**國立中正大學課程大綱**

**National Chung Cheng University Syllabus**

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| **課號****course code** | 0922233\_01 | **全英文授課****EMI** | **□是 ■否** |
| **課程類別****course type** | **□人文關懷課程 □競賽專題課程 ■問題導向課程****□專題導向課程 □總整課程 ■實作課程****□實習 □其他****□Humanistic care courses ■Competition related special courses** **■Problem-based courses □Topic-oriented courses** **□Overall courses ■Practical courses****□Internship □Others**  |
| **課程名稱（中文）****Chinese course name** | **體育：瑜珈（一）** |
| **課程名稱（英文）****English course name** |  **Physical Education: Yoga（Ｉ）** |
| **學年/學期****academic year /semester** |  **114-01** **2025 Fall** |

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| **學分****credits** |

 | **0** |
| **學系（所）****department** |  **體育中心****Physical Education Center** | **必選修****required/selected** | **■必修 □選修****■Required □Selected**  |
| **上課時間****class hours** | **週二 第4.5節****Tuesday 10:10~12:00** | **上課地點****classroom** |  **體育場館 二樓****2F Gym, Yoga classroom** |
| **教師****instructor**  |  **劉淑燕****Professor Suyen Liu** | **教師 email****Instructor’s email** | **grcsyl@gmail.com** |
| **助教****teaching assistant** | **無 Not available** | **助教email****TA’s email** | **無 Not available** |
| **先修科目或****先備能力****prerequisites** | **大一體育 Freshman physical education class** |
| **課程概述****course descriptions** | ㄧ、從暖身柔軟操、呼吸法的練習、靜坐、放鬆、進入瑜珈世界，改善體質、增強免疫力、調整自律神經、預防頭痛、各種身體酸痛等症狀，並學習減輕壓力的方法，以保持心情寧靜舒暢與健美的身材。二、上課流程: 20 分鐘暖身柔軟操， 20分鐘拜日式，60分鐘瑜珈體位練習，10分鐘放鬆冥想、10分鐘瑜珈營養食譜討論。1. Begin with warm-up stretches and breathing exercises, then move into meditation and gradually enter the world of yoga. This yoga practice will improve your physical condition, boost your immune system, and regulate your autonomic nervous system, preventing headaches and various body aches. Yoga practice not only provides methods to reduce stress but also helps you maintain a calm, pleasant mood and a fit body.
2. Class format: 20 min of warm up, 20 min of Sun Salutation, 60 min of yoga poses practice (asana), 10 min of meditation & deep relaxation, & 10 min yoga diets instruction.
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| **學習目標****learning objectives** | 1. 能學習到腹式呼、肌肉放鬆與靜坐冥想的技巧。
2. 能做到完整的拜日式與數種瑜珈體位。
3. 能學習到瑜珈飲食的概念與保持良好情緒。
4. Learn techniques for abdominal breathing (pranayama), muscle relaxation, and meditation (dhyana).
5. Perform a complete series of Sun Salutations and various yoga postures (asanas).
6. Understand the concepts of yoga diets and improve emotional well-being.
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| **教科書及參考書****textbooks and** **references** | 瑜珈學習百科：希瓦難陀瑜珈壇多中心 著（2019），貓頭鷹，ISBN: 986-7879-26-0（請尊重智慧財產權，不得非法影印教師指定之教科書籍）"Please respect intellectual property rights and do not illegally photocopy textbooks assigned by teachers." |
| **教學要點概述** |
| **教材編選****teaching** **materials** | **□自製簡報(ppt) ■課程講義 teaching materials □自編教科書 DIY textbooks****□教學程式tutorial program ■自製教學影片 DIY tutorial video □其他 others** |
| **教學方法****teaching** **methods**  | **■講述 narration ■示範 demonstration ■小組討論 group discussion** **□學生口頭報告 student oral report ■問題導向學習Problem-based learning****□個案研究 case study ■其他 others** |
| **評量工具****Evaluation****tools** | **■期中考 midterm ■期末考 final □隨堂測驗 quiz □隨堂作業 assignment****□課後作業 homework □期中報告 midterm report □期末報告 final report □專題報告 Special topic report □評量尺規 assessment scale** **■瑜珈動作技能水準** Yoga skills **■體適能水準** fitness)**■出席率 attendance □其他 others** |
| **教學資源****teaching** **resources** | **□課程網站 course website □實習網站 internship website** **■教材電子檔供下載 Electronic teaching & tutorial materials for download**  |
| **教師****相關訊息****instructor’s** **information** | 一、運動競技學系 劉淑燕教授 導生時間: 周四 14:00-16:00 Prof. Suyen Liu, Department of Athletic Sports. Tutorial hour: Thursday, 14:00-16:00二、教學相關配合事項(Class Requirement)：1. 務必穿著運動服裝上課Must wear proper sport outfits for yoga class. 2. 上課請自備: 水、毛巾、護膝。Bring your own water, towel, and protective devises to class. |
| **每週課程內容****weekly scheduled contents** |
| 第一週：(09/09)課程介紹 Yoga class introduction and requirement |
| 第二週：(09/16) 瑜珈運動特質&學習原則、呼吸法腹式呼吸: Yoga breathing ( pranayama)  |
| 第三週：(09/23)瑜珈運動特質&學習原則、靜坐冥想靜坐冥想/ “禪那”: meditation (dhyana), 靜坐的平、定、靜寧靜的狀態:Samadhi：a state of joy and peace |
| 第四週：(09/30) 暖身柔軟操、拜日式(第一套) Sun Salutations part I, 魚式、雲雀式、眼鏡蛇式、撐木等 |
| 第五週：(10/07)拜日式(第二套式) Sun Salutations part II, /早安瑜珈Morning Yoga |
| 第六週：(10/14)拜日式(第三套式) Sun Salutations part III, /晚安瑜珈Evening Yoga |
| 第七週：(10/21)氣功暖身操 Yoga stretching with Chi-Gung |
| 第八週：(10/28) **※期中考: 拜日式 (第一套至第三套)** Mid-term: Sun Salutations (Part I~Part III)  |
| 第九週：(11/04) 哈達瑜珈體位 (Hatha Yoga) /瑜伽休息術 (yoga nidra：deep relaxation)、攤屍式 |
| 第十週：(11/11) Power Yoga/ Ashtanga Yoga 經絡: Dhaman / 後捲式、金剛坐、單手勾式、鷲變化式 |
| 第十一週：(11/18)拜日式(第四套) Sun Salutations Part IV |
| 第十二週：(11/25) 抗力球瑜珈：享瘦腰身 Yoga with medicine ball for tugging abs, 塑腰式、半月式 |
| 第十三週：(12/02) 肌耐力瑜珈I：纖細手臂、健美胸部Yoga with medicine ball for tuning arms & shoulders豐胸式等 (camel, back curl) 細臂式、射手式、肩立式、 |
| 第十四週：(12/09)肌耐力瑜珈II： Endurance yoga: tuning legs &hips. 美化臀部橋式、弓式、 蝗蟲式等 以及塑長腿部/ 舉腿式、後仰變化式、駱駝式  Yoga Bridge, bow, locus, camas  |
| 第十五週：(12/16) 瑜珈營養食譜: Concept of Yoga diets |
| 第週十六： (12/23) 瑜珈總複習 Reviews (自主學習週 self-learning week) |
| 第十七週： (12/30) ※**期末考週 <最後一日瑜珈課 > Finals (** Last day of Yoga class) |
| 第十八週：(01/06) 送成績 Grading |
| **核心能力****core competencies**  |
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| **核心能力****Core competency** | **本課程與核心能力關聯強度****Degrees of related to core competencies** |
| **1** | **2** | **3** | **4** | **5** |
| **專業能力****Specific****Competency** **(SP)** | **專業能力1:** 基礎知能 (A)SP1: Basic Knowledge (A) |  |  |  | V |  |
| **專業能力2:** 自主學習 (B) SP2: Self-study (B) |  |  |  | V |  |
| **專業能力3:** 實務應用(C) SP3: Application(C) |  |  |  |  | V |
| **專業能力4:** 溝通合作(D)SP4: Cooperation (D) |  |  | V |  |  |
| **專業能力5:** 社會關懷(E) SP5: Social Care (E) |  |  |  | V |  |
| **共通能力****General****Competence** | 1. **建立良好健康體適能及發展整體身心健康。Establish good physical fitness and develop overall physical and mental health.**
 |  |  |  |  | V |
| 1. **培養基本運動能力。Develop basic motor skills**
 |  |  |  |  | V |
| 1. **熟練專項技術及培養專項運動能力。**

Master specific athletic abilities & techniques in one or more designated sports  |  |  |  | V |  |
| 1. **培養終身運動習慣，增進多元化的運動參與。**Develop lifetime exercise habits and enhance participation in a variety of sports.
 |  |  |  |  | V |
| 1. **培養團隊精神**

Develop team spirit. |  |  |  |  | V |

**註：關聯強度以五點量表標示，1表示沒有關聯，5表示非常有關聯。**"Note: The strength of the correlation is indicated on a five-point scale, with 1 meaning no correlation and 5 meaning very strong correlation." |