

大葉大學運動健康管理學系113學年度 大學部四年學程

113Academic Year Bachelor Degree Program, Da-Yeh University Department of Sport and Health Management
院別：護理暨健康學院 系別：運動健康管理學系 畢業應修學分：128學分 製表日期：113.06.27

College of Nursing and Health Sciences, Department of Sport and Health Management Total Credits:128 Publish Date: June 27, 2024

| 類別 | 必修 Required | 科目名稱 | Course Title | 修課年級 與學期別 | 學分 Credits | 科目代號 Course Number | 每週上課時數 Class Hours | | 備註 | Remarks |
|---|----------------|------------|---|--------------|---------------|-----------------------|-----------------------|--------------|--------|--|
| | | | | | | | 講授 Lecture | 實習(驗) Lab | | |
| 校訂必修 30學分 | 必修 | 國文能力 | National Studies | 一 | 1 | | 2 | 2 | 0 | |
| | 必修 | 運算思維 | Computational Thinking | 一 | 1 | | 2 | 2 | 0 | |
| | 必修 | 英語聽力與口語(一) | English Listening and Speaking (1) | 一上 | 1/1 | | 2 | 2 | 0 | 此四科「英文能力」類課程採： 一、全英語教學 二、能力分組 三、同科目但不同能力班級，課程名稱不同。 例：初級英語聽力與口語(一)、中級英語聽力與口語(一)、中高級英語聽力與口語(一)、高級英語聽力與口語(一)。 |
| | 必修 | 英文閱讀與寫作(一) | English Reading and Writing (1) | 一上 | 1/1 | | 2 | 2 | 0 | |
| | 必修 | 英語聽力與口語(二) | English Listening and Speaking (2) | 一下 | 1/2 | | 2 | 2 | 0 | |
| | 必修 | 英文閱讀與寫作(二) | English Reading and Writing (2) | 一下 | 1/2 | | 2 | 2 | 0 | |
| | 必修 | 通識 | General Education | | | | 16 | 16 | 0 | 美學與文化、社會脈動與公民、國際視野與史觀、科技與永續發展共四大向度，每向度均須選修核心課程至少2學分，另須選修多元延伸課程至少2學分，每向度及多元延伸之修課學分數2-4學分，合計16學分。 |
| | 必修 | 英文能力檢定 | Qualification Test of English Proficiency | | | | 0 | 0 | 0 | 學生於大一下學期結束前均須參加英文檢定校園考或校外英文檢定測驗，成績須達多益400分以上(或CSEPT第一級170分，或全民英檢中級初級通過，或托福、雅思考等其同等級之測驗分數)，英語學系通過標準另依其規定。 |
| | 必修 | 資訊基本能力檢定 | Qualification Test of Computer Skills | | | | 0 | 0 | 0 | 依大葉大學學生資訊基本能力檢定專業門監實施辦法辦理 |
| | 必修 | 中文能力檢定 | Chinese Language Proficiency Test | | | | 0 | 0 | 0 | 依大葉大學學生中文能力檢定辦法辦理。 |
| | 必修 | 職場實習暨體驗 | Internship | | | | 0 | 0 | 0 | 學生應於在學期間完成職場實習暨體驗認證時數達100小時以上，始得畢業。依大葉大學職場實習暨體驗實施辦法辦理。 |
| | 必修 | 體育 | Physical Education | 一上 一下 | 1/1 1/2 | | 1 1 | 2 2 | 0 0 | 大一學生每學期均須修習，每學期1學分。 |
| 院訂必修 2學分 | 必修 | 緊急醫療救護概論 | Introduction to Emergency Medical Care | 一下 | 1/2 | | 2 | 2 | 0 | 配合考相關證照，銀髮族體適能指導模組、銀髮族產業服務模組、銀髮族醫療輔具設計模組、視覺照護模組 |
| 系訂必修 32學分 /department required 32 credits | 必修 | 營養學 | Nutrition | 一上 | 1/1 | | 2 | 2 | 0 | |
| | 必修 | 全民健康 | Wellness | 一上 | 1/1 | | 2 | 2 | 0 | |
| | 必修 | 運動傷害防護學與實驗 | Sports Injury Prevention and Experiment | 一上 | 1/1 | | 2 | 2 | 1 | 運動防護員課程 |
| | 必修 | 健康心理學 | Health Psychology | 一下 | 1/2 | | 2 | 2 | 0 | |
| | 必修 | 解剖學(含實驗) | Health Psychology | 一下 | 1/2 | | 2 | 2 | 1 | 肌能調理專業學程、銀髮族體適能指導模組、銀髮族產業服務模組、銀髮族醫療輔具設計模組、視覺照護模組 |
| | 必修 | 人體肌動學 | Kinesiology | 二上 | 2/1 | | 2 | 2 | 0 | |
| | 必修 | 個人重量訓練 | Personal Weight Training | 二上 | 2/1 | | 3 | 3 | 0 | 可考取個人體適能指導相關證照 |
| | 必修 | 運動生理學與實驗 | Exercise Physiology and Experimentation | 二下 | 2/2 | | 2 | 2 | 1 | 肌能調理專業學程/運動防護員課程 |
| | 必修 | 運動健康指導實務 | Applications of Exercise and Fitness Activity | 二下 | 2/2 | | 2 | 2 | 0 | 須考取團體課程指導相關證照 |
| | 必修 | 身體評估 | Physical Assessment | 二下 | 2/2 | | 2 | 2 | 0 | 配合運動生理學 |
| | 必修 | 管理學 | management | 三上 | 3/1 | | 3 | 3 | 0 | |
| | 必修 | 運動處方 | Exercise Prescription | 三上 | 3/1 | | 2 | 2 | 0 | 運動防護員課程 |
| | 必修 | 行銷管理 | Marketing Management | 三下 | 3/2 | | 2 | 2 | 0 | |
| | 必修 | 創新運動方案設計 | Innovation Planning in Sport and Exercise | 三下 | 3/2 | | 3 | 3 | 0 | 結合專題製作課程，可配合考相關證照 |
| 運動防護領域 | 選修 | 運動保健學 | sports health | 一 | 1 | | 2 | 2 | 0 | |
| | 選修 | 運動營養學 | Sports Nutrition | | | | 1 | 1 | 0 | |
| | 選修 | 運動心理學 | sports psychology | | | | 1 | 1 | 0 | |
| | 選修 | 健康管理 | health management | | | | 1 | 1 | 0 | |
| | 選修 | 人體解剖學與實驗 | Human Anatomy and Experiments | | | | 1 | 1 | 1 | |
| | 選修 | 運動保健之經營與管理 | Sports health management and management | | | | 1 | 1 | 0 | |
| | 選修 | 人體生理學與實驗 | Human Physiology and Experiments | 二 | 2 | | 1 | 1 | 1 | 須修運動生理學與實驗 |
| | 選修 | 運動防護實習 | Sports Protection Internship | | | | 2 | 0 | 0 | 此課程為校外實習課程 |

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113Academic Year Bachelor Degree Program, Da-Yeh University Department of Sport and Health Management
院別：護理暨健康學院 系別：運動健康管理學系 畢業應修學分：128學分 製表日期：113.06.27

College of Nursing and Health Sciences, Department of Sport and Health Management Total Credits:128 Publish Date: June 27, 2024

| College of Nursing and Health Sciences, Department of Sport and Health Management | | | | | | | | | | | | Total Credits: 120 | | Enrollment Date: 2/1/2024 | |
|---|-----------|-------------|--|------------------|--|--------------------------------------|------------------------|-----------------------|----------------|-----------------------|------------------------------------|---|---|---------------------------------------|--|
| 類別 | Category | 必修/選修 | Required/Optional | 科目名稱 | Course Title | 修課年級與學期別 | Academic Year/Semester | 科目代號 Course Number | 學分數 Credits | 每週上課時數 Class Hours | | 備註 | Remarks | | |
| | | | | | | | | | | 講授 Lecture | 實習(驗) Lab. | | | | |
| 系訂選修55學分 | 健康促進、治療領域 | 選 | Optional | 運動體能訓練 | sports fitness training | 三 | 3 | | 2 | 2 | 0 | 須修運動處方 | Exercise prescription required | | |
| | | 選 | Optional | 運動生物力學 | sports biomechanics | | | | 1 | 1 | 0 | 須修人體解剖學 | Human Kinetics Required | | |
| | | 選 | Optional | 運動貼紮與實驗 | Sports Taping and Experimentation | | | | 2 | 2 | 1 | | | | |
| | | 選 | Optional | 運動推拿指壓學 | Sports Tuina Shiatsu | | | | 2 | 2 | 0 | | | | |
| | | 選 | Optional | 運動傷害評估學 | Sports Injury Assessment | | | | 2 | 2 | 0 | | | | |
| | | 必選 | Optional | 芳香療法 | Aromatherapy | 二 | 2 | | 2 | 2 | 0 | | | | |
| | | 必選 | Optional | 運動按摩 | Sport Massage | | | | 2 | 2 | 0 | | | | |
| | | 選 | Optional | 矯正性運動訓練 | corrective exercise training | | | | 2 | 2 | 0 | | | | |
| | | 選 | Optional | 銀髮族體適能指導與實務 | Silver Hair Family Can Guide and Practice | 三 | 3 | | 2 | 2 | 0 | 銀髮族體適能指導模組 | Silver hair fitness guide module | | |
| | | 選 | Optional | 健康老化 | Healthy Aging | | | | 2 | 2 | 0 | | | | |
| | | 選 | Optional | 孕婦體適能 | Physical fitness of pregnant women | 四 | 4 | | 2 | 2 | 0 | | | | |
| | 肌能調理學程 | 選 | Optional | 基礎經絡理論 | Introduction to Meridian Health | 二 | 2 | | 2 | 2 | 0 | 1. 肌能調理專業學程：五科(民俗調理業相關法令、傳統整復推拿基本常用手法、傳統整復推拿全身調理手法訓練、刮痧與拔罐調理、傳統整復推拿實務(含顧客服務))加上系訂必修運動生理學、解剖學(含實驗)5學分，系訂選修基礎經絡理論2學分，則可取得該學程證明與國考資格。 2. 可檢定傳統整復推拿技術士 | 1. Muscle Energy Conditioning Program: Five subjects (laws related to folk conditioning industry, basic common techniques of traditional recuperation and massage, training of traditional recuperation massage for whole body conditioning, scraping and cupping conditioning, traditional recuperation and massage practice (including customer service)) plus bound 5 credits of compulsory exercise physiology and anatomy (including experiments), and 2 credits of compulsory basic meridian introduction, can obtain the certificate of this course and the qualification for the national examination. 2. Accredited Traditional Rehabilitation Tuina Technician | | |
| | | 選 | Optional | 傳統整復推拿基本常用手法 | Laws Related to Folklore Conditioning Industry | 三 | 3 | | 2 | 2 | 0 | | | | |
| | | 選 | Optional | 傳統整復推拿全身調理手法 | Traditional Tuina Practice (Including Customer Service) | 三 | 3 | | 3 | 3 | 0 | | | | |
| | | 選 | Optional | 民俗調理業相關法令 | The Basic Common Techniques of Traditional Massage | 四 | 4 | | 1 | 1 | 0 | | | | |
| | | 選 | Optional | 傳統整復推拿實務(含顧客服務) | Traditional Whole Body Massage and Massage | 四 | 4 | | 2 | 2 | 0 | | | | |
| | | 選 | Optional | 刮痧與拔罐調理 | Scrape and Pull the Can Conditioning | 四 | 4 | | 2 | 2 | 0 | | | | |
| | 有氧健身領域 | 休閒運動實務 | 必選 | Optional | 休閒運動實務-游泳 | Leisure of Sport and Fitness in Swim | 一 | 1 | | 2 | 2 | 0 | 可配合考相關證照 | Compatible with relevant certificates | |
| 選 | | | Optional | 休閒運動實務-開放水域潛水 | Leisure of Sport and Fitness in Scuba Diving | 二 | 2 | | 2 | 2 | 0 | 可配合考相關證照(先修游泳) | Can cooperate with relevant certificates (swimming first) | | |
| 選 | | | Optional | 休閒運動實務-進階開放水域潛水 | Recreational Sports Practice Advanced Open Water Diving | 三 | 3 | | 2 | 2 | 0 | 可配合考相關證照(先修初階水肺潛水) | Can cooperate with relevant certificates (open water diving first) | | |
| 健身運動實務 | | 必選 | Optional | 健身運動實務-團體課程指導 | Applications of Sport and Fitness in GEI | 一 | 1 | | 2 | 2 | 0 | | | | |
| | | 選 | Optional | 健身運動實務-瑜珈 | Applications of Sport and Fitness in Yoga | | | | 2 | 2 | 0 | 銀髮族體適能指導模組 | Silver hair fitness guide module | | |
| | | 必選 | Optional | 健身運動實務-基礎肌力訓練 | Strength Training and Conditioning | 二 | 2 | | 2 | 2 | 0 | | | | |
| | | 必選 | Optional | 健身運動實務-基礎階梯 | Applications of Sport and Fitness in Basis Step | | | | 2 | 2 | 0 | | | | |
| | | 選 | Optional | 健身運動實務-高低衝擊 | Applications of Sport and Fitness in High-Low Impact | | | | 2 | 2 | 0 | (先修團體課程指導) | (Guidance for Advanced Placement Group Courses) | | |
| | | 選 | Optional | 健身運動實務-身心靈平衡 | Leisure of Sport and Fitness in Body Balance | | | | 2 | 2 | 0 | (先修瑜珈) | (Practice yoga first) | | |
| | | 選 | Optional | 健身運動實務-皮拉提斯 | Applications of Sport and Fitness in Pilates | | | | 2 | 2 | 0 | (先修瑜珈)銀髮族體適能指導模組 | Preliminary Yoga Physical Fitness Guidance Module for Silver Hair | | |
| | | 選 | Optional | 健身運動實務-TRX訓練 | Applications of Sport and Fitness in TRX | | | | 2 | 2 | 0 | 可配合考相關證照(先修基礎肌力訓練) | Can cooperate with relevant certificates (basic strength training first) | | |
| | | 選 | Optional | 健身運動實務-俱樂部團體課程指導 | Applications of Sport in Fitness Center Exercise Instruction | | | | 3 | 3 | 0 | | | | |
| | | 選 | Optional | 健身運動實務-高強度間歇訓練 | Applications of Sport and Fitness in HIIT | 三 | 3 | | 2 | 2 | 0 | (先修團體課程指導) | (Guidance for Advanced Placement Group Courses) | | |
| | | 選 | Optional | 健身運動實務-基礎飛輪 | Base Flywheel | | | | 2 | 2 | 0 | | 預修基礎飛輪) | | |
| | | 選 | Optional | 健身運動實務-飛輪進階 | Advanced fitness real flywheel | | | | 2 | 2 | 0 | (先修基礎飛輪) | | | |
| | | 選 | Optional | 健身運動實務-全方位雕塑 | Applications of Sport and Fitness in Body Sculpture | | | | 2 | 2 | 0 | (先修基礎肌力訓練) | Preliminary basic strength training) | | |
| | | 選 | Optional | 健身運動實務-個人體適能顧問 | Applications of Sport and Fitness in P F T | | | | 2 | 2 | 0 | (配合考相關證照) | (with relevant certificates) | | |
| 選 | Optional | 健身運動實務-花式階梯 | Fitness Exercise Practice Fancy Ladder | 四 | 4 | | 2 | 2 | 0 | (先修基礎階梯) | (Pre-require for the basic ladder) | | | | |

113Academic Year Bachelor Degree Program, Da-Yeh University Department of Sport and Health Management

College of Nursing and Health Sciences, Department of Sport and Health Management Total Credits:128 Publish Date:June 27, 2024

| 類別 | 必修 | 選別 | Required/Optional | 科目名稱 | Course Title | 修課年級與學期別 | Academic Year/Semester | 科目代號 Course Number | 學分數 Credits | 每週上課時數 Class Hours | 講授 Lecture | 實習(輪) Lab. | 備註 | Remarks |
|--------|----|----|-------------------|-------------|--|----------|------------------------|-----------------------|----------------|-----------------------|---------------|---|--|---------------------|
| 經營管理領域 | 必修 | 選 | Optional | 健身運動實務-空中瑜珈 | Applications of Sport and Fitness in Aerial Yoga | | | | 3 | 3 | 0 | | (先修瑜珈) | Practice yoga first |
| | | 選 | Optional | 活動規劃管理 | Activity Arrangement | 二 | 2 | | 2 | 2 | 0 | | | |
| | | 選 | Optional | 健康與體能設施管理 | Health and Fitness Facilities Management | | | | 2 | 2 | 0 | | | |
| | | 選 | Optional | 運動專業英文 | English for sports majors | | | | 2 | 2 | 0 | 運動、健康類教材 | Sports and health textbooks | |
| | | 選 | Optional | 服務業管理 | Service management | 三 | 3 | | 2 | 2 | 0 | | | |
| | | 選 | Optional | 人力資源管理 | Human resource management | | | | 2 | 2 | 0 | | | |
| | | 選 | Optional | 行銷傳播與媒體應用 | Marketing Communication and Media Applications | | | | 2 | 2 | 0 | | | |
| | | 選 | Optional | 消費者行為與調查 | Consumer Behaviour and Surveys | | | | 2 | 2 | 0 | | | |
| | | 選 | Optional | 組織行為 | Organizational Behavior | | | | 2 | 2 | 0 | | | |
| | 實習 | 選 | Optional | 實習(一) | Internship (1) | 四 | 4 | | 3 | 0 | 0 | 1.校內/外實習：累計240小時時數並通過考評 2.實習課程大一~大四最高上限為18學分，符合教育部實習規範 | 1.On campus/off-campus internship:240 hours accumulated and assessed 2.The maximum limit for the first year to the fourth year of the internship course is 18 credits, which is in line with the internship regulations of the Ministry of Education. | |
| | | 選 | Optional | 實習(二) | Internship (2) | | | | 3 | 0 | 0 | | | |
| | | 選 | Optional | 實習(三) | Internship (3) | | | | 3 | 0 | 0 | | | |
| | | 選 | Optional | 實習(四) | Internship (4) | | | | 3 | 0 | 0 | | | |
| | | 選 | Optional | 實習(五) | Internship (5) | | | | 3 | 0 | 0 | | | |
| | | 選 | Optional | 實習(六) | Internship (6) | | | | 3 | 0 | 0 | | | |

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|-------------|-----------------------------------|--|
| 自由選修 9學分 | Free selective courses 9 | 學生可修習跨院系領域課程做為自由學分，以增加跨界學習能力。 To increase students' inter-disciplinary learning ability, the school encourages students to take courses |
|-------------|-----------------------------------|--|

◎畢業應修學分：共128學分

- 1.校訂必修 30學分/university required 28 credits
- 2.院訂必修 2學分/cllege required 2 credits
- 3.系訂必修32學分/department required 32 credits
- 4.系訂選修55學分/department optional55 credits
- 5.自由選修 9學分/Free selective courses 9 credits

◎其他重要規定：

校級畢業規定：

1. 多益英語測驗，成績須達400分以上 (或全民英檢中級初試，或托福測驗，或其他同級英檢分數)
TOEIC English Test, the score must be above 400 (or the National English Test Intermediate Preliminary Test, or TOEFL Test, or other English test scores of the same level)

2. 資訊能力檢定，依大葉大學學生資訊基本能力檢定畢業門檻實施辦法辦理。
The information ability test shall be handled in accordance with the Graduation Threshold Implementation Regulations of Daye University Students' Information Basic Ability Test.

3. 職場實習暨體驗，學生應於在學期間完成職場實習暨體驗認證時數達100小時以上，始得畢業。
For workplace internship and experience, students should complete the workplace internship and experience certification for more than 100 hours before graduation

4. 中文能力檢定，依大葉大學學生中文能力檢定檢定實施辦法辦理。
The Chinese proficiency test shall be handled in accordance with the implementation method of the Chinese Proficiency Test of Daye University Students

- 畢業生程度相當於國內高級中等學校二年級之國外大專、澳門同級同學學校畢業生，以同等學力讀本校學生班者（不含已離校三年以上者及以僑光部查核成績分入大學者），除畢業學分數128學分外，還修得12個畢業學分。
- Graduates whose graduation grade is equivalent to the second grade of domestic senior high schools in foreign countries or from similar schools in Hong Kong and Macao, who are enrolled in the bachelor's degree of our school with the same academic ability (not including those who have been out of school for more than two years and those who have been admitted to the university with the graduation results of the Overseas Chinese Academy), in addition to the 128 credits for graduation, 12 additional credits for graduation should be taken.

院級特色課程模組：/Department-level graduation requirements:

- 1.畢業前修畢本院銀髮族產業服務領域專業學程：四科（銀髮族照護概論、銀髮族活動設計、銀髮族創意產品設計、銀髮族休閒活動設計與規劃可四選三）加上本學程必修科目為緊急醫療救護概論、解剖學或解剖學(含實驗)5學分，則可取得該學程證明。

Completion of professional courses in the field of silver-haired industry services before graduation: four subjects (introduction to silver-haired care, silver-haired activity design, silver-haired creative product design, silver-haired leisure activity design and planning can choose three out of four) plus If the compulsory subjects of this program are Introduction to Emergency Medical Care, Anatomy or Anatomy (including lab) 5 credits, the program certificate can be obtained.

- 2.畢業前修畢本院銀髮族產業服務領域專業學程；三科（逆向工程與3D列印、銀髮族創意產品設計(原發明與創意產品設計)、輕量化醫療器材設計開發，可三選二)加上本學程必修科目為緊急醫療救護概論、解剖學或解剖學(含實驗)、醫療器材檢測8學分，則可取得該學程證明。

Completed the professional courses in the field of industrial services for the silver-haired family before graduation: three subjects (reverse engineering and 3D printing, creative product design for the silver-haired family (original invention and creative product design), design and development of lightweight medical equipment, three Option 2) In addition, the compulsory subjects of this program are Introduction to Emergency Medical Care, Anatomy or Anatomy (including experiments), and 8 credits of Medical Equipment Testing, and then the program certificate can be obtained.

- 3.畢業前修畢本院視覺照護跨域專業學程：三科（眼球解剖與組織學、視覺檢測技術、視覺輔具製作，可三選二）加上本學程必修科目為緊急醫療救護概論、解剖學或解剖學(含實驗)、視覺照護概論8學分，則可取得該學程證明。

系級畢業規定：/Department-level graduation requirements:

1. 畢業前需擔任運動健康相關領域義工時數160小時。
160 hours of volunteer hours in sports and health related fields are required before graduation.
2. 實習課程需累計240小時企業實習累計並通過考評。
Internship courses need to accumulate 240 hours of corporate internships and pass the assessment.
3. 證照：團體指導、個人體適能指導師相關證照、游泳教學教練證照或運動治療、救護類實務相關證照等(C級2張或B級以上1張)。
Certificates: Group guidance, personal fitness guidance related certificates, swimming teaching coach license or sports therapy, ambulance practice related certificates, etc. (2 grades C or 1 above grade B).

經2024/03/18第4次系課程委員會通過(112學年度)

經2024/04/11第3次院課程委員會通過(112學年度)

經2024/06/27第39次校課程委員會通過