國立台灣科技大學 114學年 第2學期　課程大綱

Spring 2026 NTUST Course Outline

授課教師：MUJIKA ANTON INIGO,林儀佳

Instructor:MUJIKA ANTON INIGO,Yi-Jia Lin

課程名稱：體適能評估與運動處方之理論與應用

Course Title：The Theories and Practice of Fitness Assessment and Exercise Prescription

2026/11/3

課程代號：HC1021701 Course Code	必選修：選修/半學年 Required/Electve:Elective/Half Yr.
學分數：3 Credits	先修課程： Prerequisites
節次教室：M2(TR-611) M3(TR-611) M4(TR-611) Time/Location	
專業核心能力： Core Professional Competencies	■1.具備自我探索之能力 ■2.具備專業知識及技能 ■6.培養團隊合作默契及溝通協調之能力。
課程網址： Course Website	
課程宗旨： Course Objectives	This course will introduce students the concepts of fitness assessment and exercise prescription. Students will learn how to do the fitness assessments, how to interpret the results and how to follow the results to design the exercise prescription for healthy adults and special populations.
課程大綱： Outline of Lectures	1. Introduction to Physical Activity, Physical Fitness, and Exercise Science 2. Pre-Participation Health and Fitness Assessment 3. Overview of Exercise Prescription Principles 4. Fitness Assessment: Health-Related Physical Fitness 5. Fitness Assessment: Skill-Related (Athletic) Physical Fitness 6. Exercise and Athletic Performance Evaluation 7. Principles of Exercise Program Design and Implementation 8. Exercise Prescription: Cardiorespiratory Endurance Training 9. Exercise Prescription: Muscular Fitness (Upper Extremity) 10. Exercise Prescription: Muscular Fitness (Lower Extremity) 11. Exercise Prescription: Muscular Fitness (Trunk/Core Stability) 12. Exercise Prescription: Flexibility and Joint Range of Motion 13. Exercise Prescription: Performance Enhancement / Athletic Conditioning 14. Fitness Assessment in Older Adults, Female Athletes, and Special Populations 15. Exercise Prescription for Older Adults, Female Athletes, and Special Populations 16. Exercise Prescription and Evaluation for Return-to-Sport After Injury
授課方式： Method of Instruction	講授 Lecture：40% 分組討論 Group discussion：20% 案例研討 Case study：20%

	操做練習 Practical exercises：20% 講授 Lecture：%
教科書： Textbooks	Power Point
參考書目： References	Fitness and exercise prescription related books
修課須知： Notice	This course will have a TA to assist students' practice sessions.
評量方式： Grading	Attendance: 30%; Participation and practice: 25%; PBL sessions: 30%; Examination: 15%
備註說明： Notes	This course is a PBL and EMI course. During this semester, we will invite industrial teachers to share their professional experience.