

開南大學保健營養學系課程規劃表 (114 年度入學新生適用)

Curriculum of the Department of Nutrition and Health Sciences , Kainan University, 2025

2025/9/23 修訂

Sep. 23, 2025.

通識教育課程 (至少應修 28 學分) General Education(at least 28 credits)	領 域 Field	涵蓋學門 Course Subjects
	語文表達 (6-10 學分)*註二 Language Expression (6-10 credits)* Note 2	●本國語文學門 2 學分 Mandarin Chinese (2 credits) ●外國語文學門(必修英文課程)4-8學分*註二●Foreign Language (compulsory English course)(4-8 credits)* Note 2
	科學知覺 (4 學分)*註三 Scientific Perception (4 credits)* Note 3	●自然科學學門 Natural Sciences ●生命科學學門 Life Sciences ●資訊教育學門 Information Education
	社會實踐 (學門任選 4 學分) Social Practice (Any 4 Credits from the Disciplines)	●憲政法治學門 Constitutional Governance and Rule of Law ●社會科學學門 Social Sciences
	人文涵育 (學門任選 4 學分) Humanities Cultivation (Any 4 Credits from the Disciplines)	●歷史研究學門 Historical Studies ●人文藝術學門 Humanities and Arts
	全民國防教育軍事訓練 National Defense Education and Military Training	選修 1 學分，至多修習 1 門，可計入通識自由選修學分，超過 1 門者，僅供折抵役期，不納入畢業學分。 Select one course for 1 credit, applicable to General Education free electives. Any additional courses will only be counted one time towards reducing mandatory military service time, not graduation credits
	體育 Physical Education	1. 必修體育課程為 2 學分，每門課程 1 學分 2 學時，共修習 2 門(體育一、體育二) 1. 2 credits of PE courses are required. Each course is 1 credit with 2 hours of instruction per week. Students must complete 2 courses (PE I and PE II). 2. 選修體育課程(休閒體育)至多修習 1 門(2 學分，可計入通識自由選修學分) 2. Students may take up to 1 elective Recreational PE course (2 credits), which can be applied to General Education free elective credits
	通識自由選修 4-8 學分(限修通識教育課程)*註二 Electives(4-8 credits) General Education Free Electives: 4-8 credits (restricted to General Education courses)* Note 2	

註一、修習各學系訂定之通識排除課程，不納入畢業學分。

Note 1. Credits from general education courses excluded by individual departments will not be counted towards graduation requirements.

註二、外國語文學門修習方式如下：

Note 2. The credit requirements for the Foreign Language Discipline are as follows:

1. 應用英語學系學生及例外學生僅能修習「必修英文」課程以外之第二外國語文，如：日語、泰語、越語、韓語...等外國語文課程 4 學分(即語文表達領域 6 學分，通識自由選修 8 學分)。

1. Students from the Department of Applied English and other special status students can only take 4 credits of a second foreign language course other than the 'compulsory English' courses, such as Japanese, Thai, Vietnamese, Korean, etc. (This means 6 credits for the Language Expression Area and 8 credits for General Education Free Electives)

2. 各學系若規劃大二以上之 4 學分專業領域英文課程者，外國語學門僅需修習大一必修英文 4 學分(即語文表達領域 6 學分，通識自由選修 8 學分)。

2. If departments plan to offer 4-credit professional English courses for sophomores and above, students only need to complete the 4-credit compulsory English course in their freshman year for the foreign language requirement. (This means 6 credits for the Language Expression Area and 8 credits for General Education Free Electives)

3. 其餘學系學生外國語文學門課程皆須修習「必修英文」課程 8 學分(即語文表達領域 10 學分，通識自由選修 4 學分)。

3. Except for the aforementioned cases, students from other departments must complete 8 credits of 'Compulsory English' courses for the foreign language requirement (i.e., 10 credits in the Language Expression Area, with 4 credits as general education

electives).

註三、科學知覺領域修習方式如下：

Note 3. The credit requirements for the Scientific Perception Area are as follows:

1.資訊管理學系學生需修習科學知覺領域學門任選 4 學分。

1.Students in the Department of Information Management are required to take 4 credits of their choice from the Scientific Perception Area.

2.其餘學系學生資訊教育學門課程皆須修習「程式設計類」課程 2 學分，及科學知覺領域學門任選 2 學分。

2.Except for the aforementioned cases, students from other departments are required to take 2 credits of 'Programming' courses in the Information Education Discipline , and choose 2 credits from the Scientific Perception Area.

課程 curriculum	第 1 學年 First Year		第 2 學年 Second Year		第 3 學年 Third Year		第 4 學年 Forth Year	
	上學期 Semester1	下學期 Semester 2	上學期 Semester1	下學期 Semester 2	上學期 Semester1	下學期 Semester 2	上學期 Semester1	下學期 Semester 2
服務學習(必修) Service Education (Required)	勞作教育一 I 1 Labor Service I 1	勞作教育二 I 1 Labor Service II 1	公益服務一 1 Volunteer Service I 1	公益服務二 1 Volunteer Service II 1				
院共同必修科目 College Required Courses/credits	生理學 3 Physiology 3	營養學概論 2 Introduction to Nutrition 2						
專業必修科目 Required Courses 63 學分(63 credits)	食物學原理 2 Principles of Food 2	病理學 2 Pathology 2	Nutriology I 2 營養學(上) 2	營養學(下) 2 Nutrition II 2	校內實務操作一 1 Campus Practical Training I 1	校內實務操作二 1 Campus Practical Training II 1	食品衛生安全與法規 2 Food Sanitation Safety and Regulations 2	
	普通化學 2 General Chemistry 2	有機化學 2 Organic Chemistry 2	營養學實驗(上) 1 Nutrition Lab I 1	營養學實驗(下) 1 Nutrition Lab II 1	膳食療養學及實驗(上) 3 Therapeutic Nutrition and Practice I 3	膳食療養學及實驗(下) 3 Therapeutic Nutrition and Practice II 3		
	普通化學實驗 1 General Chemistry Lab 1	有機化學實驗 1 Organic Chemistry 1	生物化學(一) 2 Biochemistry I 2	生物化學(二) 2 Biochemistry II 2	公共衛生營養學 2 Public Health Nutrition 2	營養評估 2 Nutritional Assessment 2		
		微生物學 2 Microbiology 2	生物化學實驗(一) 1 Biochemistry Lab I 1	生物化學實驗(二) 1 Biochemistry Lab II 1	團體膳食管理及實驗 3 Quantity-Food Production and Practice 3	營養實習基礎 1 Basic Nutrition Practice 1		
		微生物學實驗 1 Microbiology 1	專題討論(一) 1 Seminar I 1	專題討論(二) 1 Seminar II 1	營養生化學 2 Nutritional Biochemistry 2			
			生物統計 3 Applied Biostatistic Analysis 3	膳食設計管理與實驗 3 Meal Playing & Experiment 3	食品化學 2 Food Chemistry 2			
				生命期營養 2	食品化學實驗 1			

				Nutrition in Life Span 2	Food Chemistry Laboratory 1			
專業選修科目(至少應修 17 學分) 選修科目表見下頁 Professional Electives (Minimum 17 credits) Check electives on Department of Air Transportation Website								
備註 Notes	1.畢業應修習 128 學分，其中包括：本系「專業必修課程」63 學分、「專業選修課程」17 學分；「通識教育課程」28 學分、「公益服務」2 學分、「勞作教育」2 學分；「自由選修學分」16 學分，開放由學生自由選修學分學程、他系課程或本系課程(不含通識教育課程)。 1. Students must complete in total of 128 credits for graduation, of which 63 credits should be from required courses, 2 credits from labor service, 2 credits from volunteer service, 17 credits from core optional courses, and 28 credits from general education courses. 16 credits are free optional courses accepted for taking any courses from all departments 2. 「中五學制生」應增加其畢業應修學分(至少 12 學分)。 2. All general education courses must be regulated by the policies of General Education Center. Students must complete the required credit standards of Kainan University. 3. 「通識教育課程」需依通識教育中心規定辦理並達校訂之應修學分規定標準。 3. Students must complete 'Study Passport' to fulfill the requirement for graduation. 4. 「學習護照」課程為必修零學分，合格後，始得畢業(依開南大學「學習護照」課程施行辦法辦理)。 4. In accordance with the regulations of KNU English Test and English graduation threshold, students must fulfill the English graduation threshold. 5.本校學生畢業英文門檻依「英文能力畢業門檻實施要點」辦理。 5. The graduation credits of F.5 Education System students are required to increase at least 12 credits. 6.本系學生依「開南大學跨領域學習實施辦法」，應完成修習「重點跨領域學分學程、輔系或雙主修」始得畢業。 6. In accordance with the regulations of KNU interdisciplinary learning, students of this very department are required to take interdisciplinary program, double minor, or double major, in order to fulfill graduation threshold. 7.國際專修部學生進入系所原生班級修讀升上大二前，華語文能力測驗(TOCFL)應達進階級 B1(含)以上，未通過者應依「開南大學外國學生華語文能力精進與畢業資格檢定實施辦法」辦理之。 7. Before advancing to the second year and joining regular departmental classes, students from the International Program are required to achieve at least Level B1 (Intermediate) on the Test of Chinese as a Foreign Language (TOCFL). Those who do not meet this requirement shall follow the procedures stipulated in the "Kainan University Regulations on the Enhancement of Chinese Language Proficiency and Graduation Qualification Assessment for International Students." 8.本課程於 114 年 9 月 23 日校課程委員會議通過，114 年 9 月 23 日教務會議核備。 8. These courses regulations were passed at the Curriculum Committee Meeting on Sep. 23, 2025, and approved for future references by Academics Affairs Meeting on Sep. 23, 2025.							

開南大學保健營養學系選修課程規劃表

Curriculum for the Department of
Nutrition and Health Sciences, Kainan University, 2025.
(Elective Courses)

115/07/04

課程 curriculum	第 1 學年 First Year		第 2 學年 Second Year		第 3 學年 Third Year		第 4 學年 Forth Year	
	上學期 Semester1	下學期 Semester 2	上學期 Semester1	下學期 Semester 2	上學期 Semester1	下學期 Semester 2	上學期 Semester1	下學期 Semester 2
專業選修科目（至少 17 學分） Professional Electives (Minimum 17 credits)	人類發展學 2 Development Across the Life Span 2	食品科技概論 2 Introduction to Food Science 2	營養與老化 2 Nutrition and Aging 2	公共衛生學 2 Introduction to Public Health 2	食物的真相 2 The Truth About Food 2	老人營養 2 Nutrition for the Older Adult 2	生涯發展與輔導 (一)-食品技師 3 Career Development-Guidance and Counseling for Food Technician 3	生涯發展與輔導 (二)-營養師 3 Career Development and Guidance 3
	保健食品概論 2 Introduction to Functional Foods 2	食品文化與永續發展 2 Food culture and sustainable development 2	飲食介入與慢性病 2 Dietary Intervention in Chronic Disease 2	食品分析 2 Food Analysis 2	臨床營養 (一) 2 Clinical Nutrition (一) 2	臨床營養 (二) 2 Clinical Nutrition II 2	專題研究 (二) 3 Case Study II 3	Community Nutrition Practice 1 社區營養實習 1
	官能品評 2 Sensory Evaluation 2	烹飪學 3 Culinary 3	食品微生物 2 Food Microbiology 2	食品分析實驗 1 Food Analysis Lab 1	保健飲食實務 3 Health Diet Practices 3	營養與免疫 2 Nutrition and Immunity 2	營養與資訊應用 2 Application in Nutrition and Information 2	Dietary Management Practice 2 膳食管理實習 2
	ESG 於營養產業中的應用與實踐 2 The application and practice of ESG in the nutrition industry 2	普通生物學及實驗 3 Laboratory in general biology 3	食品微生物實驗 1 Food Microbiology Lab 1	食品添加物 2 Food Additives 2	醫療英文 (上)1 Medical English I 1	醫療英文 (下)1 Medical English II 1	食品毒理學 2 Food Toxicology 2	Journal of Clinical Nutrition Practice 3 臨床營養實習 3
		分析化學 2 Analytical Chemistry 2	食品儀器分析 2 Food Instrumental Analysis 2	應用微生物學 2 Applied Microbiology 2	生技應用英文 1 Applied Biotechnology English 1	專題研究 (一) 3 Case Study I 3		細胞生物學 2 Cell Biology 2
		分析化學實驗 1 Analytical Chemistry Lab 1		食品安全與管制系統 3 Food Safety Control System 3	分子生物學 2 Molecular Biology 2	營養衛教 2 Nutrition Education 2		食品生技產業實習 3 Internship in Food and Biotechnology Industry 3
					食品工廠管理 3 Management of Food Factory 3	食品加工學及實驗 3 Food Processing and Laboratory 3		

					食品品質 管制 2 Food Quality Control 2			
			專題探究 2 Research Project 2					
			微學分課程 Micro-Credit Courses: A. 吃的演算法：精準營養 × AI 的未來餐桌 0.5 The Algorithm of Eating: Precision Nutrition and AI at the Future Table 0.5 B. 腸道裡的宇宙：微生物體與個人化健康 0.5 The Universe Inside Your Gut: The Gut Microbiome and Personalized Health 0.5 C. AI 與健康產業數位轉型 0.5 AI and Digital Transformation in the Health Industry 0.5 D. 永續健康與韌性規劃 0.5 Sustainable Health and Resilience Planning 0.5					
Notice	1. 「Community Nutrition Practice」、「Dietary Management Practice」、「Journal of Clinical Nutrition Practice」 and 「Internship in Food and Biotechnology Industry」, they are internships intended for classes outside our university. 選修課程備註： 「社區營養實習」、「膳食管理實習」、「臨床營養實習」、「食品生技產業實習」為校外實習課程。							