

大葉大學運動健康管理學系115學年度 大學部四年學程

115Academic 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：115.07.30
College of Nursing and Health Sciences, Department of Sport and Health Management Total Credits:128 Publish Date: July 30, 2026

類別	Category	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30學分	University require at least 30 credits	必	Required	國文能力	Chinese Language Proficiency	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)。	The four courses in the "Fundamental English" category have the following features: a.) English-taught instruction b.) Student attending placement tests prior formal classes 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	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。	General education at Da-Yeh University provides core-courses and diversified extension courses. Core courses build on four dimensions: Aesthetics and Culture, Social Dynamics and Citizenship, Interdisciplinary Perspectives and Historiography, and Science-technology and Sustainable Development, each requiring 2 to 4 credits. Diversified extension courses require 2 to 4 credits. General education requires 16 credit hours in total to complete.
		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推實施辦法辦理	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
		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	體育	Physical Education	一上	1/1		1	2	0	大一學生每學期均須修習，每學期1學分。	Required for freshmen: 1 credit for each 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、視察照護模組	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
院訂選修2學分	College Optional 2 credits	選	Optional	銀髮族照護概論	Introduction to Elderly Care	二	2		2	2	0	選修超過2學分部分可當自由學分	Credits exceeding 2 elective credits may be counted as free elective credits.
系訂必修32學分 /department required 32 credits		必	Required	營養學	Nutrition	一上	1/1		2	2	0		
		必	Required	全人健康	Wellness	一上	1/1		2	2	0		
		必	Required	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	Sports Protector Course
		必	Required	健康心理學	Health Psychology	一下	1/2		2	2	0		
		必	Required	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、視察照護模組	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 Activity	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	Sport & protection field	選	Optional	運動保健學	sports health	一	1		2	2	0		
		選	Optional	運動營養學	Sports Nutrition				1	1	0		
		選	Optional	運動心理學	sports psychology				1	1	0		
		選	Optional	健康管理	health management				1	1	0		
		選	Optional	人體解剖學與實驗	Human Anatomy and Experiments				1	1	1		
		選	Optional	運動保健之經營與管理	Sports health management and management	二	2		1	1	0		
		選	Optional	人體生理學與實驗	Human Physiology and Experiments				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	實習課程大一~大四最長上限為18學分，符合教育部實習規範。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

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										講授 Lecture	實習(驗) Lab.		
健康促進、治療領域		選	Optional	運動貼紮與實驗	Sports Taping and Experimentation	三	3		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		
	Health promotion, therapeutic areas	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		
	muscle conditioning program	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	二	2		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	三	3		1	1	0		
		選	Optional	傳統整復推拿從業實務-顧客服務	Professional Practice in Traditional Bone Setting and Tui Na – Customer Service	三	3		2	2	0		
		選	Optional	刮痧與拔罐調理	Scrape and Pull the Can Conditioning	三	3		2	2	0		
	Leisure sports practice program	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)
系訂選修53學分/department optional 53 credits 有氧健身領域	Aerobic fitness field	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				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	三	3		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)

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										講授 Lecture	實習(驗) Lab.			
經營管理領域	經營管理領域 Business Management related courses	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	運動賞析與探討	Appreciation and Exploration of sports	一	1		2	2	0	EMI		
		選	Optional	活動企劃	Event Planning	一	1		2	2	0			
		選	Optional	活動規劃管理	Activity Arrangement				2	2	0			
		選	Optional	活動志工服務(一)	Volunteer Service(1)				2	2	0			
		選	Optional	活動志工服務(二)	Volunteer Service(2)				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	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	Internship	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						
	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 30學分/university required 30credits 2.院訂必修 2學分/cllege required 2 credits 3.院訂選修 2學分/College Optional 2 Credits 4.系訂必修32學分/departement required 32 credits 5.系訂選修53學分/departement optional53 credits 6.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.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. 4.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.畢業前修畢本院全能健康照護跨域學程：全能健康照護必修為5學分，選修課程至少完成5學分，最低需修習10學分，則可取得該學程證明。 Complete the college's comprehensive health care interdisciplinary program before graduation: Comprehensive health care is a compulsory course of 5 credits, elective courses must be completed at least 5 credits, and a minimum of 10 credits is required to obtain a certificate 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 therapy, ambulance practice related certificates, etc. (2 grades C or 1 above grade B).														
												經2026/03/10第4次系課程委員會通過(114學年度) 經2026/04/14第3次院課程委員會通過(114學年度) 經2026/06/03第5次系課程委員會通過(114學年度) 經2026/06/05第4次院課程委員會通過(114學年度) 經2026/07/30第44次校課程委員會通過		