



Hsing-Health Lecture Activity Schedule for the 1st Semester of the 113th Academic Year

※ Lectures will be conducted in Mandarin

課程名稱 Topic	活動時間 Time	講師 Speaker	場地 Location	聯絡人 Contact	備註 Note
青少年常見身心疾患及 應對策略 The most common mental health disorders among adolescents, and learning coping strategies	09.09 Mon 18:00-20:00	李柏翰 醫師 (唐子俊診所) Dr. Li, Bo-Han (Tang, Zi-Jun Clinic)	線上講座 Online lecture	徐子宸 Hsu, Tzu-Chen	<ul style="list-style-type: none"> 對象：全校教職員工與家長 Participant: Faculty and parents. <ul style="list-style-type: none"> 提供學習時數 2 小時 This activity provides 2 hours of learning time. 可報名人數 80 人 Headcount: 80
急救教育訓練 社區第一線反應員培訓計畫 First Aid Education and Training Community First Responder Training Program	09.14 Sat 9:00-17:00	社團法人台灣災難 醫療發展協會講師群 Association of Taiwan Disaster Medical Team Development Lecturers	生命科學大樓 1 樓大演講廳 Life Sciences Building 1st Floor Lecture Hall	許文馨 Hsu, Wen-Hsin	<ul style="list-style-type: none"> 對象：全校教職員工生 Target audience: All faculty, staff, and students of the school. 事先報名者提供餐盒 Meal boxes are provided for pre-registered participant. 報名審核通過者須提供個人資料以利製作證書 Those who pass the registration review must provide personal information to facilitate the production of the certificate. <ul style="list-style-type: none"> 提供教職員研習時數 6 小時 Provide 6 hour of faculty study time. 可報名人數：校內 50 人、校外 50 人 Headcount: 50 from within the school, 50 from outside the school.
減重錯誤迷思， 認識吃對食物的力量 Weight loss myths and recognize the power of eating the right food	09.18 Wed 11:00-12:00	王筱淇營養師 (營養專科 arie.cc) Wang, Xiao-Qi Nutritionist (Nutrition Specialist arie.cc)	圖書館 508 讀者討論室 Library 508 Reader Discussion Room	郭雅娟 Kuo, Ya-Chuan	<ul style="list-style-type: none"> 對象：全校教職員工生 Target audience: All faculty, staff, and students of the school. <ul style="list-style-type: none"> 提供教職員研習時數 1 小時 Provide 1 hour of faculty study time. 採實體與線上方式併行： (1) 實體課：20 人 (限定體塑班成員參加) (2) 視訊課：100 人 Both in-person and online methods will be used concurrently. (1) In-person class: 20 people (limited to members of the body sculpting class) (2) Video class: 100 people
以愛之名 - 從尊重開始 In the name of love - Start with respect	09.24 Tue 10:10-12:00	臺中市衛生局愛滋防治特聘講師 Taichung City Health Bureau Special Lecturer on AIDS Prevention and Treatment	生命科學大樓 1 樓大演講廳 Life Sciences Building 1st Floor Lecture Hall	陳柿霓 Chen, Shih-Ni	<ul style="list-style-type: none"> 對象：全校教職員工生 Target audience: All faculty, staff, and students of the school. <ul style="list-style-type: none"> 提供教職員研習時數 2 小時 Provide 1 hour of faculty study time. 可報名人數 50 人 Headcount: 50
想增肌減脂， 營養師教你該怎么做 If you want to gain muscle and lose fat, a nutritionist will teach you what to do	09.25 Wed 11:00-12:00	王筱淇營養師 (營養專科 arie.cc) Wang, Xiao-Qi Nutritionist (Nutrition Specialist arie.cc)	圖書館 508 讀者討論室 Library 508 Reader Discussion Room	郭雅娟 Kuo, Ya-Chuan	<ul style="list-style-type: none"> 對象：全校教職員工生 Target audience: All faculty, staff, and students of the school. <ul style="list-style-type: none"> 提供教職員研習時數 1 小時 Provide 1 hour of faculty study time. 採實體與線上方式併行： (1) 實體課：20 人 (限定體塑班成員參加) (2) 視訊課：100 人 Both in-person and online methods will be used concurrently. (1) In-person class: 20 people (limited to members of the body sculpting class) (2) Video class: 100 people
「她有話要說」 性騷擾、性侵害防治電影賞析座談 「She Said」 Movie Show and Discussion about sexual harassment and sexual assault prevention	09.30 Mon 15:30-18:30	何禮恩諮商心理師 杏陵醫學基金會及台灣性教育學會 認證性諮商師、性教育師 Ho, Li-En Counseling Psychologist sex counselor and sex educator	惠蓀堂 4 樓 健諮中心團諮室 Health & Counseling Center Group Counseling Room (Hui-Sun Auditorium 4F)	湯必果 Tang, Pi-Kuo	<ul style="list-style-type: none"> 對象：全校學生 Participant: all students. 事先報名者提供餐盒 Meal boxes are provided for pre-registered participant. <ul style="list-style-type: none"> 提供通識自主學習點數 1 點 Provide 1 hour of independent study points 可報名人數 25 人 Headcount: 25
外食選食技巧， 增加纖維攝取好重要 Tips on choosing food when eating out, it's important to increase fiber intake	10.02 Wed 11:00-12:00	王筱淇營養師 (營養專科 arie.cc) Wang, Xiao-Qi Nutritionist (Nutrition Specialist arie.cc)	圖書館 508 讀者討論室 Library 508 Reader Discussion Room	郭雅娟 Kuo, Ya-Chuan	<ul style="list-style-type: none"> 對象：全校教職員工生 Target audience: All faculty, staff, and students of the school. <ul style="list-style-type: none"> 提供教職員研習時數 1 小時 Provide 1 hour of faculty study time. 採實體與線上方式併行： (1) 實體課：20 人 (限定體塑班成員參加) (2) 視訊課：100 人 Both in-person and online methods will be used concurrently. (1) In-person class: 20 people (limited to members of the body sculpting class) (2) Video class: 100 people.
中醫師的養眼秘笈大公開 The Secret Tips for Eye Care from Traditional Chinese Medicine Revealed	10.03 Thu 10:00-12:00	蔡佳玲醫師 (祥鶴中醫診所) Dr. Tsai, Chia-Ling (Propitious Crane Traditional Chinese Medicine Clinic)	學務處會議室 (惠蓀堂 1 樓) Student Affairs Office meeting room (Hui-Sun Auditorium 1F)	葉淑錦 Yeh, Shu-Ching	<ul style="list-style-type: none"> 對象：全校教職員工生 Target audience: All faculty, staff, and students of the school. <ul style="list-style-type: none"> 提供教職員研習時數 2 小時 Provide 2 hour of faculty study time. 可報名人數 30 人 Headcount: 30
壓力爆表怎麼辦？— 談運動與壓力調適 What to do when the pressure explodes? Talk about exercising and stress coping	10.04 Fri 18:00-20:00	曾凱翎 諮商心理師 (蛹之生心理諮商所) Tseng, Kai-Ling Counseling Psychologist (Metamorphosis Counseling Center)	惠蓀堂 4 樓 健諮中心團諮室 Health & Counseling Center Group Counseling Room (Hui-Sun Auditorium 4F)	吳欣儀 Wu, Hsin-Yi	<ul style="list-style-type: none"> 對象：全校學生 Participant: all students. 事先報名者提供餐盒 Meal boxes are provided for pre-registered participant. <ul style="list-style-type: none"> 提供通識自主學習點數 1 點 Provide 1 hour of independent study points. 可報名人數 30 人 Headcount: 30
點心與添加物的秘密 The Secret of Desserts and Add-ons	10.09 Wed 11:00-12:00	王筱淇營養師 (營養專科 arie.cc) Wang, Xiao-Qi Nutritionist (Nutrition Specialist arie.cc)	圖書館 508 讀者討論室 Library 508 Reader Discussion Room	郭雅娟 Kuo, Ya-Chuan	<ul style="list-style-type: none"> 對象：全校教職員工生 Target audience: All faculty, staff, and students of the school. <ul style="list-style-type: none"> 提供教職員研習時數 1 小時 Provide 1 hour of faculty study time 採實體與線上方式併行： (1) 實體課：20 人 (限定體塑班成員參加) (2) 視訊課：100 人 Both in-person and online methods will be used concurrently. (1) In-person class: 20 people (limited to members of the body sculpting class) (2) Video class: 100 people
手做療心 - 從釘線畫創作 體驗情感療癒 Emotional Healing Through Hand Made String Art	10.21 Mon 14:00-17:00	陳宜文老師 (小手藝術公司創辦人) Chen, I-Wen Teacher (Founder of Little Hands Art Company)	綜合教學大樓 Y102 教室 Teaching Complex Building Room Y102,	湯必果 Tang, Pi-Kuo	<ul style="list-style-type: none"> 對象：全校學生 Participant: all students. 事先報名者提供餐盒 Meal boxes are provided for pre-registered participant. <ul style="list-style-type: none"> 提供通識自主學習點數 1 點 Provide 1 hour of independent study points. 可報名人數 30 人 Headcount: 30
輕鬆聊出好感— 增強人際吸引力的祕訣 Chatting easily to create a good impression: the secret to enhancing interpersonal attraction	10.22 Tue 14:10-16:10	陳莉婷 諮商心理師 (童伴心理治療所) Chen, Tina Counseling Psychologist (Childmate Psychological Clinic)	綜合教學大樓 Y203 教室 Teaching Complex Building Room Y203,	吳欣儀 Wu, Hsin-Yi	<ul style="list-style-type: none"> 對象：全校學生 Participant: all students. 事先報名者提供餐盒 Meal boxes are provided for pre-registered participant. <ul style="list-style-type: none"> 提供通識自主學習點數 1 點 Provide 1 hour of independent study points. 可報名人數 60 人 Headcount: 60
心理健康假上路了， 我該如何第一線輔導學生？ Mental Health Leave is on the road: How Should I Support Students in the Frontline?	10.23 Wed 14:00-16:00	施雅玲 臨床心理師 (彰化基督教醫院) Shi, Ya-Ling Clinical Psychologist (Changhua Christian Hospital)	綜合教學大樓 Y109 教室 Teaching Complex Building Room Y109,	李育緣 Lee, Yu-Yuan	<ul style="list-style-type: none"> 對象：全校教師 Participant: all teachers. <ul style="list-style-type: none"> 提供教職員研習時數 2 小時 Provide 2 hour of faculty study time. 可報名人數 45 人 Headcount: 45
居家傷口照護與 紫雲膏之應用 A / B Wound Care and the Application of Zi Yun Ointment A / B	10.23 Wed A: 14:00-16:00 B: 15:00-16:00	許文馨護理師 Hsu, Wen-Hsin Nurse	社管大樓 2 樓 218 教室 Social Management Building, Room 218, 2nd Floor	許文馨 Hsu, Wen-Hsin	<ul style="list-style-type: none"> 對象：全校教職員工生 Target audience: All faculty, staff, and students of the school. A、B 課程不可重複報名 Courses A and B cannot be registered for more than once. <ul style="list-style-type: none"> 提供教職員研習時數 1 小時 Provide 1 hour of faculty study time. 可報名人數 40 人 Headcount: 40

9月

10月

10月

精神疾病也會迎來理解的過程 Understanding the Process of Mental Illness	10.29 Tue 14:00-16:00	張清基醫師 (中山醫學大學附設醫院 身心科主治醫師) Dr. Chang, Ching-Chi (Chung Shan Medical University Hospital)	線上講座 Online lecture	李育緣 Lee, Yu-Yuan	• 對象：全校教師 • Participant: all teachers.	• 提供教職員研習時數 2 小時 • Provide 2 hour of faculty study time. • 可報名人數 90 人 • Headcount: 90
「女朋友、男朋友」多元性別電影賞析座談 「GF*BF」 Movie Show and Discussion about sexual and gender diversity	10.29 Tue 15:30-18:30	劉曉嵐諮商心理師 (桐心理治療所) Liu, Hsiao-Lan Counseling Psychologist (Tong Psychotherapy center)	惠孫堂 4 樓 健諮中心團諮室 Health & Counseling Center Group Counseling Room (Hui-Sun Auditorium 4F)	湯必果 Tang, Pi-Kuo	• 對象：全校學生 • Participant: all students. • 事先報名者提供餐盒 • Meal boxes are provided for pre-registered participant.	• 提供通識自主學習點數 1 點 • Provide 1 hour of independent study points. • 可報名人數 :25 人 • Headcount: 25
認識精神疾病互動式體驗展 Interactive exhibition: understanding mental illness	10.29 Tue 11.01 Fri 09:00-16:00	-	綜合教學大樓 1 樓中庭 Teaching Complex Building, 1st floor cortile	蕭伊伶 Hsiao, Yi-Ling 徐子宸 Hsu, Tzu-Chen 吳欣儀 Wu, Hsin-Yi	• 對象：全校教職員工生 400 人 • Participant: Faculty staff and students, 400 person max. • 可參加填問卷抽好禮活動 • Fill out the questionnaire to participate in the lucky draw.	• 提供自主學習點數 :1 小時 • Provide 1 hour of independent study points. • 提供教職員研習時數 1 小時 • Provide 1 hour of faculty study time.
熱血中興 愛心捐血一起來 Love and donate blood together	10.31 Thu 10:30-16:30	-	惠孫堂前廣場 Hui-Sun Auditorium Square	葉淑錦 Yeh, Shu-Ching	• 對象：全校教職員工生 • Target audience: All faculty, staff, and students of the school.	• 捐血須知： (1) 年滿 17 歲 (2) 體重女生滿 45 公斤、男生滿 50 公斤以上 (3) 請攜帶身分證或身分證明文件 (如駕照、健保卡，具身分證字號及相片) (4) 請勿空腹捐血，睡眠需足 6 小時以上 • Blood Donation Guidelines: (1) 17 years old or older (2) Girls must weigh at least 45 kilograms, and boys must weigh at least 50 kilograms. (3) Please bring an identification card or proof of identity (such as a driver's license or health insurance card, which must have an ID number and a photo). (4) Please do not donate blood on an empty stomach, and ensure you have at least 6 hours of sleep.
維持與學生或同仁的健康關係界線： 認識與權力有關的性別平等案例 (教職員工場次) Maintaining Healthy Boundaries with Students or Colleagues: Understanding Gender Equality Cases Related to Power Dynamics. (Session for faculty and staff)	11.14 Thu 10:00-12:00	田美惠 社工師 (彰濱秀傳紀念醫院 精神科社工師) Tian, Mei-Hui, Social Worker (Psychiatry of Chang Bing Show Chwan Memorial Hospital)	綜合教學大樓 Y102 教室 Room Y102, Teaching Complex Building	吳俊逸 Wu, Chun-Yi	• 對象：全校教職員工 • Target audience: faculty and staff of NCHU. • 事先報名者提供餐盒 • Meal boxes are provided for pre-registered participant.	• 提供教職員研習時數 2 小時 • Provide 2 hour of faculty study time. • 可報名人數 40 人 • Headcount: 40
在光影交織中遇見溫度手作 - 彩沙蠟燭與封蠟卡片手作體驗 Colored sand candles and sealing wax card handicraft experience course	11.14 Thu 14:00-17:00	徐安立 諮商心理師 (國立雲林科技大學) Xu, An-Li Counseling Psychologist (National Yunlin University of Science and Technology)	綜合教學大樓 Y1308 教室 Room Y1308, Teaching Complex Building	徐子宸 Hsu, Tzu-Chen	• 對象：全校學生 • Participant: all students • 事先報名者提供餐盒 • Meal boxes are provided for pre-registered participant.	• 提供通識自主學習點數 1 點 • Provide 1 hour of independent study points. • 可報名人數 25 人 • Headcount: 25
看見你的聲音—聽障宣導講座 Seeing Your Voice - Hearing Impairment Advocacy Seminar	11.26 Tue 15:00-17:00	蔡亞芳 老師 (國立勤益科技大學) Tsai, Ya-fang Teacher (National Chin-Yi University of Technology)	學務處會議室 (惠孫堂 1 樓) Student Affairs Office meeting room (Hui-Sun Auditorium 1F)	林岑穎 Lin, Tsen-Ying	• 對象：全校教職員工生 • Target audience: All faculty, staff, and students of the school. • 事先報名者提供餐盒 • Meal boxes are provided for pre-registered participant.	• 提供教職員研習時數 2 小時 • Provide 2 hour of faculty study time. • 可報名人數 30 人 • Headcount: 30
吃得開心 笑得燦爛 健康幸福從「齒」開始 Eat happily, laugh brightly. Health and happiness start with "teeth."	11.28 Thu 14:00-16:00	林聖恩 醫師 (陳志勳牙醫診所) Dr. Lin, Sheng-En (Chen Zhixun Dental Clinic)	學務處會議室 (惠孫堂 1 樓) Student Affairs Office meeting room (Hui-Sun Auditorium 1F)	葉淑錦 Yeh, Shu-Ching	• 對象：全校教職員工生 • Target audience: All faculty, staff, and students of the school.	• 提供教職員研習時數 2 小時 • Provide 2 hour of faculty study time. • 可報名人數 30 人 • Headcount: 30
世界愛滋病日宣導活動 World AIDS Day Promotional activities	11.29 Fri 09:00-16:00	-	健康及諮商中心 (惠孫堂 1 樓) Health & Counseling Center (Hui-Sun Auditorium 1F)	陳柿霓 Chen, Shih-Ni	• 對象：全校教職員工生 • Target audience: All faculty, staff, and students of the school.	• 現場備有文宣品自由取閱 • Brochures are available for free pickup on-site.
從 MBTI 及榮格心理學的觀點 看我們所處的焦慮世代 Generation of Anxiety - from MBTI & Jung psychology's perspective	11.29 Fri 13:00-15:00	蔡博堯 諮商心理師 (天光心理諮商所 所長) Tsai, Bo-Yao Counseling Psychologist	惠孫堂 4 樓 健諮中心團諮室 Health & Counseling Center Group Counseling Room (Hui-Sun Auditorium 4F)	詹凱硯 Chan, Kai-Yen	• 對象：全校學生 • Participant: all students. • 事先報名者提供餐盒 • Meal boxes are provided for pre-registered participant.	• 提供通識自主學習點數 1 點 • Provide 1 hour of independent study points • 可報名人數 40 人 • Headcount: 40
人際互動團隊合作— 中空體驗活動 Interpersonal interaction teamwork: Mid- and high-altitude experience activities	11.30 Sat 08:30-16:30	青年高中探索教育講師 Youth Senior High School Explore Education Instructor	青年高中探索教育場地 Youth Senior High School Explores Educational Venues	蕭伊伶 Hsiao, Yi-Ling 詹凱硯 Chan, Kai-Yen 洪育偉 Hong, Yu-Wei	• 對象：全校學生 • Participant: all students. • 事先報名者提供餐盒 • Meal boxes are provided for pre-registered participant.	• 提供自主學習點數 :3 小時 • Provide 3 hour of independent study points. • 可報名人數 30 人 • Headcount: 30

11月

體塑班系列 Body Sculpting Class Series

體重控制班 - 運動課程 Weight Control Class - Exercise Program	10.07-11.11 每週一中午 Every Monday at noon (共 6 堂課) (Total of 6 classes) 12:10-13:10	賈俊瀚 老師 (體育室) Chia, Chun-Han Teacher (Physical Education Room)	惠孫堂內走廊 (南) Hui-Sun Auditorium South Corridor	郭雅娟 Kuo, Ya-Chuan	• 對象：全校教職員工生 • Target audience: All faculty, staff, and students of the school. • 體脂肪率： (1) 男生 >25% (2) 女生 >30% • Body fat percentage: (1) Boys > 25% (2) Girls > 30%	• 提供教職員研習時數：6 小時 • Provide 6 hour of faculty study time • 報名人數上限：20 人 • Headcount: 20
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體塑班注意事項：

- 營養及運動課程屬連續性課程，請務必確定您的時間可完全配合後再報名，若報名後無法參加，將停權一年不能報名【體塑班】相關課程。
- 報名日期：113 年 9 月 2 日起至 113 年 9 月 6 日止 (上午 9 時 ~ 下午 5 時)；若課程人數額滿，則提前截止報名。
- 報名方式：至健康及諮商中心 (惠孫堂一樓) 郭雅娟營養師現場報名及前測，完成活動說明，再上「研習暨演講活動報名系統」(<https://psfcost.nchu.edu.tw/registration/>) 報名。
- 運動課程需穿合適服裝，並自備瑜珈墊。

課程開始前，請先記錄 3 天飲食日誌並先行 EMAIL 至 kyc000848@nchu.edu.tw 彙整，113 年 9 月 6 日截止收件，每周營養課程前亦需先找時間至健康及諮商中心進行量測體重及體脂肪，方便講師了解各學員狀況。

Body Sculpting Class Notes:

- Registration for the body sculpting class cannot overlap with the fitness class. Nutrition and exercise courses are continuous courses, so please ensure that your schedule can fully accommodate them before registering. **If you are unable to attend after registering, you will be suspended from registering for any related courses in the body sculpting class for one year.**
- Registration Dates: From September 2, 2024, to September 6, 2024 (9 AM to 5 PM); if the course reaches full capacity, registration will close early.
- Registration Method: Please register on-site with Dietitian Kuo, Ya-Chuan at the Health and Counseling Center (1st floor of Huisun Hall) and complete the pre-test and activity briefing. Then, proceed to the "Workshop and Lecture Registration System" (<https://psfcost.nchu.edu.tw/registration/>) to complete your registration.
- For exercise classes, you must wear appropriate clothing and bring your own yoga mat.

Before the course begins, please record a 3-day food diary and email it to kyc000848@nchu.edu.tw for compilation. The deadline for submission is September 6, 2024. Additionally, before each weekly nutrition class, you will need to find time to visit the Health and Counseling Center to measure your weight and body fat percentage, so that the instructor can understand the status of each participant.

主辦單位：國立中興大學健康及諮商中心
Organizer: National Chung Hsing University Health and Counseling Center

協辦單位：國立中興大學體育室、人事室、臺中市衛生局、台中捐血中心、祥鶴中醫診所、陳志勳牙醫診所
Co-organizers: National Chung Hsing University Sports Office, Human Resources Office, Taichung City Health Bureau, Taichung Blood Donation Center, Xianghe Traditional Chinese Medicine Clinic, Chen Chih-Hsun Dental Clinic.