

# 國立中正大學課程大綱

## National Chung Cheng University Syllabus

學士班

課號 Course Code	3402041	全英文授課 EMI	<input checked="" type="checkbox"/> 是 Yes	<input type="checkbox"/> 否 No
課程類別 Course Type	<input checked="" type="checkbox"/> 人文關懷課程(Humanistic Care Course) <input type="checkbox"/> 競賽專題課程(Competition Specialized Course) <input type="checkbox"/> 問題導向課程(Problem-Based Course) <input type="checkbox"/> 專題導向課程(Project-Based Course) <input type="checkbox"/> 總整課程(Capstone Course) <input type="checkbox"/> 實作課程(Practical Course) <input type="checkbox"/> 實習(Lab) <input type="checkbox"/> 其他(Others)			
課程名稱 ( 中文 ) Chinese Course Name	樂齡生涯規劃			
課程名稱 ( 英文 ) English Course Name	Plan for Active Aging in Later Life			
學年/學期 Academic Year /Semester	114-2	學分 Credits	3	
學系 ( 所 ) Department	Adult and Continuing Education	必選修 Required/Elective	<input type="checkbox"/> 必修 Required	<input checked="" type="checkbox"/> 選修 Elective
上課時間 Class Hours	Tuesday, 10:10-13:00	上課地點 Classroom	College of Education R556	
教師 Instructor	Ya-Hui Lee	教師 email Instructor' s email	yahuilee@ccu.edu.tw	
助教 Teaching Assistant	Ruei-Yu Pan	助教 email TA' s email	rueiyu721@gmail.com	
先修科目或 先備能力 Prerequisites				
課程概述 Course Descriptions	<p>This course focuses on lifespan development with particular emphasis on middle and late adulthood. It examines patterns of continuity and change in physical, cognitive, psychological, and work-related domains across mid-to-late life, as well as the developmental implications of retirement. Through theoretical perspectives and applied planning frameworks, students will explore key concepts of adult development and aging. The course also emphasizes the development and application of career and life planning skills, enabling students to design appropriate programs and interventions for middle-aged and older adults.</p>			
學習目標 Learning Objectives	<p>By the end of this course, students will be able to:</p> <p>A. Understand the major concepts and theoretical perspectives related to adult development, aging, and planning in middle and late adulthood.</p>			

	<p>B. Explain patterns of continuity and change in physical health, cognitive functioning, mental health, work roles, and retirement during mid-to-late adulthood.</p> <p>C. Apply knowledge of adult development and aging to career and life planning contexts for middle-aged and older adults.</p> <p>D. Design appropriate programs or planning strategies that address the developmental needs of adults in mid-to-late life.</p>
<b>教科書及參考書</b> <b>Textbooks and References</b>	<p>Lee, Y. H. (2015). Older adult education: New public pedagogy in 21st century Taiwan. Australian Journal of Adult Learning, 55(3), 460-476.</p> <p>Schofield, G. H. (2007). After 50 it's up to us: Developing the skills and agility we'll need. San Francisco, CA: The Clarity Group, Inc.</p> <p>WHO (2002). Active aging: A policy framework. Geneva, Switzerland, WHO.</p>
<b>教學要點概述</b>	
<b>教材編選</b> <b>Teaching Materials</b>	<input checked="" type="checkbox"/> 自製簡報(ppt) <input type="checkbox"/> 課程講義(Course Syllabus) <input type="checkbox"/> 自編教科書(Self-compiled Textbook) <input type="checkbox"/> 教學程式(Teaching Program) <input type="checkbox"/> 自製教學影片(Self-Produced Instructional Videos) <input type="checkbox"/> 其他(Others)
<b>教學方法</b> <b>Teaching Methods</b>	<input checked="" type="checkbox"/> 講述(Lecture) <input checked="" type="checkbox"/> 小組討論(Group Discussion) <input checked="" type="checkbox"/> 學生口頭報告(Student Oral Presentation) <input type="checkbox"/> 問題導向學習(Problem-Based Learning) <input type="checkbox"/> 個案研究(Case Study) <input type="checkbox"/> 其他(Others)
<b>評量工具</b> <b>Evaluation Tools</b>	<input checked="" type="checkbox"/> 期中考(Midterm Exam) <input type="checkbox"/> 期末考(Final Exam) <input type="checkbox"/> 隨堂測驗(In-class Quiz) <input type="checkbox"/> 隨堂作業(In-class Assignment) <input checked="" type="checkbox"/> 課後作業(Homework Assignment) <input type="checkbox"/> 期中報告(Midterm Report) <input checked="" type="checkbox"/> 期末報告(Final Report) <input type="checkbox"/> 專題報告(Project Report) <input type="checkbox"/> 評量尺規(Assessment Rubric) <input checked="" type="checkbox"/> 其他(Others)
<b>教學資源</b> <b>Teaching Resources</b>	<input type="checkbox"/> 課程網站(Course Website) <input checked="" type="checkbox"/> 教材電子檔供下載(Electronic Course Materials for Download) <input type="checkbox"/> 實習網站(Internship Website)
<b>教師相關訊息</b> <b>Instructor's Information</b>	
<b>每週課程內容</b> <b>Weekly Scheduled Contents</b>	
Week 1 2/24 Syllabus & Introduction	
Week 2 3/03 Introduction of adult development I	
Week 3 3/10 Introduction of adult development II	
Week 4 3/17 Crises of the middle ages	
Week 5 3/24 Active aging and learning I	
Week 6 3/31 Active aging and learning II	
Week 7 4/07 Adaptation of retirement I	
Week 8 4/14 Adaptation of retirement II	
Week 9 4/21 Mid-term exam	
Week 10 4/28 Transition from work to retirement	
Week 11 5/05 Human resource development in the mid-late adulthood	

Week 12	5/12 Work after retirement
Week 13	5/19 Needs assessment for mid-late life
Week 14	5/26 Program planning for a mid-late adulthood
Week 15	6/02 Preparing and conducting interviews
Week 16	6/09 Report presentation

**核心能力**  
**Core Competencies**

核心能力 (成教系 學士班) Core Competency (Bachelor's Program in Adult and Continuing Education)		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 Professional Competency	方案企劃 Program Planning					V
	學習設計 Learning Design					
	經營管理 Management and Administration					
共通能力 General Competency	溝通表達 Communication Skills					V
	問題解決 Problem Solving					V
	團隊合作 Teamwork and Collaboration				V	
	創意思考 Creative Thinking					
	國際視野 Global Perspective					V
	資訊科技 Information Technology					

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 representing no correlation and 5 representing a very strong correlation.

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