

國立中興大學教學大綱

自然科學領域－生命科學學群

課程名稱 (course name)	(中) 常見疾病預防與保健 (Eng.) Common Disease and Health Promotion in Taiwan				
開課系所班級 (dept. & year)	通識教育中心	學分 (credits)	2	規劃教師 (teacher)	生醫所蔡肇基
課程類別 (course type)	必修	授課語言 (language)	中文、英文	開課學期 (semester)	上、下
課程簡述 (course description)	(中) 國人經常罹患之疾病依年齡層之不同而差異甚大，小孩常見的以過敏與感染病為主，年輕人常見以免疫及代謝疾病為主，老年人常見的以腫瘤及關節疾病為主，疾病之成因除了無法避免之遺傳因素之外，環境與飲食之適度選擇也扮演著重要角色。為了降低國人不受疾病困擾，除了提升國人對疾病之認知之外，最主要還需提出具體可行之健康促進方法，包括復健保養及健康飲食之正確觀念，因此本通識課程除了涵蓋內外婦兒科常見之疾病介紹之外，還包含復健與營養課程，修完本課程將對疾病之預防有所見解。 (Eng.) The common diseases in Taiwan can be classified based on age. The children are easily suffered from infectious and allergic diseases, the young adults are easily suffered from immunological and metabolic disease and the elderly individuals are easily suffered from cancer and degenerative diseases. All these diseases are preventable except some genetic predisposing factors. Therefore, it is important to know the pathogenesis of these diseases. This course will be focus on not only the etiology of diseases, but also the disease prevention and health promotion. Rehabilitation and Nutritional supports are two most important parts of health promotion, which will be included in this course. After complete the course, you can be able to live with a good quality of healthy life.				
先修課程(prerequisites)					
課程目標與核心能力的相關性/配比(%) Correlation / Percentage of Course Objectives and Core Learning Outcomes					
課程目標	course objectives	核心能力 core learning outcomes	配比 總計 100%		
本課程主要介紹認識國人常見之疾病，除了致病機轉之外，還著重疾病之預防與健康促進以達到降低罹病率，	This course is aimed to improve quality of life through the health promotion by nutrition support and lower down the risk factors of	人文素養	5%		
		科學素養	5%		

提高生活品質為最終目標。	disease development. All the common diseases in Taiwan will be introduced especially focus on disease prevention and health promotion.	溝通能力	25%
		創新能力	25%
		國際視野	20%
		社會關懷	20%

課程目標之教學方法與評量方式

Teaching Strategies and Assessment Methods for Course Objectives

課程目標	教學方法	評量方式
同上段	講授	期中(50%)及期末(50%)皆以筆試(簡答題)方式評量。

授課內容(單元名稱與內容、習作/考試進度、備註)

(course content and homework/tests schedule)

The common diseases in Taiwan can be classified based on age. The children are easily suffered from infectious and allergic diseases, the young adults are easily suffered from immunological and metabolic disease and the elderly individuals are easily suffered from cancer and degenerative diseases. All these diseases are preventable except some genetic predisposing factors. Therefore, it is important to know the pathogenesis of these diseases. This course will be focus on not only the etiology of diseases, but also the disease prevention and health promotion. Rehabilitation and Nutritional supports are two most important parts of health promotion, which will be included in this course. After complete the course, you can be able to live with a good quality of healthy life.

日期(月/日)	授課內容	授課教師
第一週	過敏疾病介紹與預防保健	蔡肇基
第二週	糖尿病及新陳代謝相關疾病介紹與預防保健	林時逸
第三週	風濕免疫疾病相關疾病介紹與預防保健	陳得源
第四週	呼吸道及胸腔相關疾病介紹與預防保健	許正園
第五週	心臟及血管相關疾病介紹與預防保健	李文領
第六週	血液腫瘤相關疾病介紹與預防保健	黃文豐
第七週	老年人常見之疾病介紹與保健	唐憶淨
第八週	成人氣喘合併慢性病的全方位照護	蔡肇基
第九週	期中考週	蔡肇基
第十週	兒童常見疾病介紹與預防保健	傅雲慶
第十一週	泌尿腫瘤學相關疾病介紹與預防保健	歐晏泉

第十二週	骨科疾病相關疾病介紹與預防保健	黃揆洲
第十三週	耳鼻喉疾病相關疾病介紹與預防保健	江榮山
第十四週	皮膚科疾病相關疾病介紹與預防保健	沈瑞隆
第十五週	復健醫學的範疇	鍾進燈
第十六週	中醫治療疾病相關疾病介紹與預防保健	蔡真真
第十七週	健康促進營養課程與預防保健	許瑋芬
第十八週	期末考週	蔡肇基

教科書&參考書目 (書名、作者、書局、代理商、說明)
(textbook & other references)

告別過敏與氣喘 蔡肇基 著 時報文化出版
全身性紅斑性狼瘡 蔡肇基 著 健康文化出版
揭開關節炎的秘密 蔡肇基 著 時報文化出版

課程教材 (教師個人網址請列在本校內之網址)
(teaching aids & teacher's website)

課程輔導時間
(office hours)