

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

2026/6/22

課程代號： HC1021701 Course Code 學分數： 3 Credits	必選修：選修/半學年 Required/Elective: Elective/Half Yr. 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： <ul style="list-style-type: none"> ■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。 Core Professional Competencies	
課程網址： Course Website	
課程宗旨： 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. Course Objectives	
課程大綱： <ol style="list-style-type: none"> 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 Outline of Lectures	
授課方式： 講授 Lecture：40% Method of Instruction 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 : Power Point
Textbooks

參考書目 : Fitness and exercise prescription related books
References

修課須知 : This course will have a TA to assist students' practice sessions.
Notice

評量方式 : Attendance: 30%; Participation and practice: 25%; PBL sessions: 30%;
Grading Examination: 15%

備註說明 : This course is a PBL and EMI course. During this semester, we will
Notes invite industrial teachers to share their professional experience.