



1. 進入  教師e學院 網站  
(「數位學習服務平臺」全新改版簡稱「教師 e 學院」)

網址：<https://ups.moe.edu.tw/mooc/index.php>

2. 加入會員後登入
3. 按 進階搜尋



4. 5. 如圖 ✓
6. 按下拉箭頭
7. 選健康促進類
8. 搜尋

The screenshot shows the '教師e學院' (Teacher e-Campus) website interface. At the top, there is a search bar with the text '課程名稱搜尋' and buttons for '搜尋' (Search) and '關閉' (Close). Below the search bar, there are filter options: '研習對象' (Target Audience) with checkboxes for '一般民眾', '中小學老師', '高中職老師', '大專院校師生', and '幼兒園教師'; '課程屬性' (Course Attribute) with checkboxes for '自學課程' (Self-paced course) and '教導課程' (Instructional course); and '課程性質' (Course Nature) with a dropdown menu set to '健康促進類' (Health promotion).

On the left side, there is a '課程類別' (Course Category) sidebar with a tree view including: '一般民眾課程', '國民中小學教師資訊課程', '高中職課程', '大專校院課程', '相關成果', '資訊技能', '十二年國教', '教育部', and '審訓處'.

The main content area displays '找到 4 筆課程' (Found 4 courses) with a red notification bubble containing the number '9'. Below this, four course cards are shown, each with a title, a small image, the instructor's name '張鈞開', the learning mode '自學式', and the duration '開課期間：即日起~無限期'.

- 1. 睡眠與休息 (Sleep and Rest)
- 2. 均衡飲食 (Balanced Diet)
- 3. 身體活動與運動訓練 (Physical Activity and Exercise Training)
- 4. 健康促進概念與行為模式 (Concepts and Behavioral Patterns of Health Promotion)

The date '03-27' is visible in the bottom right corner of the course grid.

9. 有 4 筆課程可供研習