

## Tamkang University Academic Year 114, 1st Semester Course Syllabus

Course Title	OCCUPATIONAL HEALTH PSYCHOLOGY	Instructor	CHANG, YUYUEH
Course Class	TLCXB4P DEPARTMENT OF BUSINESS ADMINISTRATION, 4P	Details	◆ General Course ◆ Selective ◆ One Semester ◆ 2 Credits
Relevance to SDGs	SDG4 Quality education SDG8 Decent work and economic growth		
D e p a r t m e n t a l   A i m   o f   E d u c a t i o n			
I . Understand specialized knowledge. II . Train practical capabilities. III . Develop team work spirits. IV . Deepen professional ethics.			
Subject Departmental core competences			
A. To understand basic knowledge of business administration.(ratio:25.00) B. To have abilities to write business plans and utilize information technology to collect, analyze, and integrate data.(ratio:10.00) C. To communicate, negotiate, and collaborate to accomplish business projects by team work. (ratio:30.00) D. To integrate management and technology capabilities to solve business problems. (ratio:10.00) E. To recognize professional ethics and social responsibilities.(ratio:25.00)			
Subject Schoolwide essential virtues			
1. A global perspective. (ratio:10.00) 2. Information literacy. (ratio:20.00) 3. A vision for the future. (ratio:5.00) 4. Moral integrity. (ratio:5.00) 5. Independent thinking. (ratio:20.00) 6. A cheerful attitude and healthy lifestyle. (ratio:5.00) 7. A spirit of teamwork and dedication. (ratio:30.00)			

8. A sense of aesthetic appreciation. (ratio:5.00)				
Course Introduction	This course explores common psychological stressors in the workplace, including pressures from stakeholders and job demands. It integrates positive psychology concepts such as psychological capital, resilience, and well-being. Through project-based learning and field interviews, students should be able to explore occupational health and propose feasible support strategies.			
<p><b>The correspondences between the course's instructional objectives and the cognitive, affective, and psychomotor objectives.</b></p> <p>Differentiate the various objective methods among the cognitive, affective and psychomotor domains of the course's instructional objectives.</p> <p>I. Cognitive : Emphasis upon the study of various kinds of knowledge in the cognition of the course's veracity, conception, procedures, outcomes, etc.</p> <p>II.Affective : Emphasis upon the study of various kinds of knowledge in the course's appeal, morals, attitude, conviction, values, etc.</p> <p>III.Psychomotor: Emphasis upon the study of the course's physical activity and technical manipulation.</p>				
No.	Teaching Objectives			objective methods
1	1.Identify various sources of psychological stress in the workplace. 2.Understand how positive psychology contributes to workplace well-being. 3.Build skills in analyzing and empathizing with stakeholder stress responses. 4.Develop feasible occupational health and support strategies.			Cognitive
The correspondences of teaching objectives : core competences, essential virtues, teaching methods, and assessment				
No.	Core Competences	Essential Virtues	Teaching Methods	Assessment
1	ABCDE	12345678	Lecture, Discussion, Publication, Experience	Testing, Study Assignments, Discussion(including classroom and online), Report(including oral and written), Activity Participation
Course Schedule				
Week	Date	Course Contents		Note

1	114/09/15 ~ 114/09/21	Course Introduction	
2	114/09/22 ~ 114/09/28	Introduction to Occupational Health Psychology	
3	114/09/29 ~ 114/10/05	Stress Theories (1)	
4	114/10/06 ~ 114/10/12	Stress Theories (2)	
5	114/10/13 ~ 114/10/19	Stress Process (1)	
6	114/10/20 ~ 114/10/26	Stress Process (2)	
7	114/10/27 ~ 114/11/02	Stress from People	
8	114/11/03 ~ 114/11/09	Stress from Work	
9	114/11/10 ~ 114/11/16	Midterm Assessment	
10	114/11/17 ~ 114/11/23	Meaningful Work and Well-Being	
11	114/11/24 ~ 114/11/30	Psychological Capital and Resilience Development	
12	114/12/01 ~ 114/12/07	Work-Life Balance: Challenges and Practices	
13	114/12/08 ~ 114/12/14	Organizational Culture and OHP	
14	114/12/15 ~ 114/12/21	Workplace Support Systems and Employee Assistance Programs	
15	114/12/22 ~ 114/12/28	Final Assessment (Group Report 1)	
16	114/12/29 ~ 115/01/04	Final Assessment (Group Report 2)	
17	115/01/05 ~ 115/01/11	Flexible Teaching Week for Teachers	
18	115/01/12 ~ 115/01/18	Flexible Teaching Week for Teachers	
Key capabilities		self-directed learning Problem solving	
Interdisciplinary			
Distinctive teaching		Special/Problem-Based(PBL) Courses	

Course Content	Sustainability issue
Requirement	<p>This course is scheduled at 8:10 a.m. and emphasizes attendance and active participation. Please carefully consider your ability to attend punctually before enrolling.</p> <p>In addition to introducing key concepts in occupational health psychology, this course will guide students to observe their own emotions and mental well-being. Each student is required to submit a personal health protection proposal based on their progress at the end of the semester.</p> <p>The final group presentation will include peer evaluation. Scores will be weighted based on the group's division of labor. Students confirmed by all teammates as not having participated at all will receive a score of zero.</p> <p>Generative AI Ethics Statement: This course promotes the transparent and responsible use of AI to support collaboration and learning. We adopt a "conditional use" policy—students must indicate how generative AI was used in assignments or reports. This should be noted in a footnote on the title page or after the reference section</p>
Textbooks and Teaching Materials	Self-made teaching materials: Presentations, Handouts, Worksheets
References	
Grading Policy	<p>◆ Attendance : 15.0 %    ◆ Mark of Usual : 20.0 %    ◆ Midterm Exam : 15.0 %</p> <p>◆ Final Exam : 30.0 %</p> <p>◆ Other (個人職場健康保護提案) : 20.0 %</p>
Note	<p>This syllabus may be uploaded at the website of Course Syllabus Management System at <a href="https://web2.ais.tku.edu.tw/csp">https://web2.ais.tku.edu.tw/csp</a> or through the link of Course Syllabus Upload posted on the home page of TKU Office of Academic Affairs at <a href="http://www.acad.tku.edu.tw/CS/main.php">http://www.acad.tku.edu.tw/CS/main.php</a>.</p> <p>※"Adhere to the concept of intellectual property rights" and "Do not illegally photocopy, download, or distribute." Using original textbooks is advised. It is a crime to improperly photocopy others' publications.</p>