

佛光大學運動與健康促進管理學士學位學程

課程規劃表(113 學年度入學新生適用)

113Academic Year Bachelor Program of Bachelor's Degree Program in Sports and Health Promotion Management, FGU

(113) 學年度入學新生適用

113 年 12 月 11 日 第 3 次課程委員會議通過

114 年 02 月 18 日 第 4 次課程委員會議通過

- 一、本系學士班學生畢業學分數 128 學分
Department requirements for graduation: 128 Credits
- 二、通識教育課程 32 學分
General Education Course: 32 Credits
- 三、(院)跨領域特色學程 24 學分
Interdisciplinary Course Program: 24 Credits
- 四、本系學士班主修領域學分數 61 學分，由以下二個學程組成：
Department requirements for major course: 61 Credits
- (一)(系)領域核心學程 37 學分
Core curriculum: 37 Credits
- (二)本系學士班領域專業學程(二選一)
Specialized Elective curriculum (Choose one)
- 五、本系學士班領域專業學程
Specialized Elective curriculum
- (一)運動事業管理學程 24 學分
Sports Industry Management Program: 24 Credits
- (二)健康促進管理學程 24 學分
Health Promotion Management Program: 24 Credits
- 六、本系學生自由選修：11 學分
Optional courses for self-selected subjects: 11 Credits
- 七、本系各學程課程如下表：
The courses of program are as listed below.

類別 Category	課號 Course Code	科目名稱 Course Name in Chinese	英文名稱 Course Name in English	修別 (Required / Elective)	學分 數 Credits	開課年級 Year Level / Semester		備註 Remarks
						年級 Grades	學期 Semester	
Core curriculum (系)領域核心學程	SH001	人體解剖學與實驗*◎	Experiment for Human Anatomy	必修 Required	2	1	上 First	
	SH002	*運動營養學*	Sports Nutrition	必修 Required	3	1	上 First	
	SH003	運動教育學	Sports Pedagogy	必修 Required	3	1	上 First	
	SH004	*運動推拿指壓學*	Sport Acupressur	必修 Required	2	2	上 First	
	SH005	*運動心理學*	Sport Psychology	必修 Required	3	2	上 First	
	SH006	*運動生理學與實驗*	Exercise Physiology and Experiment	必修 Required	3	2	下 Second	
	SH007	*教練指導學	Coaching	必修 Required	3	2	下 Second	
	SH008	*運動生物力學*	Sports biomechanics	必修 Required	3	2	下 Second	
	SH009	*運動體能訓練*	Physical fitness training	必修 Required	3	3	上 First	
	SH010	*運動傷害防護學與實驗*	Sports Injury Protection and Experiment	必修 Required	3	3	上 First	

Specialized Elective curriculum (系) 領域專業學程		SH011	*運動貼紮與實驗*	Athletic taping techniques	必修 Required	3	3	下 Second	
		SH301	運動休閒遊憩概論	Leisure Conception	選修 Elective	3	2	下 Second	
		SH302	健康促進實務	Health promotion	選修 Elective	3	3	上 First	
		SH303	健康老化	Health aging	選修 Elective	3	3	下 Second	
	運動事業管理學程	SH103	運動教練學	Successful Coaching	選修 Elective	3	2	上 First	
		SH101	*專項術科課程(一)	Specialized courses(一)	選修 Elective	2	2	下 Second	
		SH102	*專項術科課程(二)	Specialized courses(二)	選修 Elective	2	3	上 First	
		SH104	*運動技術分析	Sports Skill Analysis	選修 Elective	3	3	上 First	
		SH105	*競技運動團隊經營策略	Competitive Sports Team Management Strategy	選修 Elective	3	3	下 Second	
		SH304	運動賞析	Understanding of Sports	選修 Elective	3	1	下 Second	
		SH305	*體育行政與管理	Administration of Physical Education and Sport Programs	選修 Elective	3	2	上 First	
		SH306	運動企劃與指導	Sports Planning and Guidance	選修 Elective	3	2	下 Second	
		SH307	*運動場館管理	Sport Facilities Management	選修 Elective	3	2	下 Second	
		SH308	運動社會學	Social Issues in Sport	選修 Elective	3	3	上 First	
		SH309	運動賽會管理	Event Management	選修 Elective	3	3	下 Second	
		SH310	體育史	Physical Education History	選修 Elective	3	4	上 First	
		SH312	職場體驗	Career Experience	選修 Elective	3	4	下 Second	
	健康促進管理學程	SH201	運動保健學*	Health and Physical Activity	選修 Elective	2	1	下 Second	
		SH204	人體生理學與實驗*	Laboratory of Human Physiology	選修 Elective	2	1	下 Second	
		SH202	運動與健康管理*	Exercise and Health Management	選修 Elective	2	2	上 First	
		SH203	*運動傷害評估學*	Evaluations to Athletic Injuries	選修 Elective	2	2	下 Second	
		SH205	*運動傷害防護儀器之運用*	Application of sports injury protection equipment	選修 Elective	2	3	上 First	
		SH206	運動處方*	Exercise Prescription	選修 Elective	2	3	下 Second	
		SH207	運動防護實習*	Practicum of Athletic Training	選修 Elective	2	4	上 First	
		SH312	傳統整復推拿基本常用手法◎	Whole body methods of chinese traditional body therapy	選修 Elective	3	1	上 First	
		SH313	傳統整復推拿全身調理手法◎	Traditional massage and whole body conditioning techniques	選修 Elective	3	1	下 Second	

SH314	骨科運動醫學概論	Introduction to Orthopedic Sports Medicine	選修 Elective	3	2	上 First	
SH315	基礎經絡理論與應用◎	Basic Meridian Theory and Application	選修 Elective	1	2	下 Second	
SH316	刮痧與拔罐調整◎	Scraping and cupping adjustments	選修 Elective	1	2	上 First	
SH317	肢體療癒概論	Introduction to Movement Therapy	選修 Elective	3	2	下 Second	
SH318	團課設計與指導	Group Course Design and Instruction	選修 Elective	3	3	上 First	
SH319	運動與芳香療法	Exercise and Aroma Therapy	選修 Elective	3	3	上 First	
SH320	傳統整復推拿從業實務(含顧客服務)◎	Practice of chinese traditional body therapy	選修 Elective	2	2	下 Second	
SH321	運動與療癒概論	Introduction to Somatic Wellness	選修 Elective	3	3	下 Second	
SH322	民俗調理業相關法令◎	The Related Law Education in Traditional Manipulative Therapy practitioners	選修 Elective	1	3	上 First	
SH323	運動與催眠療癒	Exercise and Hypnotherapy	選修 Elective	3	4	下 Second	

註：得視實際情況調整授課年級。

Note: The assigned year level for course instruction may be adjusted based on actual circumstances.

一、課程註記「*000」為運動專任教練承認學分至少 32 學分，情詳見體育屬「各級學校專任運動教練資格審定辦法」。

Courses marked with “*000” are part of the curriculum required for recognition of at least 32 credits by full-time sports coaches, as specified in the *Regulations for the Qualification Accreditation of Full-time Sports Coaches at All School Levels* by the Sports Administration.

二、課程註記「000*」為運動防護員檢定規定課程，請詳見體育署「運動防護員資格檢定辦法」。

Courses marked with “000*” are required for the certification of athletic trainers. Please refer to the *Regulations for the Certification of Athletic Trainers* by the Sports Administration.

三、課程註記「000◎」為民俗調理業傳統整復推拿技術員相關課程。

Courses marked with “000◎” are related to traditional Chinese manual therapy techniques under the Folk Therapy Industry.

四、本學程學生畢業時，須取得運動或健康促進相關 B 級含以上證照 1 張或 C 級(單級)證照 2 張，證照級別及特殊狀況認定由學程事務會議決議。

Students must obtain at least one B-level (or higher) professional certification in sports or health promotion, or two C-level (single-level) certifications before graduation. The certification level and any special cases will be determined by the program affairs committee.

五、「職場體驗」完成至少運動業界 120 小時職場體驗，「運動防護實習」完成運動防護證照 250 小時實習之規定。

“Workplace Experience” requires completion of at least 120 hours of hands-on experience in the sports industry. “Athletic Training Internship” requires 250 hours of internship for the athletic training certification.