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：王國連

Instructor:Kuo-Lien Wang

課程名稱：體育(法式滾球)(下)

Course Title：Physical Education (Petanque) (II)

2026/11/3

課程代號： PE124B021 Course Code 學分數： 0 Credits	必選修：必修/全學年 Required/Electve:Required/Full Yr. 先修課程： Prerequisites
節次教室： T10() T9() Time/Location	
專業核心能力： Core Professional Competencies	
課程網址： Course Website	
課程宗旨： 認識並學習法式滾球之各種技能，進而培養終身休閒運動。 Course Objectives	
課程大綱： Outline of Lectures	

1.認識法式滾球運動
2.法式滾球之運動規則與場地
3.法式滾球之投擲技巧與方式
4.定位擲準、射擊擲準的介紹與練習
5.定位、中位及射擊之職務介紹與練習
6.法式滾球比賽之戰術運用 1.Knowledge of Petanque.
2.Exercise rules and ground of Petanque.
3.Skills and modes of Petanque pitching.
4.Introduction and practice of pointing and shooting.
5.Duty introduction and practice of pointer, middler, and shooter.
6.Strategic application of Petanque
1.Teaching Objectives: (1) Review the basic throwing techniques and methods of pétanque . (2) Understand the roles of pointer, middler, and shooter. (3) Understand the tactical use of pétanque in competitions. (4) Develop an appreciation for pétanque competitions and enjoy the sport.
2.Teaching Schedule:
Week Course Content Planned Progress
1 Preparation Week Course introduction, safety regulations for activities, review of competition rules
2 Pointing Technique Review of medium lob and rolling pointing, integrated practice
3 Pointing Technique High lob pointing practice, integrated practice
4 Shooting Technique Review of landing shots and direct shots, integrated practice
5 Shooting Technique Shooting at different distances and with restrictions, integrated practice
6 Roles in Competition Introduction and variations of pointer, middler, and shooter positions
7 Roles in Competition Individual skills analysis and practice
8 Tactical Application Basic tactical concepts, offense and defense
9 Tactical Application Creating advantages in the game, use of terrain, sidelines, and rules
10 Mini Boules Tactical simulation, strategies, and traps
11 Mini Boules Offensive and defensive tactical practice
12 Integrated Practice Advanced pointing and shooting practice, simulated team competitions
13 Group Competition Round-robin matches in teams of three
14 Pointing Test Advanced pointing skill assessment
15 Shooting Test Advanced shooting skill assessment
16 Final Exam Makeup skill assessment

授課方式： Method of Instruction	講授 Lecture：20% 分組討論 Group discussion：10% 案例研討 Case study：10% 操做練習 Practical exercises：60% 講授 Lecture：%
教科書： Textbooks	
參考書目： References	
修課須知： Notice	
評量方式： Grading	（一）學習精神與態度 30% （二）進階定位、射擊擲準測驗 60% 比賽攻防概念測驗 （三）體育常識、報告或綜合表現 10%
備註說明： Notes	修課須知：若未曾修畢第一學期之法式滾球課程者，第二學期不得修課