朝陽科技大學 091學年度第1學期教學大綱
Swimming 游泳

當期課號	0470	Course Number	0470
授課教師	白春榮	Instructor	PAI,CHUN JUNG
中文課名	游泳	Course Name	Swimming
開課單位	選項體育類(日)	Department	
修習別	選擇必修	Required/Elective	Sports Elective
學分數	0	Credits	0
課程目標	1.適應水性 2.培養學生在水中求生技能 3.培養肢體動作之協調性,促進身心均衡發展	Objectives	Swimming is helpful to the human body. Besides, the whole body sport in addition physical therapy and to relax. Swimming emphasized breathing. It is like deep breath to concern a heart-lung function and swimming can improve the physique.
教材		Teaching Materials	
成績評量方式		Grading	
教師網頁			
教學內容		Syllabus	

尊重智慧財產權，請勿非法影印。