

# 不同年資的國中體育教師教學模式之比較研究

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## 摘要

本文目的在於比較資深與資淺的國中體育教師其教學目標、師生互動、教學評量以及對於教學模式的情形，提出研究結果，期盼能增進廣大國中體育教師對教學模式之瞭解，進而選擇符合自身之教學風格。本研究使用深度訪談法針對桃園縣國中體育教師進行深度訪談，其中資深、資淺各三位，皆為男性。研究結果發現在教學目標方面，雙方皆傾向讓學生培養出終身運動的習慣；在師生互動方面，資深教師是從旁觀察並切入學生心理及生理上問題的癥結，資淺教師則是與學生較無距離感，學生較願意直接與其溝通；教學評量方面，雙方皆注重學生的個別差異，資深教師會設計一套適合整個班級測驗的常模，資淺教師則無；教學模式方面，資深教師大多感嘆時空背景的變遷導致自身教學的方式必須調整，從過去的權威式教育加入民主，資淺教師則皆為恩威並重的教學模式。結論：教學目標方面應讓學生培養終身運動的習慣；師生互動方面除了直接溝通外，還必須從旁切入，藉由各種管道盡量讓自己與學生零距離；在教學評量方面，教師應考量學生的個別差異，並設計出一套適合的常模測驗；教學模式方面因「零體罰」政策的實施，教師應採取民主但不放縱的上課模式，尊重且聆聽學生的意見，取代過去極權式的教學模式以達成所設定的教學目標。

關鍵詞：體育教師、教學模式、教學目標

**The Comparative Research of Teaching Modes  
between Senior PE Teachers and Junior PE Teachers in  
Junior High School**

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**Abstract**

This research was focused on the comparison between senior PE teachers and junior PE teachers – their teaching goals, the interaction between teachers and students, teaching evaluation and teaching modes. This researcher used Deep Interview Method and interviewed six junior high school PE teachers from Taoyuan County- three senior and three junior. The results of the research showed that both senior and junior teachers wanted to make students have life-long exercise habits. Besides, the senior teachers were observers and found out the mental and physical problems of students by observation; the junior teachers were closer to students and students were more willing to talk to them. Moreover both of them paid attention to the individual differences, but the senior teachers could set up the evaluation mode which is suitable for the whole class, but the junior teachers couldn't. Also the senior teachers knew that they have to adjust their teaching method because of the changing of time and environment and be more democratic; and the junior teachers had already done it.

The conclusion of the research were as following: First, teachers should interact with students in many ways, and tried to be closer to students. Second, in the aspect of teaching evaluation, teachers had to take the individual differences into consideration, and set up an evaluation which is suitable for all students. Third, because of the policy of “Zero Physical Punishment”, teachers should reach the teaching goal by being more democratic, respecting and listening to the opinions of students, instead of using the Spartan way of education.

**Key words:** PE teacher, teaching mode, teaching goal