

大葉大學運動健康管理學系110學年度 大學部四年學程

110Academic 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	Campus	必選別	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		備註	Remarks		
										講授Lecture	實習(驗)Lab.				
校訂必修28學分	University require 4 or 28 credits	必	Required	國文能力	National Studies	一	1		2	2	0				
		必	Required	運算思維	Computational Thinking	一	1		2	2	0				
		必	Required	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. 能力分班 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)。	The four courses in the "Fundamental English" category have the following features: a.) English-taught instruction b.) Student attending placement tests prior formal classrooms c.) Students are divided into classes of different levels according to the results of the English proficiency placement test, including Elementary English Listening and Speaking (1) Intermediate English Listening and Speaking(1) Upper-Intermediate English Listening and Speaking(1) Advanced English Listening and Speaking (1)		
		必	Required	英文閱讀與寫作(一)	English Reading and Writing (1)	一上	1/1		2	2	0				
		必	Required	英語聽力與口語(二)	English Listening and Speaking (2)	一下	1/2		2	2	0				
		必	Required	英文閱讀與寫作(二)	English Reading and Writing (2)	一下	1/2		2	2	0				
		必	Required	通識	General Education				16	16	0			哲學與歷史、文學與藝術、民主與法治、社會與心理、科學與技術共五大領域，每領域均須選修核心課程一科，共五科10學分，再於五大領域中選修核心課程或延伸課程6學分，合計16學分。	Students must take one course from each of the following five categories:Philosophy & History, Literature & Art, Democracy & Law, SocialScience & Psychology and Science &Technology. Besides the above fivecourses, 10 credits. The students have to finish 16 credits in General Education. Ten credits (5 courses)have to be taken from five majorcategories; one course from each category. The rest 8 credits can be selected among the optional core extended courses of General
		必	Required	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，或全民英檢中級初試通過，或托福、雅思等其他同等等級之測驗分數)。英語學系通過標準另依其規定。	Students are required to sit in for campus/off-campus English proficiency tests before the end of freshman year. The passing requirement for each proficiency test is described below: TOEIC 400/ 1st-level CSEPT 170/ Intermediate GEPT/TOEFL or IELTS scores at equivalent levels.		
		必	Required	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畢業門鑑實施辦法辦理	One of the following Microsoft Office certifications is required for graduation. 1.Microsoft Office Specialist(MOS) in Word 2.Microsoft Office Specialist(MOS) in PowerPoint 3.Microsoft Office Specialist(MOS) in Excel 4.Techiciency Quotient Certification in Word 5.Techiciency Quotient Certification in PowerPoint 6.Techiciency Quotient Certification in Excel 7.Other Microsoft Office certifications authenticated by Microsoft Corporation		
		必	Required	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。	Conduct according to Chinese Language Proficiency Test regulation of Da-Yeh University.		
必	Required	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。	Students should complete an internship during the study period, the hours of authentication for more than 100 hours before graduation. Conduct according to Internship regulation of Da-Yeh University.				
必	Required	體育	Physical Education	一上	1/1		1	2	0	體育必修不列入畢業學分，大一每學期均須修習，每學期1學分。	Physical education is not included in the graduation credits, and must be taken every semester in the freshman year, with 1 credit per semester.				
				一下	1/2		1	2	0						
院訂必修2學分	College required 2 credits	必	Required	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	Comply with relevant certificates. Physical fitness guidance module for silver-haired family, industry service module for silver-haired family, design module for silver-haired family medical aids, visual care module		
系訂必修37學分 Department required 32 credits		必	Required	營養學	Nutrition	一上	1/1		3	3	0				
		必	Required	全人健康	Wellness	一上	1/1		3	3	0				
		必	Required	運動傷害防護概論	Sports Injury Prevention and Experiment	一上	1/1		3	3	0	運動防護員課程	Sports Protector Course		
		必	Required	健康心理學	Health Psychology	一下	1/2		3	3	0				
		必	Required	解剖學(含實驗)	Health Psychology	一下	1/2		3	3	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	Muscle Conditioning Program, Physical Fitness Guidance Module for Silver-haired People, Industry Service Module for Silver-haired People, Medical Aids Design Module for Silver-haired People, Visual Care Module		
		必	Required	人體肌動學	Kinesiology	二上	2/1		2	2	0				
		必	Required	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	Certificates related to personal fitness coaching can be obtained		
		必	Required	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	Muscle Conditioning Professional Course / Sports Protector Course		
		必	Required	運動健康指導實務	Applications of Exercise and Fitness Activities	二下	2/2		2	2	0	須考取團體課程指導相關證照	Certificates required for group course instruction		
		必	Required	身體評估	Physical Assessment	二下	2/2		2	2	0	配合運動生理學	Work with exercise physiology		
		必	Required	管理學	management	三上	3/1		3	3	0				
		必	Required	運動處方	Exercise Prescription	三上	3/1		2	2	0	運動防護員課程	Sports Protector Course		
		必	Required	行銷管理	Marketing Management	三下	3/2		2	2	0				
必	Required	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	Combined with thematic production courses, it can be matched with relevant certificates				
必	Required	專題製作	Project Production	三下	3/2		1	0	0	配合創新運動方案設計	Cooperate with innovative sports program design				
運動防護領域	Sports protection field	選	Optional	運動健康概論	sports health	一	1		3	3	0				
		選	Optional	運動營養	Sports Nutrition				3	3	0				
		選	Optional	疾病與運動	sports psychology				3	3	0				
		選	Optional	健康管理	health management				1	1	0				
		選	Optional	運動保健之經營與管理	sports health management and management				1	1	0				
		選	Optional	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	Exercise Physiology and Experimentation Required		
		選	Optional	運動防護實習	Sports Protection Internship				2	0	0	此課程為校外實習課程	This course is an off-campus internship course 實習課程大一~大四最高上限為18學分，符合教務部實習規範。The maximum limit for the first year to the fourth year of the internship course is 18		
		選	Optional	運動體能訓練	sports fitness training				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	須修人體肌動學	Human Kinesiology 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	三	3		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		
		健康促進、治療領域	Health promotion, therapeutic areas	必選	Optional	運動按摩	Sport Massage	三	3		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		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	四	4		2	2	0				
選	Optional			孕婦體適能	Physical fitness of pregnant women				2	2	0				
選	Optional			基礎經絡理論	Introduction to Meridian Health	二	2		2	2	0				
肌能調理學程	muscle conditioning program	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	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				
		必選	Optional	休閒運動實務-游泳	Leisure of Sport and Fitness in Swim	一	1		3	3	0			可配合考相關證照	Compatible with relevant certificates

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										講授 Lecture	實習(驗) Lab.		
系訂選修52學分	休閒運動實務	選	Optional	休閒運動實務-開放水域潛水	Leisure of Sport and Fitness in Scuba Diving	三	3		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)
	有氧健身領域	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		
		必選	Optional	健身運動實務-基礎肌力訓練	Strength Training and Conditioning				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
		選	Optional	健身運動實務-韓流舞蹈	Fitness Exercise Practice-Korean Dance				2	2	0		
		選	Optional	健身運動實務-MV舞蹈	Fitness Exercise Practice-MV Dance				2	2	0		
		必選	Optional	健身運動實務-基礎階梯	Applications of Sport and Fitness in Basis Step	二	2		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		
		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)	(repair the basic flywheel first)
		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-requisite for the basic ladder)
		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)
	經營管理領域	選	Optional	運動管理	sports management	一	1		3	3	0		
		選	Optional	活動規劃管理	Activity Arrangement				2	2	0		
		選	Optional	健康與體能設施管理	Health and Fitness Facilities Management	二	2		2	2	0		
		選	Optional	專業英文	Professional English				2	2	0	運動、健康類教材	Sports and health textbooks
		選	Optional	服務業管理	Service management				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	三	3		2	2	0		
		選	Optional	消費者行為與調查	Consumer Behaviour and Surveys				2	2	0		
		選	Optional	健身運動心理學	fitness exercise psychology	四	4		2	2	0		
	實習	選	Optional	組織行為	Organizational Behavior				2	2	0		
		選	Optional	實習(一)	Internship (1)				3	0	0		
		選	Optional	實習(二)	Internship (2)				3	0	0	1.校內/外實習；累計240小時時數並通過考評	1.On-campus/off-campus internship:240 hours accumulated and assessed
		選	Optional	實習(三)	Internship (3)	四	4		3	0	0	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	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(四)	Internship (4)				3	0	0		
		選	Optional	實習(五)	Internship (5)				3	0	0		
	自由選修9學分			Free selective courses 9 credits	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 28學分/university required 28 credits
- 2.院訂必修 2學分/clege required 2 credits
- 3.系訂必修37學分/department required 37 credits
- 4.系訂選修52學分/department optional 52 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.
- 5.畢業年級相當於國內高級中等學校二年級之國外或香港、澳門同級同類學校畢業生，以同等學力就讀本校學士班者(不含已離校二年以上者及以僑先部結業成績分發入大學者)，除畢業學分數128學分外，應增修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)5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。  
Completed the interdisciplinary professional program of visual care in our school before graduation: three subjects (eyeball anatomy and histology, visual inspection technology, visual aids production, can choose two out of three) plus the compulsory subject of this program is emergency medical care 8 credits in Introduction, Anatomy or Anatomy (including labs), Introduction to Visual Care, and you can obtain proof of this course.

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 teacher, ambulance practice related certificates, etc. (2 grades C or 1 above grade B).

經2021/05/13第6次系課程委員會通過(109學年度)

經2021/05/14第3次院課程委員會通過(109學年度)

經2021/07/27第31次校課程委員會通過

經2021/09/07第1次系課程委員會通過(110學年度)

## 110 Academic 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

經2021/09/09第1次課程委員會通過(110學年度)  
經2021/9/30第32次校課程委員會通過  
經2022/05/16第3次系課程委員會通過(110學年度)  
經2022/07/12第3次課程委員會通過(110學年度)  
經2022/07/27第35次校課程委員會通過  
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次校課程委員會通過(112學年度)  
經2024/06/27第39次校課程委員會通過