朝陽科技大學 099學年度第2學期教學大綱
Personal Training Theory and Practice 健身運動理論與實務

當期課號	1374	Course Number	1374
授課教師	林承鋒	Instructor	LIN,CHENG FENG
中文課名	健身運動理論與實務	Course Name	Personal Training Theory and Practice
開課單位	休閒事業管理系(四日)二A	Department	
修習別	必修	Required/Elective	Required
學分數	2	Credits	2
課程目標	1.瞭解健身運動理的專業知識。 2.熟悉健身運動理的器材操作與訓練。 3.強調個人指導教練的專業倫理與工作態度。 4.強化學生應用理論於健身運動領域之能力。 5.透過分組演練，強化學生示範並講解健身運動的能力。 6.具備參與個人健身運動指導考證之基礎能力。	Objectives	1.To understand the essential knowledge of personal training. 2.To be familiar with the essential practice skills of personal training. 3.To emphasize the ethics of weight training instructors and professional attitude. 4.To enhance students' abilities of applying theories in personal training field. 5.To enhance students' abilities of demonstration for the basic personal training through group presentation. 6.Having the basic capability to apply for the personal training instructor (PTI) license.
教材	體適能與全人健康的理論與實務 進階教練訓練手冊 運動訓練法 個人體能訓練：理論及實踐	Teaching Materials	1.Fitness and Holistic Health Theory and Practice 2.Advanced Coach Training Manual 3.Sports Training 4.Personal Fitness Training: Theory and Practice
成績評量方式	期中考 35% 期末考 35% 出缺勤 30%	Grading	attendance 35% Final Exam 35% Chu Queqin 30%
教師網頁			
教學內容	1.體適能要素 2.體適能訓練原則與方法 3.訓練器材選擇與操作 4.動作指導與確保	Syllabus	1.Elements of physical fitness 2.Physical Fitness Training Principles and Methods 3.Training equipment selection and operation 4.Action guidance and ensure

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