CLAIMS:

1. A rehabilitation coaching method for coaching a user to do a rehabilitation exercise, the rehabilitation coaching method comprising:

detecting a resting heart rate of the user by an electrocardiograph sensor;

setting an exercise rhythm according to a personalized exercise rhythm data corresponding to the user;

outputting the exercise rhythm to coach the user to do the rehabilitation exercise;

detecting an average heart rate of the user during the rehabilitation exercise by the electrocardiograph sensor;

obtaining a total oxygen consumption of the user during the rehabilitation exercise according to a profile of the user, an exercise time of doing the rehabilitation exercise and the exercise rhythm, wherein the profile of the user includes a danger level of the user;

obtaining an exercise intensity corresponding to the user according to the resting heart rate of the user and the average heart rate of the user during the rehabilitation exercise;

obtaining a recommended exercise rhythm according to the exercise intensity corresponding to the user, the total oxygen consumption of the user during the rehabilitation exercise and the danger level of the user;

updating the personalized exercise rhythm data corresponding to the user based on the recommended exercise rhythm data; and

adjusting an appropriate exercise rhythm for ~~a present exercise or~~ a next exercise of the user according to the updated personalized exercise rhythm data corresponding to the user,

wherein the danger level includes a plurality of danger levels of diseases and each of the danger levels of the diseases is classified into at least one high-risk

level, at least one middle-risk level and at least one low-risk level according to the user's health condition.

2. The rehabilitation coaching method as claimed in claim 1, wherein the profile of the user includes a weight of the user, and

wherein the step to obtaining the total oxygen consumption of the user during the rehabilitation exercise according to the profile of the user, the exercise time and the exercise rhythm:

calculating the total oxygen consumption of the user during the rehabilitation exercise according to the weight of the user, the exercise time and the exercise rhythm.

3. The rehabilitation coaching method as claimed in claim 1 or 2, wherein the profile of the user includes an age of the user, and

wherein the step to calculating the exercise intensity corresponding to the user according to the resting heart rate of the user and the average heart rate of the user during the rehabilitation exercise comprises:

estimating a maximum heart rate corresponding to the user according to the age of the user;

calculating a reserved heart rate corresponding to the user according to the maximum heart rate and the resting heart rate; and

calculating the exercise intensity corresponding to the user according to the average heart rate of the user during the rehabilitation exercise, the resting heart rate and the reserved heart rate corresponding to the user.

4. The rehabilitation coaching method as claimed in any one of claims 1-3, further comprising obtaining a total calorie consumption of the user during the rehabilitation

exercise according to the total oxygen consumption of the user during the rehabilitation exercise,

wherein the step of obtaining the recommended exercise rhythm according to the exercise intensity corresponding to the user and the total oxygen consumption of the user during the rehabilitation exercise comprises obtaining the recommended exercise rhythm according to the exercise intensity corresponding to the user and the total calorie consumption of the user during the rehabilitation exercise.

5. The rehabilitation coaching method as claimed in claim 4, wherein the step of obtaining the recommended exercise rhythm according to the exercise intensity corresponding to the user and the total oxygen consumption of the user during the rehabilitation exercise comprises:

calculating a total calorie consumption target for the user according to the danger level of the user, the exercise intensity corresponding to the user and the total calorie consumption of the user during the rehabilitation exercise;

calculating a personalized total oxygen consumption target for the user according to the total calorie consumption target, the weight of the user and the exercise time; and

calculating the recommended exercise rhythm according to the personalized total oxygen consumption target.

6. The rehabilitation coaching method as claimed in any one of claims 1-5, wherein the step of outputting the exercise rhythm to coach the user to do the rehabilitation exercise according to the personalized exercise rhythm data of the user comprises:

determining whether the personalized exercise rhythm data corresponding to the user is stored in a memory unit;

when the personalized exercise rhythm data corresponding to the user is stored in the memory unit, reading the personalized exercise rhythm data corresponding to the user from the memory unit and setting the exercise rhythm according to the personalized exercise rhythm data; and

when the personalized exercise rhythm data corresponding to the user is not stored in the memory unit, setting the exercise rhythm according to a standard exercise rhythm data.

7. The rehabilitation coaching method as claimed in any one of claims 1-6, wherein the step of outputting the exercise rhythm to coach the user to do the rehabilitation exercise comprises:

outputting a perceived signal according to the exercise rhythm to coach the user to do the rehabilitation exercise according to the perceived signal.

8. The rehabilitation coaching method as claimed in claim 7, wherein the perceived signal is a sound, an image, a vibration or a combination thereof.

9. A rehabilitation coaching system for coaching a user to do a rehabilitation exercise, the rehabilitation coaching system comprising:

a sensing signal receiver, receiving a resting heart rate of the user and an average heart rate of the user during the rehabilitation exercise;

a memory unit, storing a profile of the user and a personalized exercise rhythm data corresponding to the user;

a personalized rehabilitation coaching unit, coupled to the sensing signal receiver and the memory unit and setting an exercise rhythm according to the personalized exercise rhythm data corresponding to the user; and

an output unit, coupled to the personalized rehabilitation coaching unit and outputting the exercise rhythm to coach the user to do the rehabilitation exercise,

wherein the personalized rehabilitation coaching unit further obtains a total oxygen consumption of the user during the rehabilitation exercise according to the profile of the user, an exercise time of doing the rehabilitation exercise and the exercise rhythm, wherein the profile of the user includes a danger level of the user,

wherein the personalized rehabilitation coaching unit obtains an exercise intensity corresponding to the user according to the resting heart rate of the user and the average heart rate of the user during rehabilitation exercise,

wherein the personalized rehabilitation coaching unit obtains a recommended exercise rhythm according to the exercise intensity corresponding to the user, the total oxygen consumption of the user during the rehabilitation exercise, and the danger level of the user,

wherein the personalized rehabilitation coaching unit updates the personalized exercise rhythm data corresponding to the user based on the recommended exercise rhythm data,

wherein the personalized rehabilitation coaching unit adjusts an appropriate exercise rhythm for ~~a present exercise or~~ a next exercise of the user according to the updated personalized exercise rhythm data corresponding to the user,

wherein the danger level includes a plurality of danger levels of diseases and each of the danger levels of the diseases is classified into at least one high-risk level, at least one middle-risk level and at least one low-risk level according to the user's health condition.

10. The rehabilitation coaching system as claimed in claim 9, wherein the personalized rehabilitation coaching unit includes:

an exercise rhythm setting module, reading the personalized exercise rhythm data corresponding to the user from the memory unit to set the exercise rhythm.

11. The rehabilitation coaching system as claimed in claim 10, wherein the profile of the user includes a weight of the user, and

wherein the personalized rehabilitation coaching unit further includes:

an exercise oxygen consumption calculating module, calculating the total oxygen consumption of the user during the rehabilitation exercise according to the weight of the user, the exercise time and the exercise rhythm.

12. The rehabilitation coaching system as claimed in claim 11, wherein the profile of the user includes an age of the user, and

wherein the personalized rehabilitation coaching unit further comprises:

an exercise intensity calculating module, estimating a maximum heart rate corresponding to the user according to the age of the user and calculating a reserved heart rate corresponding to the user according to the maximum heart rate and the resting heart rate,

wherein the exercise intensity calculating module calculates the exercise intensity corresponding to the user according to the average heart rate of the user during the rehabilitation exercise, the resting heart rate and the reserved heart rate of the user.

13. The rehabilitation coaching system as claimed in claim 12, wherein the personalized rehabilitation coaching unit further includes:

a calorie consumption calculating module, obtaining a total calorie consumption of the user during the rehabilitation exercise according to the total oxygen consumption of the user during the rehabilitation exercise; and

a personalized norm calculating module, obtaining the recommended exercise rhythm according to the exercise intensity corresponding to the user and the total calorie consumption of the user during the rehabilitation exercise.

14. The rehabilitation coaching system as claimed in claim 13, wherein the personalized norm calculating module calculates a total calorie consumption target of the user according to the danger level of the user, the exercise intensity corresponding to the user and the total calorie consumption of the user during the rehabilitation exercise,

wherein the personalized norm calculating module calculates a personalized total oxygen consumption target of the user according to the total calorie consumption target, the weight of the user and the exercise time, and

wherein the personalized norm calculating module calculates the recommended exercise rhythm according to the personalized total oxygen consumption target corresponding to the user.

15. The rehabilitation coaching system as claimed in any one of claims 10-14, wherein the exercise rhythm setting module determines whether the personalized exercise rhythm data corresponding to the user is stored in the memory unit,

when the personalized exercise rhythm data for the user is stored in the memory unit, the exercise rhythm setting module reads the personalized exercise rhythm data corresponding to the user, sets the exercise rhythm according to the personalized exercise rhythm data, and when the personalized exercise rhythm data corresponding to the user is not stored in the memory unit, the exercise rhythm setting module sets the exercise rhythm according to a standard exercise rhythm data.

16. The rehabilitation coaching system as claimed in any one of claims 9-15, wherein the output module outputs a perceived signal according to the exercise rhythm to coach the user to do the rehabilitation exercise according to the perceived signal.

17. The rehabilitation coaching system as claimed in claim 16, wherein the perceived signal is a sound, an image, a vibration or a combination thereof.

18. The rehabilitation coaching system as claimed in any one of claims 9-17, further comprising:

an electrocardiograph sensor, detecting the resting heart rate of the user and detecting the average heart rate of the user during the rehabilitation exercise.

19. The rehabilitation coaching system as claimed in any one of claims 11-14, further comprising:

a weight sensor, detecting the weight of the user.

20. The rehabilitation coaching system as claimed in claim 14, further comprising:

an input unit, inputting the weight of the user and the danger level of the user.