# 朝陽科技大學 091學年度第2學期教學大綱
# Volley ball 排球

| | | | |
|---|---|---|---|
| 當期課號 | 0458 | Course Number | 0458 |
| 授課教師 | 徐志輝 | Instructor | HSU,CHIH HUI |
| 中文課名 | 排球 | Course Name | Volley ball |
| 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 | 挑戰自我彈性與耐力性的運動，並且培養彼此默契的運動，兩隊(雙方)對抗，用手擊球過網以決勝負的球類運動。它不但是在球場上進行技術、體力、智力與心理等各方面的較量；其技術的層面對比賽結果的影響最爲顯著，排球運動中的技術繁多，包括發球、傳接球、拳球、扣球、攔網、 | Objectives | Course description: A sport with the challenge of self-elasticity and endurance. It is an exercise among 2 teams that scored by hitting the ball with hands cross the net; it develops the tacit agreement among teammates. Volleyball is a competition not only among the strategies, but also among physical strength, intelligence, and psychology. There are lots of volleyball strategies that have distinct influence on the result of a competition. Volleyball strategies include serving a ball, passing a ball, hitting a ball, knotting a ball, blocking, defense, etc. |
| 教材 | 1.動作介紹、解說<br>2.示範動作<br>3.個別指導法 | Teaching Materials | 1.introduce movement<br>2.movement to exemplify<br>3.individual to conduct |
| 成績評量方式 | 出席率30%<br>期中測試30%<br>期末測試40% | Grading | mid-test 30%<br>final-test 30%<br>ordinarily accomplishment 40% |
| 教師網頁 | | | |
| 教學內容 | 1.排球史、規則介紹<br>2.發球、低手傳球、高手傳球<br>3.舉球扣殺<br>4.快攻、長攻練習<br>5.攔網、救球練習 | Syllabus | 1.introduce volleyball history & rules<br>2.serve a ball an underhand pass & master-hand<br>3.raise ball to smash<br>4.swift smash & long attack<br>5.practice to block and rescue ball |

尊重智慧財產權，請勿非法影印。