisure activities, sports, and health and helps students draw up a plan of their daily leisure time activities to improve the quality of life.
教材	休閒社會學 李力昌著 華都文化	Teaching Materials	Sociology of Leisure Lee，Lichang Far Du Publishing Co.
成績評量方式	期中考30% 期末考40% 平時成績30%	Grading	The mid-term exam 30% The final exam 40% Performance 30%
教師網頁	_		
教學內容	1. 休閒之意義與功能 2. 休閒活動之重要性與特質 3. 休閒活動之種類與選擇 4. 休閒活動之功用 5. 休閒生活之重要 6. 休閒活動與生理健康 7. 休閒活動與心理健康 8. 休閒活動與人際關係 9. 期中考 10.休閒社會學之定義 11.休閒行爲理論 12.休閒行爲理論運用 13.休閒活動對青少年之意義與發展 14.休閒活動之教育功能 15.休閒規劃 16.休閒產業之概念與發展 17.休閒產業之概念與發展 18 期末考	Syllabus	1.Leisure meaning and function 2.Importance of leisure activities and qualities 3.Variety of leisure activities and choices 4.Functions of leisure activities 5.Importance of the leisure life 6.Leisure activities and physical health 7.Leisure activities and mental health 8.Leisure activities and social relationship 9.The mid-term exam 10.Definition of the leisure sociology 11.Theory of leisure behavior 12.Theoretical application of leisure behavior 13.Meaning and development of the leisure behavior for teenagers 14.Educational function of leisure activities 15.Leisure plans 16.Concepts of the leisure industry and development 17.Concepts of the leisure industry and development 18.The final exam

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