**臺北市立大學休閒運動管理學系**

**105學年度課程標準**

**＊三大教育目標**

1.培育休閒運動產業經營管理之專業知能

2.培育休閒運動指導專業知能

3.培育運動設施規劃營運專業知能

**總畢業學分為130學分：**

**通識學分28學分。**

**必修學科26學分；術科4學分**

**選修學科52學分；術科20學分**

* **畢業門檻：宜取得4張證照始得畢業(可選擇證照類別為運動術科、資訊類、旅遊類與語言類等，其語言類部分，若為TOEIC須為400分以上)。**

＊ 備註欄有⚫記號為配合取得證照課程。

* 學生須於大四上學期開學前完成至少300小時之專業實習課程；另校內擔任志工時數共計100小時：包含大一與大四各20小時、大二與大三各30小時。
* 先修完會計學才可再選修財務管理學課程。
* **本系運動專長學生可免修本系選修術科課程或跨系所選修術科課程最多10學分。**其申請辦法：擬申請者，請於每學期開學前二週內，檢附每日訓練計畫及比賽成績(全國性比賽前3名)始可辦理抵免，且每學期不得超過2學分。

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 類別 | 科目 | 學分 | 時數 | 第一學年 | 第二學年 | 第三學年 | 第四學年 | 備註 |
| 1 | 2 | 1 | 2 | 1 | 2 | 1 | 2 |
| 共同課程 | 共同必修 | 大學生活與學習輔導 | Life Learning and Guidance at College-Part | 0 | 8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |  |
| 院定必修課 | 學科 | 人體解剖生理學 | Human Anatomy and Physiology | 4 | 4 | 2 | 2 |  |  |  |  |  |  |  |
| 運動心理學 | Sport Psychology | 2 | 2 |  |  | 2 |  |  |  |  |  |  |
| 運動生物力學 | Sport Biomechanics | 2 | 2 |  |  | 2 |  |  |  |  |  |  |
| 運動生理學 | Exercise Physiology | 2 | 2 |  |  |  | 2 |  |  |  |  |  |
| 系定必修課程 | 學科 | 休閒運動概論 | Introduction of Recreation and Sport | 2 | 2 | 2 |  |  |  |  |  |  |  |  |
| 體育學原理 | Principles of Physical Education | 2 | 2 | 2 |  |  |  |  |  |  |  |  |
| 服務學習 | Service Learning | 2 | 4 | 1 |  |  |  |  |  |  | 1 |  |
| 統計學 | Basic Statistics | 2 | 2 |  |  | 2 |  |  |  |  |  |  |
| 休閒運動行銷學 | Recreation and Sport Marketing | 2 | 2 |  |  |  | 2 |  |  |  |  |  |
| 休閒運動管理學 | Recreation and Sport Management | 2 | 2 |  |  |  |  | 2 |  |  |  |  |
| 專業實習(實習時數須滿300小時) | Internship / Practicum | 2 | 2 |  |  |  |  |  |  | 2 |  |  |
| 休閒運動管理專題 | Recreation and Sport Management Seminar | 2 | 2 |  |  |  |  |  |  |  | 2 |  |
| 術科 | 游泳 | Swimming | 2 | 4 | 1 | 1 |  |  |  |  |  |  |  |
| 田徑 | Track and Field  | 2 | 4 | 1 | 1 |  |  |  |  |  |  |  |
|  | 公共服務教育 | Education of Public Services | 0 |  | 0 | 0 |  |  |  |  |  |  |  |
| 小計 | 30 |  |  |  |  |  |  |  |  |  |  |

| 類別 | 科目 | 學分 | 時數 | 第一學年 | 第二學年 | 第三學年 | 第四學年 | 備註 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 1 | 2 | 1 | 2 | 1 | 2 |
| 選修課程 | 管理學群︵至少選修10學分︶ | 管理學概論 | Introduction of Management | 2 | 2 | 2 |  |  |  |  |  |  |  |  |
| 運動文宣及企劃案寫作技巧 | Writing Skills for Project Planning and Marketing in Sports | 2 | 2 | 2 |  |  |  |  |  |  |  |  |
| 經濟學概論 | Introduction of Economics | 2 | 2 |  | 2 |  |  |  |  |  |  |  |
| 運動傳播學 | Sport Communication | 2 | 2 |  | 2 |  |  |  |  |  |  |  |
| 體育行政管理 | Administration of Physical Education | 2 | 2 |  |  | 2 |  |  |  |  |  |  |
| 會計學概論 | Introduction of Accounting | 2 | 2 |  |  | 2 |  |  |  |  |  |  |
| 體育運動多媒體製作(Ⅰ) | Multi-Media for Sport Ⅰ | 2 | 2 |  |  | 2 |  |  |  |  |  |  |
| 體育運動多媒體製作(Ⅱ) | Multi-Media for Sport Ⅱ | 2 | 2 |  |  |  | 2 |  |  |  |  |  |
| 運動賽會組織與管理 | Organization and Management for Sport Events | 2 | 2 |  |  |  | 2 |  |  |  |  |  |
| 財務管理學 | Financial Management | 2 | 2 |  |  |  | 2 |  |  |  |  |  |
| 人力資源管理與發展 | Human Resources Management and Development | 2 | 2 |  |  |  |  | 2 |  |  |  |  |
| 運動設施經營管理 | Sport Facilities Operation and Management | 2 | 2 |  |  |  |  | 2 |  |  |  |  |
| 管理科學 | Management Science | 2 | 2 |  |  |  |  | 2 |  |  |  |  |
| 休閒運動設施營建理論與實務 | Leisure and sports facilities construction theory and practice | 2 | 2 |  |  |  |  | 2 |  |  |  |  |
| 體育課程設計 | Physical Education Curriculum Design | 2 | 2 |  |  |  |  | 2 |  |  |  |  |
| 休閒運動研究法 | Research Methods in Leisure and Sports | 2 | 2 |  |  |  |  |  | 2 |  |  |  |
| 休閒設施品質管理 | Quality leisure facilities management | 2 | 2 |  |  |  |  |  | 2 |  |  |  |
| 休閒運動設施估價概論 | Introduction of leisure and sports facilities cost estimate | 2 | 2 |  |  |  |  |  |  | 2 |  |  |
| 運動學群（至少選修10學分） | 運動與健康 | Exercise and Health | 2 | 2 | 2 |  |  |  |  |  |  |  |  |
| 體適能 | Physical Fitness | 2 | 2 |  | 2 |  |  |  |  |  |  |  |
| 體育志工概論 | Theory of P.E. Volunteerism | 2 | 2 |  | 2 |  |  |  |  |  |  |  |
| 運動社會學 | Sociology of Sports | 2 | 2 |  | 2 |  |  |  |  |  |  |  |
| 體育測驗與評量 | Measurement and Evaluation in Physical Education | 2 | 2 |  |  | 2 |  |  |  |  |  |  |
| 運動法規 | Sports Law | 2 | 2 |  |  | 2 |  |  |  |  |  |  |
| 體育志工經營管理 | Management of P.E. Volunteers Project | 2 | 2 |  |  |  | 2 |  |  |  |  |  |
| 運動傷害與急救 | Sport Injury and First Aid | 2 | 2 |  |  |  |  | 2 |  |  |  |  |
| 運動訓練法 | Principle of Sport Training | 2 | 2 |  |  |  |  | 2 |  |  |  |  |
| 運動營養學 | Exercise Nutrition | 2 | 2 |  |  |  |  | 2 |  |  |  |  |
| 運動公共關係 | Public Relations in Sports | 2 | 2 |  |  |  |  |  | 2 |  |  |  |
| 運動指導法 | Sports Guiding | 2 | 2 |  |  |  |  |  | 2 |  |  |  |
| 幼兒體育活動 | Physical Activities for Children | 2 | 2 |  |  |  |  |  |  | 2 |  |  |
| 健康體適能指導 | Health and fitness instruction | 2 | 2 |  |  |  |  |  |  | 2 |  | ⚫ |
| 特殊族群運動指導 | Exercise Guiding for Special Populations | 2 | 2 |  |  |  |  |  |  | 2 |  |  |
| 國際體育事務 | International Sport Affairs | 2 | 2 |  |  |  |  |  |  | 2 |  |  |
| 休 閒 遊 憩 學 群︵至少選修10學分︶ | 冒險教育 | Adventure Education | 2 | 2 |  |  | 2 |  |  |  |  |  |  |
| 休閒活動規劃與管理 | Planning and Management for Leisure Activities | 2 | 2 |  |  |  | 2 |  |  |  |  |  |
| 台灣天然環境資源 | Natural Environment in Taiwan | 2 | 2 |  |  |  | 2 |  |  |  |  |  |
| 遊憩運動與觀光 | Recreation, Sports, and Tourism | 2 | 2 |  |  |  |  | 2 |  |  |  |  |
| 團隊領導與促進技巧 | Team Leading and Facilitating Skills | 2 | 2 |  |  |  |  | 2 |  |  |  |  |
| 休閒運動贊助策略 | Sponsoring Strategy for Recreation and Sport | 2 | 2 |  |  |  |  |  | 2 |  |  |  |
| 休閒產業經營實務 | Case Study in Management for Leisure Industry | 2 | 2 |  |  |  |  |  | 2 |  |  |  |
| 休閒運動場地之設備與材質 | Recreational and Sport Facilities and Materials | 2 | 2 |  |  |  |  |  | 2 |  |  |  |
| 休閒與運動場館之規劃與設計 | Planning and Design for Recreational Sport Fields | 2 | 2 |  |  |  |  |  |  | 2 |  |  |
| 心理輔導與諮商 | Psychology Counseling | 2 | 2 |  |  |  |  |  |  | 2 |  |  |
| 健康心理學 | Health psychology | 2 | 2 |  |  |  |  |  |  | 2 |  |  |
| 休閒與特殊族群 | Recreation and Sports for Special Populations | 2 | 2 |  |  |  |  |  |  | 2 |  |  |
| 休閒俱樂部經營實務 | Case Study in Operation for Fitness Club Management | 2 | 2 |  |  |  |  |  |  |  | 2 |  |
| 小計 | 52 |  |  |  |  |  |  |  |  |  |  |
| 術科 (至少選修20學分) | 滾球(Ⅰ) | Petanque and Sports Boules | 1 | 2 | 1 |  |  |  |  |  |  |  |  |
| 滾球(Ⅱ) | Advanced Petanque & Sports Boules  | 1 | 2 |  | 1 |  |  |  |  |  |  |  |
| 羽球(Ⅰ) | Badminton | 1 | 2 | 1 |  |  |  |  |  |  |  |  |
| 羽球(Ⅱ) | Advanced Badminton  | 1 | 2 |  | 1 |  |  |  |  |  |  |  |
| 籃球(Ⅰ) | Basketball | 1 | 2 | 1 |  |  |  |  |  |  |  |  |
| 籃球(Ⅱ) | Advanced Basketball | 1 | 2 |  | 1 |  |  |  |  |  |  |  |
| 撞球(Ⅰ) | Billiards | 1 | 2 | 1 |  |  |  |  |  |  |  |  |
| 撞球(Ⅱ) | Advanced Billiards | 1 | 2 |  | 1 |  |  |  |  |  |  |  |
| 木球(Ⅰ) | Wood Ball | 1 | 2 | 1 |  |  |  |  |  |  |  |  |
| 定向運動(Ⅰ) | Orienteering  | 1 | 2 | 1 |  |  |  |  |  |  |  | ⚫ |
| 定向運動(Ⅱ) | Advanced Orienteering  | 1 | 2 |  | 1 |  |  |  |  |  |  | ⚫ |
| 舞蹈(Ⅰ) | Dancing | 1 | 2 |  |  | 1 |  |  |  |  |  |  |
| 舞蹈(Ⅱ) | Advanced Dancing | 1 | 2 |  |  |  | 1 |  |  |  |  |  |
| 重量訓練(Ⅰ) | Weight Training | 1 | 2 |  |  | 1 |  |  |  |  |  |  |
| 重量訓練(Ⅱ) | Advanced Weight Training | 1 | 2 |  |  |  | 1 |  |  |  |  | ⚫ |
| 棒壘球(Ⅰ) | Baseball and Softball  | 1 | 2 |  |  | 1 |  |  |  |  |  |  |
| 棒壘球(Ⅱ) | Advanced Baseball and Softball  | 1 | 2 |  |  |  | 1 |  |  |  |  |  |
| 有氧舞蹈 | Aerobic Dance | 1 | 2 |  |  | 1 |  |  |  |  |  |  |
| 多功能有氧運動 | Multile Purpose Aerobics | 1 | 2 |  |  |  | 1 |  |  |  |  |  |
| 直排輪 | In-line Skates | 1 | 2 |  |  | 1 |  |  |  |  |  |  |
| 運動按摩 | Sport Massage | 1 | 2 |  |  | 1 |  |  |  |  |  |  |
| 健走 | Walking for Health | 1 | 2 |  |  | 1 |  |  |  |  |  | ⚫ |
| 登山 | Mountaineering | 1 | 2 |  |  |  | 1 |  |  |  |  |  |
| 桌球(Ⅰ) | Table Tennis | 1 | 2 |  |  |  |  | 1 |  |  |  |  |
| 桌球(Ⅱ) | Advanced Table Tennis  | 1 | 2 |  |  |  |  |  | 1 |  |  |  |
| 保齡球(Ⅰ) | Bowling | 1 | 2 |  |  |  |  | 1 |  |  |  |  |
| 保齡球(Ⅱ) | Advanced Bowling | 1 | 2 |  |  |  |  |  | 1 |  |  |  |
| 排球(Ⅰ) | Volleyball | 1 | 2 |  |  |  |  | 1 |  |  |  |  |
| 排球(Ⅱ) | Advanced Volleyball  | 1 | 2 |  |  |  |  |  | 1 |  |  |  |
| 潛水(Ⅰ) | Scuba Diving | 1 | 2 |  |  |  |  | 1 |  |  |  | ⚫ |
| 潛水(Ⅱ) | Advanced Scuba Diving  | 1 | 2 |  |  |  |  |  | 1 |  |  | ⚫ |
| 高爾夫(Ⅰ) | Golf | 1 | 2 |  |  |  |  | 1 |  |  |  |  |
| 高爾夫(Ⅱ) | Advanced Golf  | 1 | 2 |  |  |  |  |  | 1 |  |  |  |
| 攀岩 | Rock Climbing | 1 | 2 |  |  |  |  | 1 |  |  |  | ⚫ |
| 體操 | Gymnastics | 1 | 2 |  |  |  |  | 1 |  |  |  |  |
| 太極有氧 | Aerobic Tai-chi | 1 | 2 |  |  |  |  |  | 1 |  |  |  |
| 瑜珈 | Yoga | 1 | 2 |  |  |  |  |  | 1 |  |  |  |
| 水中體適能 | Aquatic Fitness | 1 | 2 |  |  |  |  |  | 1 |  |  | ⚫ |
| 武術 | Martial Arts | 1 | 2 |  |  |  |  |  | 1 |  |  |  |
| 網球(Ⅰ) | Tennis | 1 | 2 |  |  |  |  |  |  | 1 |  |  |
| 網球(Ⅱ) | Advanced Tennis  | 1 | 2 |  |  |  |  |  |  |  | 1 |  |
| 足球 | Soccer | 1 | 2 |  |  |  |  |  |  | 1 |  |  |
| 壁球 | Squash | 1 | 2 |  |  |  |  |  |  |  | 1 |  |
| 釣魚 | Fishing | 1 | 2 |  |  |  |  |  |  |  | 1 |  |
| 攀樹與繩索應用 | Tree Climbing and Rope Skill | 1 | 2 |  |  |  |  |  |  |  | 1 |  |
|  | 小計 | 20 |  |  |  |  |  |  |  |  |  |  |
| 畢業學分 | 102 |  |  |  |  |  |  |  |  |  |  |

備註：

一、「職能發展技術學群」為本校與臺北市職能發展學院共同合作之課程，其學分為興趣選修學分，故不認列於畢業應修學分數，相關課程由教務處統一開課辦理。

二、自由選修學分數規定：學生自行選修跨系或跨校之科目，以選修總學分的五分之一為原則，其學分採計為畢業總學分數。