

佛光大學運動與健康促進管理學士學位學程學士班
課程規劃表(115 學年度入學新生適用)

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

(115) 學年度入學新生適用

本系學士班學生畢業學分數至少 128 學分，包含：

Department requirements for graduation at least 128 Credits, including:

一、通識教育學程 32 學分

General Education Course Program: 32 Credits

二、院跨領學程 24 學分

Interdisciplinary Course Program: 24 Credits

三、系必修 32 學分、系選修 27 學分，由以下二個學程組成：

Department requirements for major course: Required courses 32 Credits、Elective courses 27 Credits

(一)(系)核心學程 32 學分 (必修 32 學分)

Core curriculum: 32 Credits (Required courses 32 Credits)

(二)(系)專業選修學程 27 學分

Specialized Elective curriculum: 27 Credits

四、(系)專業選修學程 (選修 27 學分)

Specialized Elective curriculum (Elective courses 27 Credits)

(一) 運動與健康促進學程 27 學分

Sports and Health Promotion Program: 27 Credits

五、本學程 30+課程(必修 2 學分、選修 12 學分)

(一)從療癒美學到數位健康行銷學程 14 學分 (必修 2 學分、選修 14 學分)

Healing Aesthetics and Digital Health Marketing Program: 16 Credits (Required Courses: 2 Credits、Elective Courses: 14 Credits)

(二)樂活全人健康學分學程 14 學分 (必修 2 學分、選修 14 學分)

LOHAS and Holistic Health Promotion Program: 16 Credits (Required Courses: 2 Credits、Elective Courses: 14 Credits)

六、本學程學生自由選修 13 學分：

Optional courses for self-selected subjects: 13 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	
(系) 核心學程 Core curriculum	SMHP1001	服務業管理	Fundamentals of Service Management	必修 Required	3	1	下 Second	
	SMHP1002	運動營養學*	Sports Nutrition	必修 Required	3	1	上 First	防護員 Sports Protection Specialist
	SMHP1003	運動管理	Sport Management	必修 Required	3	2	上 First	
	SMHP1004	行銷管理	Marketing management	必修 Required	3	2	上 First	
	SMHP1005	*人體生理學與實驗*	Laboratory of Human Physiology	必修 Required	2	2	下 Second	運動教練(自然)/ Sports Coach (Natural) 防護員課程 Sports Protection Specialist
	SMHP1006	健康管理	Health Management	必修 Required	3	2	下 Second	
	SMHP1007	人力資源管理	Human Resource Management	必修 Required	3	3	上 First	

		SMHP1008	*競技運動 團隊經營策略	Competitive Sports Team Management Strategy	必修 Required	3	3	上 First	運動教練(社會) Sports Coach (Society)
		SMHP1009	*體育行政 與管理	Administration of Physical Education and Sport Programs	必修 Required	3	3	下 Second	運動教練(社會) Sports Coach (Society)
		SMHP1010	運動與芳香 療法	Exercise and Aroma Therapy	必修 Required	3	3	下 Second	
		SMHP1011	中藥與民俗 藥膳	Chinese traditional medicinal cuisine	必修 Required	3	3	下 Second	
(系)專業選修學程 Specialized Elective curriculum	運動與健康促進學程 Sports and Health Promotion Program	SMHP2001	人體解剖學 與實驗*◎	Experiment for Human Anatomy	選修 Elective	3	1	上 First	防護員課程/ Sports Protection Specialist 整復課 程 Bodywork Technician
		SMHP2002	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	整復師 Bodywork Technician
		SMHP2003	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	整復師 Bodywork Technician
		SMHP2004	運動推拿指 壓學*	Sport Acupressur	選修 Elective	2	2	上 First	防護員課程/Sports Protection Specialist
		SMHP2005	*教練指導 學	Coaching	選修 Elective	3	2	上 First	運動教練課程(社 會)Sports coach (society)
		SMHP2006	*運動體能 訓練*	Physical fitness training	選修 Elective	3	2	上 First	運動教練(體運) / 防護員課程 Sports Protection Specialist
		SMHP2007	刮痧與拔罐 調整◎	Scraping and cupping adjustments	選修 Elective	1	2	上 First	整復課程 Traditional Manipulative Technician
		SMHP2008	*運動生物 力學*	Sports biomechanics	選修 Elective	3	2	上 First	運動教練課程(自 然)/防護員課程 Sports Protection Specialist
		SMHP2009	*運動生理 學與實驗*	Exercise Physiology and Experiment	選修 Elective	3	2	下 Second	運動教練課程(自 然)/防護員課程 Sports Protection Specialist
		SMHP2010	基礎經絡理 論與應用◎	Basic Meridian Theory and Application	選修 Elective	1	2	下 Second	整復師 Bodywork Technician
		SMHP2011	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	整復課程 Traditional Manipulative Technician
		SMHP2012	*專項術科 課程(一)	Specialized courses(一)	選修 Elective	2	2	下 Second	運動教練(術科) sports coach (Practicum)
		SMHP2013	*運動心理 學*	Sport Psychology	選修 Elective	3	3	上 First	運動教練課程(自 然)/ 防護員課程

									Sports Protection Specialist
		SMHP2014	*運動傷害防護學與實驗*	Sports Injury Protection and Experiment	選修 Elective	3	3	上 First	運動教練課程(運動傷)Sports coach(prevention)
		SMHP2015	*運動傷害防護儀器之運用*	Application of sports injury protection equipment	選修 Elective	2	3	上 First	運動教練課程(運動防)/防護員課程 Sports Protection Specialist
		SMHP2016	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	整復課程 Traditional Manipulative Technician
		SMHP2017	*專項術科課程(二)	Specialized courses(二)	選修 Elective	2	3	上 First	運動教練(術科)sports coach (Practicum)
		SMHP2018	*運動貼紮與實驗*	Athleftic taping techniques	選修 Elective	2	3	下 Second	運動教練課程(運動傷)/防護員 Sports Protection Specialist
		SMHP2019	*運動傷害評估學*	Evaluations to Athletic Injuries	選修 Elective	2	3	下 Second	運動教練課程(運動防)/防護員課程 Sports Protection Specialist
		SMHP2020	運動處方*	Exercise Prescription	選修 Elective	2	3	下 Second	防護員課程 Sports Protection Specialist
		SMHP2021	運動防護實習*	Practicum of Athletic Training	選修 Elective	4	4	上 First	防護員課程 Sports Protection Specialist
		SMHP2022	*運動場館管理	Sport Facilities Management	選修 Elective	3	4	下 Second	運動教練課程(社會)
		SMHP2023	職場體驗(一)	Career Experience (I)	選修 Elective	8	4	上 First	
		SMHP2024	職場體驗(二)	Career Experience (II)	選修 Elective	8	4	下 Second	
		SMHP2025	運動保健之經營與管理*	Management of Athletic Training & Health	選修 Elective	3	1	下 Second	防護員課程 Sports Protection Specialist
		SMHP2026	AI 運動產業應用專題	AI Applications in the Sports Industry	選修 Elective	3	4	上 First	全英文課程
		SMHP2027	AI 運動智慧行銷專題	AI-Driven Smart Sports Marketing	選修 Elective	3	4	下 Second	
30+ 課程	從療癒美學到數位健康行銷學程 Healing Aesthetics and Digital Health Marketing Program	SMHP3101	高齡社會與人生 100 再設計	Redesigning the 100-Year Life in an Aging Society	必修 Required	2	1	上 First	
		SMHP3201	芳療與營養的健康美學	Aroma Therapy and Nutrition for Health Aesthetics	選修 Elective	3	1	上 First	五選四 Choose 4 out of 5
		SMHP3202	無人機與運動觀光產業發展	Drones and Sports Tourism	選修 Elective	3	1	上 First	

				Industry Development					
		SMHP3203	從 CANVA 辦公室實務應用到 AI 網路行銷	From Canva Office Practice to AI Online Marketing	選修 Elective	3	1	下 Second	
		SMHP3204	運動整復學與健康管理實務	Sports Rehabilitation and Health Management Practice	選修 Elective	3	1	下 Second	
		SMHP3205	草藥膳食開發與經絡養生實務	Herbal Cuisine Development and Meridian Health Practice	選修 Elective	3	1	下 Second	
	LOHAS and Holistic Health Promotion Program 樂活全人健康學分學程	SMHP3101	高齡社會與人生 100 再設計	Redesigning the 100-Year Life in an Aging Society	必修 Required	2	1	上 First	六選四 Choose 4 out of 6
		SMHP3301	樂活養生與健康福祉	Life Cultivation and Health and Well-being	選修 Elective	3	1	上 First	
		SMHP3302	壓力管理與健康促進	Stress Management and Health Promotion	選修 Elective	3	1	上 First	
		SMHP3303	音樂療癒	Music Healing	選修 Elective	3	1	上 First	
		SMHP3304	表達性藝術與生命敘說	Expressive Art and Life Narrative	選修 Elective	3	1	下 Second	
		SMHP3305	芳香保健實務	Aromatherapy and Wellness Practice	選修 Elective	3	1	下 Second	
		SMHP3306	經絡保健原理與實務	Meridian System and Health Care	選修 Elective	3	1	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 480 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 480 hours of internship for the athletic training certification.

- 六、系選修以一個專業選修學程 27 學分 學生選課需以未來專業需求做規劃，剩餘 13 學分鼓勵學生列為次專長選修為原則。

Students must complete 27 credits in one specialized elective program. The remaining 13 credits are encouraged to be used for secondary specialization, based on future career goals.

- 七、本學程以三大證照：

The program emphasizes three main professional certifications:

1. 專任運動教練知識課程 體育署規定共 32 學分。

Full-time Sports Coach Knowledge Courses – A total of 32 credits as required by the Sports Administration.

2. 防護員課程(運動防護-專業科學 體育署規定此領域最低 18 學分為原則)。

(運動防護-基礎科學 體育署規定此領域最低 8 學分為原則)。

Athletic Trainer Courses:

Professional Science Courses: Minimum of 18 credits as a general guideline.

Basic Science Courses: Minimum of 8 credits as a general guideline.

3. 民俗調理業傳統整復證照。

Certification in Traditional Chinese Manual Therapy under the Folk Therapy Industry.