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：鄭元龍

Instructor:CHENG.YUAN-LUNG

課程名稱：體育(羽球)(下)

Course Title：Physical Education (Badminton) (II)

2026/11/3

課程代號： PE112B041 Course Code	必選修：必修/全學年 Required/Electve:Required/Full Yr.
學分數： 0 Credits	先修課程： Prerequisites
節次教室： Time/Location	R10() R9()
專業核心能力： Core Professional Competencies	
課程網址： Course Website	cyl39669785@gmail.com
課程宗旨： Course Objectives	本課程目的在於增進同學的體適能以及培養參與和欣賞球類活動的能力。在工商社會裡，人們普遍存在於壓力與緊張狀態下，因此一個人最好是能在保持最佳的體能狀態中方能面對各類挑戰，同時又能藉著參與和欣賞來促使身心得到放鬆。故本課程的安排是技術學習與體能增進並重，主要內容涵括：基本握拍、高長球、切球、挑長球、低手擊球、殺球、擋網前球及米字步法等，另亦解說規則及比賽演練，讓學生了解比賽時所需具備之技能，懂得欣賞比賽精髓，使1.瞭解羽球運動及競賽規則 2.學會羽球基本動作及比賽能力 3.培養羽球為終身運動的習慣 4.培養高尚的運動習慣及良好的社會適應能力。 The objectives of the course are to strengthen physical fitness and to foster the abilities to join and to enjoy sport activities. To live in the industrial society, most people are under stress and strain. It is important to realize that one had better in the best physical condition in order to face all kinds of challenges. In the meanwhile, one can relax fully by joining and enjoying sport activities. The arrangement of the course will equally emphasize skill-learning and physical fitness. The main contents include forehand grip, high clear, drop shot, underhand clear, lob shot, smash, net blocking, and foot work. In addition, explaining rules and practicing competition will be practiced, so that the goal of knowing how to join and enjoy a sport game will be reached,1.To understand the badminton and the rules of competition. 2.To learn the basic activity of the badminton and the ability of competition. 3.To train up the sport habit throughout your life. 4.To train up the highly sport habit and the fine ability of getting with the society.
課程大綱： Outline of Lectures	

台科大114下學期進度表
1.2026/02/26
基本握拍.低手擊球.發長球與發短球
2.2026/03/05
切.挑.放對練
3.2026/03/12
切.挑.放對練
4.2026/03/19
後場左.右高長球練習
5.2026/03/26
後場左.右高長球練習
6.2026/04/2
後場左.右高長球練習
7.2026/04/9
不規則切球上網
8.2026/04/16
不規則切球上網、期中考
9.2026/04/23
殺球上網
10.2026/04/30
殺球上網
11.2026/05/07
半場單打練習
12.2026/05/14
半場單打練習
13.2026/05/21
單打練習
14.2026/05/28
雙打練習
15.2026/06/04
雙打練習、期末考
16.2026/06/11
期末考

授課方式： Method of Instruction	講授 Lecture：0% 分組討論 Group discussion：0% 案例研討 Case study：0% 操做練習 Practical exercises：0% 講授 Lecture：%
教科書： Textbooks	
參考書目： References	羽毛球入門與提高，林建成編著上課須酌運動服裝與運動鞋
修課須知： Notice	上課須酌運動服裝與運動鞋
評量方式： Grading	出缺席40% 期中考30% 期末考30%
備註說明： Notes	須具備單打與雙打技術規則