ABSTRACT OF THE DISCLOSURE

An eyesight training device and a method therefor are provided. The device includes a binocular visual-field separation device, including a double-separation plate assembly and an adjustable unit, the double-separation plate assembly includes two separation plates which are movably connected to form an included angle, and the adjustable unit is used for adjusting the included angle between the two separation plates; and a display screen, wherein the double-separation plate assembly separates the display screen into a left visual field and a right visual field. The method includes: arranging two separation plates at a near-screen side; providing at least one movable training visual target at each of the left and right sides of the separated display screen, respectively; when divergent fusional ability of the trainee's brain visual center reaches its limit, the two training visual targets return along original paths to their starting positions, respectively, and repeating the process at least twice.

(FIG. 2)