

National Taiwan Sport University

國立體育大學

Department of Sport Promotion

體育推廣學系

Growth, Maturation and Physical Activity

課程名稱:SP 157 幼兒身心發展

上課地點:微觀教室 305-1

上課時間:星期一上午/08:40-10:20

學分:2 學分

授課老師:Dr. 黃美瑤

辦公室/研究室:教學大樓一樓教育推廣中心/教學大樓六樓 653

郵件信箱:教學大樓五樓體育推廣學系/教學大樓一樓推廣教育中心

E-mail: [huangyoyo74@gmail.com](mailto:huangyoyo74@gmail.com)

聯絡電話: 03-328-3201 轉 8103; 8653

Class website: <http://192.83.181.182/~myhuang/>

### 課程目的

這門課將會著重於

- 一、使學生了解幼兒各階段之身心發展情形。
- 二、使學生能將此理論應用於幼兒體能教學及輔導上。

### 課程目標

經由這們課之後，就如同一個我們期待成功的教育結果一樣，期待學生將能解釋學齡前兒童的身體發展、動作發展、智力發展、認知發展、創造力發展、情緒發展、語言發展、遊戲發展、社會行為發展、道德行為發展及人格發展及特徵

### 參考課本:

- 邱維珍譯 (2008)。兒童發展。台北：華都文化事業。【原著：Cook, Joan Littlefield & Cook, Greg (2005). *Child development: Principles and perspectives*】
- 白玉玲等譯 (2006)。兒童發展。台北：雙葉。【原著：Fabes, R. A. & Martin, C. L. (2003). *Exploring Child Development* (2nd Ed.). Pearson Education, Inc.】
- 蘇秀枝等譯 (2010)。理解兒童發展。台北：華騰文化。【原著：Charlesworth, R. (2008). *Understanding Child development*】。
- Payne, G.V. & Isaacs, L.D, (2007). *Human Motor Development: A Lifespan Approach* (7<sup>th</sup> Edition). McGraw-Hill Ryerson: U.S.

### 期末成績：

學習表現	缺課每節扣學期總分五分	10%
課堂考試	(5*7)	35%
期末測驗		35%
書籍心得		10%
影片心得		10%
		<hr/>
		100%

➤ **學習表現/出缺席政策：**每一次無故缺席將影響你的總成績，**3**次無故缺席將自動列入扣考名單。所有的請假需有假條才可銷假，病假的假條需以健保卡及學校假條兩者為主，事假需事先告知，事後再以假條銷假。你/妳已是一位大學知識份子，所以我預期每一位同學都能準時上課，當然我也會準時下課，對於每一次遲到及早退的同學將以扣**1**分以示警告。遲交作業當以**0**分計算，除非事先有告知老師。

• **Absences:** If you are unable to attend a class session, notify me in advance. Being absent does not excuse you from anything that was discussed or due in class. Homework or other assignments that are due must be submitted before the start of the class session, with a hard copy brought to class on your return. It is your responsibility to find out what you have missed when you are absent, and to make-up any in-class assignments that were given. If you are absent for more than one class meeting, your grade will be affected unless alternate work is discussed and submitted. Students who are absent for more than **3 class sessions will fail the course** except for extenuating circumstances that are discussed with the instructor.

• **Electronics:** Sorry, no laptops, cell phones, text messaging, etc. Recent research on multitasking shows that it negatively affects overall performance. Even quiet texting and checking emails is distracting to me and your classmates. If you need to keep your cell phone on because of an emergency, please set it to "vibrate" and quietly step outside to take your call. If you need to use a laptop for taking notes, discuss this possibility with me.

### ➤ 課堂考試：

依照上課的內容出題。There will be **5 quizzes** throughout the course that will demonstrate your understanding of the class content.

### ➤ 期末測驗：

依照上課的內容出題。

➤ **小組書籍/影片討論與分享報告** - 自行選擇一本書籍及一部影片，並將心得(三頁,雙面印刷)在指定的日期繳交。書面報告內容須包含以下的資訊:

- 姓名/學號: \_\_\_\_\_ 書籍/影片名稱: \_\_\_\_\_
- 為何選擇這本書籍/影片。
- 這本書籍/影片與課程內容的相關為何。
- 書籍/影片簡介(300字為限)。
- 指定問題回答: A passage that you found interesting and explain what it means to you.
- 問題回答: 從書籍/影片中所要探討的問題為何: 請自行討論出預探究的問題5題做回答,每一題至少使用3個所學過的學理基礎去解釋行為的產生。
- Conclusions(結語) -- Answer your inquiry question. Give a brief and non-repetitive summary. Also discuss:
  - What are your new understandings and insights?
  - How can your new understandings be practically applied?
  - What are your suggestions for how this subject can be addressed differently?
  - What questions do you still have?

## 課程大綱

週次	日期	課程主題	備註
一	3/02	認識同學/兒童的權利	
二	3/09	課程介紹/幼兒身心發展的特質(1)/發展的理論	
三	3/16	幼兒身心發展的特質(2)	
四	3/23	Overview 學齡前兒童的身心發展理論(1)	
五	3/30	Overview 學齡前兒童的身心發展理論(2)	小考 1
六	4/06	Overview 學齡前兒童的身心發展理論(3)	
七	4/13	Overview 學齡前兒童的身心發展理論(4)	小考 2
八	4/20	最初的關係	書籍報告繳
九	4/27	感覺到知覺 1	
十	5/04	感覺到知覺 2	小考 3
十一	5/11	思想的誕生 Sense of Self 自我意識發展	
十二	5/18	認知發展 Cognitive Development)	小考 4
十三	5/25	情緒發展 Emotional Development	
十四	6/01	道德行為發展 Moral Development	影片報告繳

十五	6/08	動作發展 Motor Development	
十六	6/15	社會行為發展 Social Behavior	小考 5
十七	6/22	總複習	
十八	6/29	紙筆測驗	

◆此為暫定課程，教師有權修改課程以利教學

◆寫作格式的設定為:字型：標楷體；大小：12；行距：1.5 倍。繳交的報告需有 cover page!!

◆Proper academic performance depends on students completing their work not only well, but on time. Accordingly, the written assignment for this course must be received on the due date specified and are to be handed in as hard-copies in class. Assignments will not be accepted via email or facsimile.