

大仁科技大學四技日間部休閒運動管理系休閒運動國際專班標準課程表

115學年度入學學生適用

Tajen University 4-Year Undergraduate Program Department of Recreation and Sports Management

International Program in Leisure Manageme Group Curriculum

2026 School Year

中英對照版/Chinese-English Bilingual Version

最後修改日期: 2026-06-16 / Last Edit Date: 2026-06-16

科目類別 Course Type	條件群組 Recommended Year of Study	科目名稱 Course Title	模組名稱 Module Name	開 課 學 分 Cs	開 課 時 數 Hr	開 課 項 目 Rs	第1學年		第2學年		第3學年		第4學年		備註 Memo			
							1st Academic Year		2nd Academic Year		3rd Academic Year		4th Academic Year					
							1st Semester	2nd Semester	1st Semester	2nd Semester	1st Semester	2nd Semester	1st Semester	2nd Semester				
							授課 Le	實習 Lb	授課 Le	實習 Lb	授課 Le	實習 Lb	授課 Le	實習 Lb				
通識必修 General Courses	一上必修(2選1) 1st Semester Required (Choose 1 of 2)	[D04000546] 基礎華語(5學分) Elementary Mandarin Chinese(5 Credit)		5	10	1	10	0										
	一上必修(2選1) 1st Semester Required (Choose 1 of 2)	[D04000548] 進階華語(5學分) Intermediate Mandarin Chinese(5 Credit)		5	10	1	10	0										
	一上必修(2選1) 1st Semester Required (Choose 1 of 2)	[D04000549] 進階華語輔導(0學分) Intermediate Mandarin Chinese Support Class(0 Credit)		0	5	1	5	0										
	一上必修(2選1) 1st Semester Required (Choose 1 of 2)	[D04000547] 基礎華語輔導(0學分) Elementary Mandarin Chinese Support Class(0 Credit)		0	5	1	5	0										
	一下必修(2選1) 2nd Semester Required (Choose 1 of 2)	[D04000548] 進階華語(5學分) Intermediate Mandarin Chinese(5 Credit)		5	10	1		10	0									
	一下必修(2選1) 2nd Semester Required (Choose 1 of 2)	[D04000552] 高階華語(5學分) Advanced Mandarin Chinese(5 Credit)		5	10	1		10	0									
	一下必修(2選1) 2nd Semester Required (Choose 1 of 2)	[D04000549] 進階華語輔導(0學分) Intermediate Mandarin Chinese Support Class(0 Credit)		0	5	1		5	0									
	一下必修(2選1) 2nd Semester Required (Choose 1 of 2)	[D04000553] 高階華語輔導(0學分) Advanced Mandarin Chinese Support Class(0 Credit)		0	5	1		5	0									
	一下必修 2nd Semester Required	[D04000551] 華語基礎級證照輔導(0學分) Test Preparation for Basic Level Mandarin Proficiency Certification(0 Credit)		0	2	1		2	0									
	一下必修 2nd Semester Required	[D04000554] 體育II(2學分) Physical Education II(2 Credit)		2	2	1		2	0									
	二上必修 3rd Semester Required	[D04000555] 生活情境英文I(2學分) English for Daily Conversation I(2 Credit)		2	2	1			2	0								
	二上必修 3rd Semester Required	[D04000556] 台灣社會與文化(2學分) Taiwanese Society and Culture(2 Credit)		2	2	1			2	0								
	二下必修 4th Semester Required	[D04000557] 生活情境英文II(2學分) English for Daily Conversation II(2 Credit)		2	2	1				2	0							
二下必修 4th Semester Required	[D04000558] 資訊科技與應用(2學分) Information Technology and Applications(2 Credit)		2	2	1				2	0								
(畢業須修學分 數: 22) 小計 / Subtotal				20	42	10	30	0	34	0	4	0	4	0	0	0	0	0

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							1st Academic Year		2nd Academic Year		3rd Academic Year		4th Academic Year										
							1st Semester	2nd Semester	1st Semester	2nd Semester	1st Semester	2nd Semester	1st Semester	2nd Semester									
							授 課 Le	實 習 Lb	授 課 Le	實 習 Lb	授 課 Le	實 習 Lb	授 課 Le	實 習 Lb									
專業必修 Departmental Required Courses	一上必修 1st Semester Required	[DL4110415] 運動健康企業參訪研習 (1學分) Field Study in Sports and Health Enterprises(1 Credit)		1	2	1	2	0															
	一上必修 1st Semester Required	[DL4110416] 運動與健康 Sports and Health I(2 Credit)		2	2	1	2	0															
	一上必修 1st Semester Required	[DL4110417] 校內實習 I (2學分) In-school internship ■(2 Credit)		2	2	1	2	0															
	一上必修 1st Semester Required	[DL4110458] 健康體適能指導與實務 Instruction and Practice in Health-related Physical Fitness(2 Credit)		2	2	1	2	0															
	一下必修 2nd Semester Required	[DL4110419] 休閒產業經營管理實務 (1學分) Operation Management and Practice of the Leisure Industry(1 Credit)		1	1	1			1	0													
	一下必修 2nd Semester Required	[DL4110420] 校內實習 II (2學分) In-school internship ■(2 Credit)		2	2	1			2	0													
	一下必修 2nd Semester Required	[DL4110421] 運動與健康 Sports and Health II(2 Credit)		2	2	1			2	0													
	一下必修 2nd Semester Required	[DL4110422] 休閒健康促進 (2學分) Leisure and Health Promotion(2 Credit)		2	2	1			2	0													
	二上必修 3rd Semester Required	[DL4110423] 行銷管理 (2學分) Marketing Management(2 Credit)		2	2	1					2	0											
	二上必修 3rd Semester Required	[DL4110425] 健康體適能指導與實務 II (2學分) Instruction and Practice in Health-related Physical Fitness ■(2 Credit)		2	2	1					2	0											
	二上必修 3rd Semester Required	[DL4110479] 運動訓練學 (2學分) Sports Training(2 Credit)		2	2	1					2	0											
	二下必修 4th Semester Required	[DL4110426] 休閒健身指導 (2學分) Fitness Instruction in Leisure(2 Credit)		2	2	1					2	0											
	二下必修 4th Semester Required	[DL4110427] 高低衝擊有氧 (2學分) High and Low Impact Aerobics(2 Credit)		2	2	1					2	0											
	二下必修 4th Semester Required	[DL4110480] 運動營養學 (2學分) Sports Nutrition(2 Credit)		2	2	1					2	0											
	三上必修 5th Semester Required	[DL4110260] 運動管理實務 (2學分) Sports management practice(2 Credit)		2	2	1							2	0									
	三上必修 5th Semester Required	[DL4110429] 健康促進與保健概論 (2學分) Introduction to Health Promotion and Wellness(2 Credit)		2	2	1							2	0									
	三上必修 5th Semester Required	[DL4110430] 銀髮族健康管理與保健 (2學分) Health Management and Wellness for Older Adults(2 Credit)		2	2	1							2	0									
	三上必修 5th Semester Required	[DL4110431] 功能性體適能檢測與評量 (2學分) Assessment of Functional Fitness(2 Credit)		2	2	1							2	0									
	三下必修 6th Semester Required	[DL4110432] 徒手保健與實務 (2學分) Health and Practice in Manipulative Massage(2 Credit)		2	2	1								2	0								
	三下必修 6th Semester Required	[DL4110434] 健康促進與養生保健專題研究 (2學分) Special Topics in Health Promotion and Wellness(2 Credit)		2	2	1								2	0								
	三下必修 6th Semester Required	[DL4110460] 羽球指導與實務 (2學分) Badminton and practical guidance(2 Credit)		2	2	1								2	0								
	四上必修 7th Semester Required	[DL4110484] 休閒職場實習 V (6學分) Internship in the Leisure Industry ■(6 Credit)		6	20	1										0 20							
	四下必修 8th Semester Required	[DL4110481] 休閒職場實習 VI (6學分) Internship in the Leisure Industry ■(6 Credit)		6	20	1										0 20							
(畢業須修學分數: 52) 小計 / Subtotal				52	81	23	8	0	7	0	6	0	6	0	8	0	6	0	0	20	0	20	

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							1st Academic Year		2nd Academic Year		3rd Academic Year		4th Academic Year									
							1st Semester	2nd Semester	1st Semester	2nd Semester	1st Semester	2nd Semester	1st Semester	2nd Semester								
							授課 Le	實習 Lb	授課 Le	實習 Lb	授課 Le	實習 Lb	授課 Le	實習 Lb	授課 Le	實習 Lb						
專業選修 Departmental Elective Courses	一上選修 一上選修	[DL4110463] 運動傷害與防護 Sports Injuries and Prevention ■(2 Credit)		2	2	1	2	0														
	一上選修 一上選修	[DL4110465] 旅遊風險與糾紛處理 Tourism Risk and Dispute Management ■(2 Credit)		2	2	1	2	0														
	一下選修 一下選修	[DL4110454] 運動場館經營管理實務 Operation Management and Practice of Sports Facilities ■(2 Credit)		2	2	1		2	0													
	一下選修 一下選修	[DL4110455] 健康大數據分析 Analysis of Big Data in Health ■(2 Credit)		2	2	1		2	0													
	二上選修 二上選修	[DL4110435] 休閒安全與急救(2學分) Leisure Safety and First Aid(2 Credit)		2	2	1			2	0												
	二上選修 二上選修	[DL4110436] 休閒服務管理(4學分) Leisure Service Management(4 Credit)		4	4	1			4	0												
	二上選修 二上選修	[DL4110485] 休閒職場實習 Internship in the Leisure Industry ■(6 Credit)		6	20	1			0	20												
	二下選修 二下選修	[DL4110438] 健康睡眠(2學分) Healthy Sleep(2 Credit)		2	2	1				2	0											
	二下選修 二下選修	[DL4110439] 運動按摩指導與實務(4學分) Sports Massage Guidance and Practice(4 Credit)		4	4	1				4	0											
	二下選修 二下選修	[DL4110483] 休閒職場實習 II (6學分) Leisure Industry Internship ■(6 Credit)		6	20	1				0	20											
	三上選修 三上選修	[DL4110441] 銀髮族復健實務(2學分) Rehabilitation Practice for Older Adults(2 Credit)		2	2	1					2	0										
	三上選修 三上選修	[DL4110442] 銀髮族生活輔具應用與實作(4學分) Application and Practice of Assistive Devices for Older Adults(4 Credit)		4	4	1					4	0										
	三上選修 三上選修	[DL4110451] 運動行銷與企劃實務 Sports Marketing and Planning Practice ■(2 Credit)		2	2	1					2	0										
	三上選修 三上選修	[DL4110482] 休閒職場實習 III (6學分) Internship in the Leisure Industry ■(6 Credit)		2	2	1					0	20										
	三下選修 三下選修	[DL4110445] 銀髮族活動規劃與設計實務(4學分) Practical Planning and Design of Activities for Older Adults(4 Credit)		4	4	1							4	0								
	三下選修 三下選修	[DL4110450] 休閒主題遊憩區經營管理實務 Operation Management and Practice of Leisure Theme and Recreation Areas ■(2 Credit)		2	2	1							2	0								
	三下選修 三下選修	[DL4110456] 休閒俱樂部經營管理實務 Operation Management and Practice of Leisure Club ■(2 Credit)		2	2	1							2	0								
	三下選修 三下選修	[DL4110486] 休閒職場實習 IV (6學分) Internship in the Leisure Industry ■(6 Credit)		6	20	1							0	20								
(畢業須修學分數: 54) 小計 / Subtotal				94	136	35	4	0	4	0	6	20	6	20	8	20	8	20	17	3	15	3

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							1st Academic Year		2nd Academic Year		3rd Academic Year		4th Academic Year										
							第 一 學 期 1st Semester	第 二 學 期 2nd Semester	第 一 學 期 1st Semester	第 二 學 期 2nd Semester	第 一 學 期 1st Semester	第 二 學 期 2nd Semester	第 一 學 期 1st Semester	第 二 學 期 2nd Semester									
							授課 Le	實習 Lb	授課 Le	實習 Lb	授課 Le	實習 Lb	授課 Le	實習 Lb									
專業選修 Departmental Elective Courses	四上選修 四上選修	[DL4110024] 人力資源管理(2學分) Human Resource Management(2 Credit)		2	2	0								2	0								
	四上選修 四上選修	[DL4110314] 團康活動規劃與設計實務(2學分) Planning and design Group activity of peace(2 Credit)		2	2	1								1	1	實習替代課程							
	四上選修 四上選修	[DL4110447] 健身與體重控制(2學分) Fitness and Weight Management(2 Credit)		2	2	1								2	0								
	四上選修 四上選修	[DL4110464] 運動傷害與防護 Sports Injuries and Prevention ■(2 Credit)		2	2	1								2	0								
	四上選修 四上選修	[DL4110470] 旅遊活動設計與規劃(2學分) Design and Planning of Tourism Activities(2 Credit)		2	2	1								2	0								
	四上選修 四上選修	[DL4110471] 休閒主題遊憩區經營管理實務 Operation Management and Practice of Leisure Theme and Recreation Areas ■(2 Credit)		2	2	1								2	0								
	四上選修 四上選修	[DL4110472] 運動行銷與企劃實務 Sports Marketing and Planning Practice ■(2 Credit)		2	2	1								2	0								
	四上選修 四上選修	[DL4110491] 棒壘球指導與實務(2學分) Baseball and Softball Instruction and Practice(2 Credit)		2	2	1								1	1	實習替代課程							
	四上選修 四上選修	[DL4110495] 網球指導與實務(2學分) Tennis and practical guidance(2 Credit)		2	2	1								1	1	實習替代課程							
	四上選修 四上選修	[DL4250264] 桌球與休閒(2學分) Table Tennis and Leisure(2 Credit)		2	2	1								2	0								
	四下必修 8th Semester Required	[DL4110022] 體驗學習教育(2學分) Experiential Learning Education(2 Credit)		2	2	0									2	0							
	四下選修 四下選修	[DL4110370] 高齡產業現況應用及趨勢(2學分) The application and trend of aging industry(2 Credit)		2	2	1									2	0							
	四下選修 四下選修	[DL4110453] 旅遊風險與糾紛處理 Tourism Risk and Dispute Management ■(2 Credit)		2	2	1									2	0							
	四下選修 四下選修	[DL4110473] 運動場館經營管理實務 Operation Management and Practice of Sports Facilities ■(2 Credit)		2	2	1									2	0							
	四下選修 四下選修	[DL4110474] 健康大數據分析 Analysis of Big Data in Health ■(2 Credit)		2	2	1									2	0							
	四下選修 四下選修	[DL4110492] 定向越野指導與實務(2學分) Orienteering Instruction and Practice(2 Credit)		2	2	1									1	1	實習替代課程						
	四下選修 四下選修	[DL4110493] 漆彈指導與實務(2學分) Paintball Instruction and Practice(2 Credit)		2	2	1									1	1	實習替代課程						
	四下選修 四下選修	[DL4110496] 休閒俱樂部經營管理實務 Operation Management and Practice of Leisure Club ■(2 Credit)		2	2	1									1	1	實習替代課程						
	四下選修 四下選修	[DL4250265] 射箭與休閒(2學分) Archery and Leisure(2 Credit)		2	2	1										2	0						
(畢業須修學分 數: 54) 小計 / Subtotal				94	136	35	4	0	4	0	6	20	6	20	8	20	8	20	17	3	15	3	
(畢業須修總學 分數: 128) 合計 / Total				166	259	68	42	0	45	0	16	20	16	20	16	20	14	20	17	23	15	23	總學分: 180 總時段: 181 總實習: 126

註記 (中文)

- 1.總學分說明：最低畢業學分為128學分，包括：通識必修課程22學分；專業必修52學分；專業選修至少54學分。
- 2.實習說明：實習40學分(含休閒職場實習I～IV選修24學分，休閒職場實習V～VI必修12學分，校內實習I～II4學分)。
- 3.實習必修替代課程說明：學期生因個人因素或機構因素需中止實習時，必修實習學分以當學之轉銜課程替代，課程各2學分/2學時，共計12學分。
- 休閒職場實習V替代課程：團康活動規劃與設計實務、人力資源管理、棒壘球指導與實務
- 休閒職場實習VI替代課程：漆彈指導與實務、體驗學習教育、定向越野指導與實務
- 4.各年級學分說明：一至四年級每學期至少修16學分，最多修25學分。
- 5.專業選修說明：一年級第1學期修習2學分；一年級第2學期修習2學分；二年級第1學期修習6學分；二年級第1學期專業選修6學分；三年級第1學期修習8學分；三年級第2學期修習10學分；四年級第1學期修習10學分；四年級第2學期修習10學分，合計54學分。

Notes (English)

Total Credit Requirements: The minimum requirement for graduation is 128 credits, which includes: 22 credits of General Required Courses; 52 credits of Major Required Courses; and at least 54 credits of Major Elective Courses.

Internship Requirements: The internship component totals 40 credits (comprising 24 elective credits for Leisure Workplace Internship I—IV, 12 required credits for Leisure Workplace Internship V—VI, and 4 required credits for On-Campus Internship I—II).

Alternative Courses for Required Internships: If a full-term intern must terminate their internship due to personal or organizational factors, the required internship credits must be replaced by transitional courses in the same semester (each course is 2 credits / 2 hours, totaling 12 credits).

Alternative Courses for Leisure Workplace Internship V: Planning and Design Practice of Group Recreational Activities, Human Resource Management, Baseball and Softball Instruction and Practice.

Alternative Courses for Leisure Workplace Internship VI: Paintball Instruction and Practice, Experiential Learning Education, Orienteering Instruction and Practice.

Credit Load per Semester: Students in Years 1 through 4 must take a minimum of 16 credits and a maximum of 25 credits per semester.

Major Elective Distribution: Year 1, Semester 1: 2 credits; Year 1, Semester 2: 2 credits; Year 2, Semester 1: 6 credits; Year 2, Semester 2: 6 credits; Year 3, Semester 1: 8 credits; Year 3, Semester 2: 10 credits; Year 4, Semester 1: 10 credits; Year 4, Semester 2: 10 credits (Totaling 54 credits).

115.04.08系課程會議通過

115.04.22院課程會議通過

115.05.27校課程會議通過

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